

Nancy Ames, PhD

Dr. Nancy Ames is a cereal Research Scientist with Agriculture and Agri-Food Canada located at the Richardson Centre for Functional Foods and Nutraceuticals in Winnipeg, Manitoba, Canada. Her primary interests include the nutrition and quality of oat, barley and wheat and the genetic, environmental and processing factors that affect overall value. She works in conjunction with other researchers and the grain industry to develop oat, barley and wheat cultivars with added value processing and improved end product quality and to develop analytical and in vitro methods to predict nutritional quality characteristics of the raw and processed product.

Dr. Ames has contributed significantly in the area of food product development and holds several food product patents. As well, Dr. Ames has authored and co-authored over 60 peer-reviewed publications, numerous abstracts and several book chapters. Dr. Ames is also an adjunct Professor in the Faculty of Agricultural and Food Sciences, Department of Human Nutritional Sciences, as well as the Department of Food Science, at the University of Manitoba. She is active on several committees including the American Association of Cereal Chemists International Oat and Barley Technical Committee and the Prairie Grain Development Committees for Oat Quality and the Wheat, Rye and Triticale Quality in Western Canada. She is also a scientific advisor to the Healthy Grains Institute.

Dr. Ames initiated efforts to substantiate and promote the health benefits of cereal grains. She acted as scientific lead in researching and preparing a petition for a therapeutic health claim: "barley beta-glucan soluble fibre and reduction of blood cholesterol, a risk factor for cardiovascular disease" which was approved by Health Canada in 2012.

Dr. Ames received her BSc in Food Science and MSc in Plant Science from the University of Manitoba and her PhD in Crop Science from the University of Guelph.