Celebrating BITS Student Mentors
Professor Stan Kubow

Dr. Stan Kubow is an Associate Professor in the School of Dietetics & Human Nutrition, McGill University. He is a member of both the Toxicology and Nutritional Sciences Societies of Canada and has served as a panel member of NSERC Strategic Projects Selection Panel - The Quality Food and Novel Bioproducts. Dr. Kubow explores novel ways in which natural compounds present in our food can be used to make us healthier. He leads a multi-departmental research effort to examine the health benefits of kefir-fermented and high hydrostatic pressure-processed-milk products. For example, he has investigated the effects of soy components on drug-resistant cancer cells. Dr. Kubow is also leading a large research team studying the nutrient content of common potato cultivars eaten in Canada and developing novel potato-based health-promoting supplements. This study will give valuable insight into the contribution of potato to the Canadian diet and its impact on the long-term health of Canadians.

Dr. Kubow’s interest in nutrition extends to nutritional components that could be extracted from biofuel crops. He was one of three professors who co-taught the intensive course “Tropical Energy & Food”. He also helped supervise three BITS student groups working on different aspects of nutrition in the Barbados community. These projects on the National school lunch program, a survey on possible drug interactions with herbs and phytochemicals, and a home-gardening project. These projects were so successful that new McGill students will be returning to the island to continue this work in collaboration with University of the West Indies professors.

Website: http://www.mcgill.ca/nutrition/staff/professorial/kubow
Email: stan.kubow@mcgill.ca

By: Stephanie Maasik and Dr. Danielle Donnelly; Layout: Vijayeta Patel