



*Dr. Sheau Ching Chai*

Please welcome Dr. Sheau Ching Chai as an Assistant Professor in the Department of Behavioral Health & Nutrition. She is a Registered Dietitian who received her Ph.D. from The Florida State University. Prior to joining the faculty at the University of Delaware, Dr. Chai completed her two years postdoctoral training in the Nutrition Research Institute at the University of North Carolina at Chapel Hill where she expanded her research to the area of cognitive neuroscience.

Her research focuses on role of functional foods and dietary supplements in prevention and reduction of age- and nutrition-related chronic disorders and conditions such as cardiovascular disease, osteoporosis, and cognitive decline. Dr. Chai will continue her research in the area of chronic disease prevention as well as engaging in collaborative research in the area of obesity.

Dr. Chai is teaching Macronutrients and Food Concepts for this semester. Her major goal in teaching nutrition is for students to acquire a better understanding of the topics and to enhance their appreciation for the field in promoting human health.

Dr. Chai has been actively involved in leadership roles at the national and local societies. Currently, she serves as a Young Professional Representative for the Nutritional Sciences Council, American Society for Nutrition and is also an Abstractor for the Nutrition Evidence Library at the USDA Center for Nutrition Policy and Promotion.