

**Name:** Professor Manohar Garg

**Introduce yourself in a brief paragraph:**

My research has mainly focused on the role of nutraceuticals, functional foods and dietary supplements (essential fatty acids, antioxidants and anti-inflammatory compounds) in human health and disease.

**Publications:** I am the first or senior author on majority of my 130 publications, comprising 101 peer-reviewed original research papers and a coauthored/coedited book on "Antioxidants in Human Health & Disease". Several of my original papers are highly cited and appeared in high impact journals e.g., Journal of American Medical Association, Progress in Lipid Research, American Journal of Respiratory Critical Care & Medicine, American Journal of Clinical Nutrition and Atherosclerosis. One of my papers has been cited in more than 200 publications and overall, my papers have been cited more than 1750 times. Since 2004, I have been an author on 39 peer-reviewed research papers, book chapters and invited reviews and one patent.

**Awards/Distinctions:** I have taken over as President of the Nutrition Society of Australia in December 2009. I have also been awarded the Rastogi Research Award of the International College of Nutrition and elected to be a Fellow of the ICN as well as on Board of Directors since 1997. Also an active member of ISSFAL, Aust Atherosclerosis Society.

**Research Funding:** I am a co-writer of grants that have won over \$3m. My research has been previously supported by grants from the NHMRC, DART, NHF, National Food Strategy Initiative - FIG program and currently I am supported by a grant from the Meat & Livestock of Australia.

**Established Expertise:** I am internationally acknowledged for my contribution to the field of fatty acid nutrition & metabolism, particularly in evaluating the health benefits of marine omega-3 polyunsaturated fatty acids and their interactions with antioxidant and anti-inflammatory compounds.

**Major Discoveries:** I have made a number of significant discoveries in the areas of fatty acid nutrition & metabolism, including the first report of delta-6 desaturase activity in the intestinal mucosal cells; that dietary cholesterol supplementation induces desaturase enzyme activities in order to maintain membrane fluidity (physico-chemical properties) caused by cholesterol enrichment; the first report of inhibition of arachidonic acid synthesis (eicosanoid precursor) by dietary supplementation with marine and plant omega-3 fatty acids. More recently my research has demonstrated that concurrent dietary supplementation with phytosterols and long chain omega-3 fatty acids results in complementary and synergistic effects to optimise plasma lipid profile and levels of pro-inflammatory mediators and minimise cardiovascular disease risk in people with hyperlipidaemia.

**Patent:** I am one of the named inventors on patent (Australia No: 2006241300; Canada No: 2,568,708 and USA No: 11/562,741), concerned with development of a novel method for evaluating status of asthma control.

**Australian and International Presentations:** Since 2004, I have presented my work at 30 Australian and 11 international conferences or institutions including invitations to speak at 5 international conferences and one local workshop.

**Editor:** I am on the editorial boards of two internationally recognised journals: Progress in Lipid Research (Impact Factor 11.6) and Journal of the Science of Food & Agriculture.

**Reviewer:** I regularly review manuscripts for several international journals and grants for NHMRC, National Heart Foundation, ARC, DART and CF Foundations (Australian and Italian).

**Students:** I have successfully supervised 14 PhD students at the University of Newcastle. I currently supervise 6 PhD students and one honours student.

**Conference organiser:** I have been the co-organiser of one major international congress (World Congress on Fats & Oils and ISF, 2009) and 2 national congresses (NSA 1994 & 2009).

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