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Department of Nutrition

University of Massachusetts Amherst

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EDUCATION AND TRAINING

Postdoctoral Training, National Cancer Institute; USDA Vitamins and Minerals Laboratory, 1989-1992
Ph.D., Nutrition, University of Maryland, College Park, 1989. Dissertation title: Absorption, Retention, and Utilization of Two Forms of Selenium Given Simultaneously as Stable Isotope Tracers to Lactating and Nonlactating Women

R.D., Dietetic Internship, University Hospitals of Cleveland, 1978

M.S., Nutrition, Case Western Reserve University, 1978

B.S., Foods and Nutrition, Florida State University, 1977

EMPLOYMENT

Current Positions

Adjunct Associate Professor, Department of Nutrition, University of Massachusetts Amherst, 2011-present

Lecturer, Department of Nutrition, University of Massachusetts Amherst, 2004-present

Free-lance writer and speaker, 1992-present

Nutrition Advisor (volunteer), The Vegetarian Resource Group, 1989-present

Nutrition Editor (volunteer), Vegetarian Journal, 1988-present

Research Associate, Georgetown University Department of Medicine, 1989-1992

Instructor, University of Maryland, College Park, 1992

Graduate Instructor, Hood College, 1990

Graduate Research Assistant, University of Maryland, 1986-1989

Relief Dietitian, Montgomery General Hospital, 1986

Graduate Teaching Assistant, University of Maryland, 1985-1986

Graduate Research Assistant, University of Wisconsin, 1984-1985

Systems Dietitian, University Hospitals of Cleveland, 1980-1984

Clinical Dietitian, University Hospitals of Cleveland, 1979-1980

Pediatric Dietitian, Baptist Medical Center, 1979

SELECTED PROFESSIONAL PUBLICATIONS

Mangels AR. Bone nutrients for vegetarians. Am J Clin Nutr. 2014;100 (Suppl):469S-75S.

Mangels R. Nutrition for young vegetarians: birth to one year. Vegetarian Nutrition Update (VN DPG). Volume 21, No. 4, 2013.

Mangels R, Driggers J. The youngest vegetarians: Vegetarian infants and toddlers. ICAN: Infant, Child & Adolescent Nutrition. 2012;4:8-20.

Mangels R. Vegetarian Children. In American Dietetic Association. Pediatric Nutrition Care Manual. American Dietetic Association, 2010.

Mangels R, Messina V, Messina M. The Dietitian's Guide to Vegetarian Diets, 3rd edition. Jones and Bartlett Publishers, 2010.

Craig WJ, **Mangels AR.** Position of the American Dietetic Association: Vegetarian diets. J Am Diet Assoc. 2009;109:1266-1282.

Mangels R. Vegetarian. In American Dietetic Association. Nutrition Care Manual. American Dietetic Association, 2009.

Mangels R. Pediatric Vegetarians. In Edelstein S, Sharlin J. (eds.) Nutrition in the Life Cycle: An Evidence-based Approach. Jones and Bartlett Publishers, 2008.

Mangels R. Vegetarian diets in pregnancy. In Lammi-Keefe CJ, Couch S, Philipson E. (eds.) Handbook of Nutrition and Pregnancy. Humana Press, 2008.

Mangels R. Chapters on Zinc, Other Vitamins and Minerals, Pregnancy and Lactation. In Carlson P (ed.). Nutritional Aspects and Health Benefits of a Vegetarian Diet. University of Illinois Press, 2008.

Mangels R. Strategies for working with vegetarian infants, children and adolescents. Building Block for Life (Pediatric Nutrition Practice Group), Volume 28, No. 2, 2005. (reprinted in Issues in Vegetarian Dietetics and in Dietitians in General Clinical Practice DPG newsletter).

Messina V, **Mangels R,** Messina M. The Dietitian's Guide to Vegetarian Diets, 2nd ed. Jones and Bartlett, 2004.

Mangels AR, Messina V, Melina V. Position of the American Dietetic Association and Dietitians of Canada: Vegetarian diets. J Am Diet Assoc 2003;103:748-65.

Messina V, Melina V, **Mangels AR.** A new food guide for North American vegetarians. J Am Diet Assoc. 2003;103:771-5.

Mangels AR. Nutrition Management of the Vegetarian Child. In: Pediatric Manual of Clinical Dietetics, 2nd ed. Chicago, IL: The American Dietetic Association, 2003.

Messina V, **Mangels AR.** Considerations in planning vegan diets: Children. J Am Diet Assoc 2001;101:661-9.

Mangels AR, Messina V. Considerations in planning vegan diets: Infants. J Am Diet Assoc 2001;101:670-7.

Block G, **Mangels AR,** Norkus EP, et al. Ascorbic acid status and subsequent diastolic and systolic blood pressure. Hypertension 2001;37:261-7.

Moser-Veillon PB, **Mangels AR**, Viera NE, Yergey AL, Patterson KY, Hill AD, Veillon C. Calcium fractional absorption and metabolism assessed using stable isotopes differ between postpartum and never pregnant women. *J Nutr*. 2001 131:2295-9.

Block G, **Mangels AR**, Patterson, BH, et al. Body weight and prior depletion affect plasma ascorbate levels attained on identical vitamin C intake: a controlled diet study. *J Am Coll Nutr* 1999;18: 628-637.

Mangels AR. Nutrition Management of the Vegetarian Child. In: *Pediatric Manual of Clinical Dietetics*, Chicago, IL: The American Dietetic Association, 1998.

Mangels AR, Havala S. Vegan diets for women, infants, and children. *J Agric Environ Ethics*. 1994.

Dengel JL, **Mangels AR**, Moser-Veillon PB. Magnesium homeostasis: Conservation mechanism in lactating women consuming a low magnesium diet. *Am J Clin Nutr* 1994; 59:990-4.

Mangels AR, Block G, Frey CM, Patterson BH, Taylor PR, Norkus EP, Levander OA. The bioavailability to humans of ascorbic acid from oranges, orange juice and cooked broccoli is similar to that of synthetic ascorbic acid. *J Nutr* 1993;123:1054-1061.

Mangels AR. Holden JM, Beecher GR, Forman MR, Lanza E. Carotenoid content of fruits and vegetables: An evaluation of analytical data. *J Am Diet Assoc* 1993;93:284-296.

Chug-Ahuja JK, Holden JM, Forman MR, **Mangels AR**, Beecher GR, Lanza E. The development and application of a carotenoid database for fruits, vegetables, and selected multicomponent foods. *J Am Diet Assoc* 1993;93:318-323.

Sinha R, Patterson BH, **Mangels AR**, et al. Determinants of plasma vitamin E in healthy males. *Cancer Epidemiol Biomark Prev* 1993; 2:473-479.

Moser-Veillon PB, **Mangels AR**, Patterson KY, Veillon C. Utilization of two different chemical forms of selenium during lactation using stable isotope tracers: an example of speciation in nutrition. *Analyst*. 1992;117:559-62.

Mangels AR. Vegetarian Nutrition Nutri-Topics (Health Professional/Researcher, Educator, Consumer). Food and Nutrition Information Center, USDA, 1991.

Mangels AR, Moser-Veillon PB, Patterson KY, Veillon C. Selenium utilization during human lactation using stable isotope tracers. *Am J Clin Nutr* 1990;52:621-627.

Mangels AR, Moser-Veillon PB, Andon MA, Reynolds RD. Vitamin B-6 intakes of lactating women: Analyzed vs. calculated values. *J Am Diet Assoc* 1990;90:857-859.

SERVICE AND PROFESSIONAL AFFILIATIONS

Faculty Adviser, Plant-Based Nutrition Club; University of Massachusetts, 2015

Editor, Vegetarian Nutrition Update, a publication of the Vegetarian Nutrition Dietetic Practice Group, 2009-2014.

Publications Committee, Alliance Representative, Vegetarian Nutrition Dietetic Practice Group Assistant Newsletter Editor 2007-2009 ; Chair, 1993-94; Alliance Coordinator; Chair, Nominating Committee; Fact Sheet Committee Chair, Vegetarian Nutrition Dietetic Practice Group

Women and Reproductive Nutrition DPG,
Pediatric Nutrition DPG
Reviewer, J Am Diet Assoc, Am J Clin Nutr, J Nutr, J Nutr Ed, Nutr in Clin Pract, Am J Lifestyle Mod,
J Am Coll Nutr, Eur J Clin Nutr, ICAN (Infants, Children, and Adolescent Nutrition), Public Health
Nutrition
Editorial Advisory Board of Vegetarian Nutrition: An International Journal (1997-1998)
Editorial Advisory Board of Nutrition and Food Science
Advisor, Loma Linda University Vegetarian Nutrition Newsletter (1998-2004)
Academy of Nutrition and Dietetics
Massachusetts Dietetic Association, Western Massachusetts Dietetic Association
American Institute of Nutrition, Associate member
American Society for Clinical Nutrition, Associate member
Clinic Advisor, American Running and Fitness Association/American Running Association (1992-
present)

SELECTED PROFESSIONAL PRESENTATIONS

Healthy Aging for Vegetarians, Vegans, and Others Choosing Plant-based Diets – Webinar for
Healthy Aging Dietetic Practice Group, 2016
Getting a Good Start: Vegetarian Moms, Infants, and Young Children – Arizona Academy of Nutrition
and Dietetics Annual Meeting, 2016
Vegetarian Diets for Pregnancy and Lactation – New Hampshire Dietetic Association Annual Meeting,
2016
Designing and Sequencing Writing Assignments – UMass Writing Program, 2015
Getting a Good Start: Vegetarian Diets for Infants, Children, and Adolescents – Plant-based
Prevention of Disease Conference, 2015
Vegetarian Diets for Infants, Children, and Adolescents – Florida Academy of Nutrition and Dietetics
Annual Meeting, 2015
Vegetarian Diets Throughout the Lifecycle – Delaware Dietetic Association Annual Meeting, 2014
Vegetarian Pregnancy and Lactation, Partners in Perinatal Health Conference, 2014
No Meat: No Problem - Working With Clients/Patients Who Are, Or Who Want To Be
Vegetarians/Vegans. Western Massachusetts Dietetic Association, 2014.
Bone Nutrients for Vegetarians. Invited Presentation, 6th International Congress on Vegetarian
Nutrition, Loma Linda University, 2013
What Will Vegetarians Eat? Acceptability of Foods and Food Production Methods to Vegans,
Vegetarians, and Those Eating at Least One Vegetarian Meal Weekly; poster session presented at
the 6th International Congress on Vegetarian Nutrition, Loma Linda University, 2013
Vegetarian Children and Teens: A Growing Population. Concepts and Controversies in Pediatric
Nutrition, Children's Hospital of Philadelphia; 2010
Vegan Diets in the WIC Population. Nutrition Update, Maryland WIC Program, 2010
Can Plant-based Diet Approaches Be Safe and Adequate? Food and Nutrition Conference and Expo,
American Dietetic Association, 2009
Vegetarian Pregnancy, Partners in Perinatal Health Conference, 2009
Working with the Pregnant Vegetarian. Massachusetts Dietetic Association Nutrition Conference and
Exposition. 2009
How Many Vegetarians are There?; poster session presented at the 5th International Congress on
Vegetarian Nutrition, Loma Linda University, 2008
Grains, Beans, Vegetables, Fruits, and Nuts: Lessons from Vegetarian Diets. New York State Dietetic
Association, 2006
Vegetarian Nutrition, 2004. Nutrition Department, University of Maryland, 2004

Vegetarian Children and Adolescents: Trends and Considerations, Western Massachusetts Dietetic Association, 2002

Vegetarian Pregnancy and Lactation, Rhode Island Dietetic Association, 2001

Vegetarianism. Summer School Food Service Institute, Rutgers University, 2001

Vegetarian Adolescents: Trends and Considerations. Adolescent Nutrition Issues Conference, Rochester, NY, 2001

Raising Vegetarian Children: Infancy through Adolescence. Connecticut Dietetic Association Annual Spring Meeting. 2000.

Vegetarian Nutrition in Pregnancy, ADA Annual Meeting and Exhibition, 1997

TEACHING

Nutrition in the Life Cycle, University of Massachusetts, Fall, 2012; Fall, 2013; Fall 2014, Fall 2015

Nutrition for a Healthy Lifestyle, University of Massachusetts, Spring, 2008.

Writing in Nutrition, University of Massachusetts, Fall 2005; Fall, 2006; Fall, 2007; Fall, 2008; Fall, 2009; Fall, 2010; Fall, 2011; Fall, 2012; Spring, 2013; Fall, 2013; Spring 2014; Fall 2014; Spring 2015; Fall, 2015; Spring, 2016

Basic Nutrition, University of Massachusetts, Fall, 2004; Spring, 2005.

Clinical Nutrition, University of Maryland, Spring, 1992.

Metabolism, Hood College, 1990.

Guest lectured for Nutrition/Weight/Fitness Honors, Nutrition for a Healthy Lifestyle Honors, Senior Seminar, Honors Seminar, and Nutrition in the Life Cycle; University of Massachusetts

HONORS AND AWARDS

Distinguished Dietitian Award, Dietitians for Professional Integrity, 2014.

Nominated for Outstanding Teaching Award, School of Public Health and Health Sciences, University of Massachusetts Amherst, 2013.

Vegetarian Nutrition Dietetic Practice Group Award of Excellence in Service and Leadership, 2000, 2012.

SELECTED PUBLICATIONS FOR THE GENERAL PUBLIC

Mangels R. Introduction of solid foods. . The Soy Connection newsletter, 2014.

Mangels R. The Everything Vegan Pregnancy Book. Avon, MA: Adams Media, 2011.

Mangels R. Children and soy foods. The Soy Connection newsletter, 2011.

Mangels R. Ways to add soy to your daily diet. The Soy Connection newsletter, 2010.

Mangels R. The arguments. #1. Less chronic disease and better overall health. In: Jacobson MF and the Staff of the Center for Science in the Public Interest. Six Arguments for a Greener Diet. Washington, DC: CSPI, 2006.

Mangels R. Vegan Nutrition. In: Wasserman D. Simply Vegan, updated 4th edition. Baltimore, MD: The Vegetarian Resource Group, 2006

Mangels R. Soyfoods in children's diets. The Soy Connection newsletter, 2002.

Breier DG, **Mangels R.** Vegan and Vegetarian FAQ. Answers to Your Frequently Asked Questions. Vegetarian Resource Group Baltimore, MD, 2001.

Wasserman D, **Mangels R**, ed. The Vegan Handbook. Baltimore, MD: The Vegetarian Resource Group, 1996.

Mangels R, Coughlin C. Vegetarianism for Beginners. New Beginnings (LaLeche League magazine), 1996.

Brochures: Vegan Nutrition in Pregnancy and Childhood, Vegetarian Nutrition for Teens, Heart Healthy Vegetarian Diets, The Vegetarian Resource Group.

Numerous columns and reviews in Vegetarian Journal including:

Nutrition Hotline, 1992-present

Scientific Update, 1992-present

Product Reviews, 1992-2001

Mangels R. Questions and answers about omega-3 fatty acids for vegans. Vegetarian Journal, 2007.

Mangels R. Weight control the vegan way. Vegetarian Journal, 2005.

Mangels R. Building life-long strong bones. Vegetarian Journal, 2005.

Mangels R. Vegan convenience menus, Vegetarian Journal, 2003.

Mangels R. Disaster planning for vegetarians, Vegetarian Journal, 1999.

Mangels R. Vegan pregnancy. Vegetarian Journal, 1997.

SELECTED PRESENTATIONS FOR THE GENERAL PUBLIC

Vegan Diets in a Nutshell, Valley VegFest, 2015

Vegetarian Nutrition, Valley Vegans, 2006

Nutrition, Kappa Kappa Gamma sorority, 2005

Raising Vegetarian Children, Boston Vegetarians, 2004

Update on Vegetarian Nutrition, New England Vegetarian Conference, 1998

Careers in Dietetics, Hopkins Academy, 1998