

# CURRICULUM VITAE OF PROFESSOR MARK L. WAHLQVIST

## BIOGRAPHICAL SKETCH



Mark L. Wahlqvist AO, B Med Sc, MD, BS (Adelaide), MD (Uppsala), FRACP, FAIFST, FACN, FAFPHM, FTSE was educated at Westbourne Park Primary School and Unley High School in Adelaide and at Adelaide and Uppsala Universities in Australia and Sweden, respectively. He is a Consultant Physician and has held chairs in Human Nutrition, Medicine, Epidemiology & Preventive Medicine at Melbourne's Deakin and Monash Universities and been Chair of Internal Medicine at Prince Henry's Hospital, then the Monash Medical Centre, in Melbourne. He was President of the International Union of Nutritional Sciences from 2001 to 2005. He was a member of the Melbourne group which drew up the inaugural constitution of the ANF, the Australian Nutrition Foundation. During his time as National Chair of the ANF (1995-2001), its re-badging as Nutrition Australia was realized. Nutrition Australia became the secretariat for FANO (the Federation of Australian Nutrition Organizations). He played a key role as Foundation Chair of the WMCACA (Weight Management Code Administration Council of Australia) for some 15 years and was a Board member of ANZFA, the Australian and New Zealand Food Authority (now FSANZ) and Foundation Chair of the Food Safety Council of Victoria. He chaired the Australian Academy of Science National Nutrition Committee (2002-2006). He chaired the FAO Centre of Excellence at Monash University and was a Member of the WHO Nutrition Advisory Panel for many years. He has been Director of the APHNC (Asia Pacific Health & Nutrition Centre) at the MAI (Monash Asia Institute) and an Honorary Professor in the Faculty of Medicine at Monash University, a Principal Investigator at the National Health Research Institute (NHRI) in Taiwan and Honorary Professor of Food & Nutrition Science of Zhejiang University, Hangzhou, China. He has been Editor-in-Chief of the Asia Pacific Journal of Clinical Nutrition for most of its 25 year history and is currently Emeritus Professor at Monash University, Visiting Professor at NHRI, Honorary Professor at Deakin University and Adjunct Professor at LaTrobe University. His ongoing research interests include eco-nutrition and food systems, migration and cross-cultural health, population health and ageing. He was awarded the Charlotta Medal of the Emigrant's Research Institute in Sweden in 1994 for his contributions to migrant studies. His achievements have been recognised by awards or honors from the Australian, British, American, Chinese and Taiwanese Nutrition Societies, the Australian Institute of Food Science and Technology and the Australian Nutrition Foundation. On Australia Day, January 26<sup>th</sup> 2000, he was made an Officer of the Order of Australia (AO). He has had a close association with the SEAMEO-TROPMED Centre for Community Nutrition in Jakarta since its inception and is an Honorary Batakese, a title conferred to honour his contributions to the health of Batakese women and children.

He and his first wife, Dr Soo Sien Huang, a fellow medical student and mother of his 2 children, Ingmar Wei-Tzu Wahlqvist and Kerstin Yih-Fen Wahlqvist, who died in 2004, married in Singapore in 1967. He has married again to Professor Meei-Shyuan Lee in Taiwan. He enjoys music of almost every kind, current affairs and understanding his grandparents through genealogy. He enjoyed his farm at Inverleigh in Victoria, Australia, for as long as he could. His grandchildren, Gustav Kang-Ming, Otto Yong-Ming, Oriane An-Yu and Malia Ai-Yu are his great hope. He has no religion but considers himself to be spiritual in his belief that there is a 'connectedness' between humans past, present and future, all earthly things and cosmological phenomena, which we have yet to understand.

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**CURRICULUM VITAE**

**NAME** WAHLQVIST, Mark Lawrence

**NATIONALITY** Australian

**DEGREES**

1963 BMedSc (Hons)(Adelaide)

1966 MB, BS (Adelaide)

1970 MD (Adelaide) for the thesis 'Arterial wall metabolism and atherogenesis'

1972 MD (Uppsala) for the thesis 'Substrate and hormone inter-relationships in human myocardial metabolism'.

**DIPLOMAS**

1975 MRACP (*Member, Royal Australasian College of Physicians*)

1978 FRACP (*Fellow, Royal Australasian College of Physicians*)

1982 FAIFST (*Fellow, Australian Institute of Food Science & Technology*)

1988 FACN (*Fellow of American College of Nutrition*)

1993 FAFPHM (*Fellow, Australasian Faculty of Public Health Medicine*)

2002 FTSE (*Fellow, Australian Academy of Technological Sciences & Engineering*)

**AWARDS**

Charlotta Medal, Sweden, 1994

Australian Institute of Food Science & Technology – Food Industry Innovation Award, 1998

Officer of the Order of Australia (AO), Australia Day, 26<sup>th</sup> January 2000

Honorary Batakese, Title conferred October 2002 with traditional dress by the Simalungan Bupati, North Sumatra, Indonesia, for services to the health of Batakese women (Covered by Indonesia's National TV network)

Life Honorary Member, British Nutrition Society, 2003

EV McCollum International Lecture, American Society for Nutritional Sciences, 21<sup>st</sup> September 2005

Distinguished Foreign Fellow, Chinese Nutrition Society, 2015

Honorary Fellow, British Nutrition Society, 2016

## APPOINTMENTS

1966	Resident Medical Officer, Royal Adelaide Hospital
1967	Research Assistant, Department of Physiology, University of Melbourne
1967-1969	Tutor in Physiology, University College, University of Melbourne
1968-1970	Research Fellow, National Heart Foundation of Australia, Department of Physiology, University of Melbourne.
1970-1971	Overseas Research Fellow, Life Insurance Medical Research Fund of Australia & New Zealand, King Gustaf Research Institute, Karolinska Hospital, Stockholm, Sweden.
1971-1972	Research Fellow, Department of Geriatrics, University of Uppsala, Sweden.
1972	Visiting Fellow, Department of Clinical Science, John Curtin School of Medical Research, Australian National University.
1973-1975	Honorary Fellow and Registrar, Department of Clinical Science, Australian National University, Canberra Hospital.
1975	Physician to the Diabetic Clinic, Endocrine Department, Woden Valley, Hospital, Australian Capital Territory.
1976-1977	Senior Lecturer, Department of Medicine, Monash University, Prince Henry's Hospital, Melbourne. Visiting In-patient and Out-patient Physician, Prince Henry's Hospital, Melbourne. Diabetic Physician and Lipid Clinic Physician, Prince Henry's Hospital, Melbourne.
1976-1981	Physician, Clinical Nutrition & Metabolism Unit, Prince Henry's Hospital and Monash Medical Centre, Melbourne
1978-1987	Foundation Professor of Human Nutrition, Department of Human Nutrition, Division of Biological and Health Sciences, Deakin University, Geelong, Victoria, Australia.
1978-1999	Consultant Physician (Endocrine and Diabetes), Prince Henry's Hospital and Monash Medical Centre, Melbourne.
1978-1982	Consultant Nutritionist, Alcoa of Australia.
1979-1987	Honorary Consulting Physician, Geelong Hospital, Geelong, Victoria.
1979-1986	Clinical Teacher, Faculty of Medicine, Monash University.
1979-1986	Associate, Department of Medicine, Monash University, Melbourne.
1980-1982	Consultant Nutritionist, ADAB, Department of Foreign Affairs, Australian Government.
1982-1986	Chairman, Dietitians Board of Victoria.
1982-1988	Director, Clinical Nutrition & Metabolism Unit, Prince Henry's Hospital and Monash Medical Centre.
1982-1996	Consultant Physician, Bethlehem Hospital, Melbourne
1983-1986	Honorary Senior Associate, National Research Institute of Genontology & Geriatric Medicine, Melbourne.
1983-1987	Honorary Clinical Nutritionist, Bethlehem Hospital, Melbourne.
1985-1987	Director, Deakin Institute of Human Nutrition.
1987-2002	Professor of Medicine, Monash University, Melbourne.
1987-1998	Honorary Consultant Physician, Little Company of Mary Hospital, Melbourne
1987-1994	Chairman, Division of Medicine, Monash Medical Centre Hospital
1988-2010	Member, Nutrition Advisory Committee WHO (World Health Organisation)
1990-2001	Professorial Associate, Deakin Institute of Human Nutrition
1994-1996	Visiting Professor, Department of Medicine, Faculty of Medicine, University of Indonesia
1999-2002	Associate Dean, International Health and Development, Faculty of Medicine, Monash University
1999-	Director, Asia Pacific Health and Nutrition Centre, Monash Asia Institute, Monash University, Melbourne, Australia
1999-2006	Chair, FAO ( <i>Food &amp; Agriculture Organization of UN</i> ) Centre of Excellence, Monash University
2002-2005	Professor, Health & Behavioural Sciences, Deakin University
2002-2005	Visiting Professor in Food Science, Biotechnology & Environmental Engineering, Hangzhou University of Commerce, China.
2003-	Honorary Professor, Epidemiology & Preventive Medicine, Faculty of Medicine, Monash University
2005-	Visiting Professor in Food Safety & Nutrition Science, Zhejiang University, Zhejiang Province, China
2007-	Adjunct Professor, School of Public Health, National Defense Medical Center, Taipei, Taiwan
2007-2008 & 2010-	Visiting Professor, Center for Health Policy Research and Development, National Health Research Institutes, Taiwan
2008-2012	Investigator, Center for Health Policy Research and Development, National Health Research Institutes, Taiwan
2011-	Emeritus Professor, Monash University, Australia
2012-	Honorary Professor, Deakin University, Australia
2013-	Visiting Professor, Institute of Population Health Sciences, National Health Research Institutes, Taiwan
2013-2016	Director, Fuli Institute of Food Science and Nutrition, Zhejiang University, Hangzhou, China

2016- Adjunct Professor, School of Allied Health, College of Science, Health and Engineering, La Trobe University

## PUBLICATIONS

### THESES

- 1970 Arterial wall metabolism and atherogenesis, for the degree of Doctor of Medicine, University of Adelaide.
- 1972 Substrate and hormone inter-relationships in human myocardial metabolism, for the degree of Doctor of Medicine, University of Uppsala.

### BOOKS

1. Wahlqvist ML (Ed.). Food and Nutrition in Australia. Sydney: Methuen Australia, 1981. (2nd Edition 1982; 3rd Edition, Thomas Nelson, 1988).
2. Wahlqvist ML & Huang SS. Use and Abuse of Vitamins: Food versus Pills. Melbourne: Sun Books The MacMillan Company of Australia, 1983. Second edition 1988 (Wahlqvist ML, Huang SS and Worsley A).
3. Briggs DR & Wahlqvist ML. Food Facts. Melbourne: Penguin Books, 1984. (2nd Edition, 1988; Reprinted 1993).
4. Wahlqvist ML & Collins L. Australian Kitchen Nutrition. Melbourne: MacMillan, 1984.
5. Briggs DR & Wahlqvist ML. Eating Matters. Sydney: Methuen Haynes, 1985. (2nd Edition 1989).
6. Wahlqvist ML & Vobecky JS. (Eds.) Patient Problems in Clinical Nutrition: a Manual. London: John Libbey & Company Ltd, 1987.
7. Truswell AS & Wahlqvist ML. (Eds.) Food habits in Australia. Melbourne: Rene Gordon, 1988.
8. Wahlqvist ML, King RWF, McNeill JJ & Sewell R. (Eds.) Food and health : Issues and directions. London: John Libbey & Company Ltd., 1987.
9. Wahlqvist ML. Food and Nutrition Manual. Food and Nutrition Project, Health Promotion Unit, Health Department Victoria, Melbourne, 1987.
10. Wahlqvist ML & Truswell AS (Eds.) Recent advances in clinical nutrition: II. Proceedings of the 2nd International Symposium on Clinical Nutrition. London: John Libbey & Company Ltd., 1986.
11. Wahlqvist ML & McLean AJ (Eds.) Current Problem in Nutrition Pharmacology & Toxicology. London: John Libbey & Company Ltd., 1988.
12. Wahlqvist ML & Vobecky JS. (Eds.) Patient Problems in Clinical Nutrition: A Manual (Chinese Edition). Beijing: People's Surgeon Publishing House, 1991.
13. Wahlqvist ML & Briggs DR. Food: Questions and Answers. Melbourne: Penguin Books, 1991.
14. Wahlqvist ML & Vobecky JS. (Eds.) The Medical Practice of Preventive Medicine. London: Smith-Gordon & Co Ltd, 1994.
15. Hills AP & Wahlqvist ML (Eds.) Exercise and Obesity. London: Smith-Gordon & Co Ltd, 1994.
16. Wahlqvist ML, Truswell AS, Smith R, & Nestel PJ. Nutrition in a sustainable environment. London: Smith-Gordon & Co Ltd, 1994.
17. Wahlqvist ML. Food and Nutrition: Australasia, Asia and Pacific. NSW: Allen and Unwin, 1997.

18. Savige G, Wahlqvist M. Agefit. Sydney: Pan Macmillan Australia, 2001.
19. Wahlqvist ML. Food and Nutrition. 2<sup>nd</sup> edition. NSW: Allen and Unwin, 2002.
20. Erlich R, Riddell R, Wahlqvist M. Regional Foods: Australia's Health and Wealth. ACT, Australia: Rural Industries Research & Development Corporation, 2005.
21. Wahlqvist ML. Food and Nutrition. 3<sup>rd</sup> edition. NSW: Allen and Unwin, 2011.

#### PAPERS IN REFEREED SCIENTIFIC AND PROFESSIONAL JOURNALS

1. Day AJ, Gould-Hurst PRS, Wahlqvist ML. The uptake and metabolism of 3H-cholesterol labelled lipoprotein by macrophages in vitro. *Journal of the Reticuloendothelial Society* 1964; 1(1):40-49.
2. Day AJ, Gould-Hurst PRS, Steinborner R, Wahlqvist ML. Removal of double-labelled lipid mixture and double-labelled lipoprotein preparations by reticulo-endothelial cells. *Journal of Atherosclerosis Research* 1965; 5:466-473.
3. Day AJ, Fidge NH, Gould-Hurst PRS, Wahlqvist ML, Wilkinson GK. Uptake and metabolism of 14C-labelled triglyceride by reticulo-endothelial cells. *Quarterly Journal of Experimental Physiology* 1966; 51:11-17.
4. Day AJ, Wahlqvist ML. Uptake and metabolism of 14C-labeled oleic acid by atherosclerotic lesions in rabbit aorta. *Circulation Research* 1968; 23:779-788.
5. Wahlqvist ML, Day AJ, Tume RK. Incorporation of oleic acid into lipid by foam cells in human atherosclerotic lesions. *Circulation Research* 1969; 24:123-130.
6. Day AJ, Wahlqvist ML. Localization by autoradiography of phospholipid synthesis in rabbit atherosclerotic aorta. *Experimental & Molecular Pathology* 1969; 11(3):263-274.
7. Wahlqvist ML, Day AJ. Phospholipid synthesis by foam cells in human atheroma. *Experimental & Molecular Pathology* 1970; 11(3):275-284.
8. Day AJ, Wahlqvist ML, Campbell DJ. Differential uptake of cholesterol and of different cholesterol esters by atherosclerotic intima in vivo and in vitro. *Atherosclerosis* 1970; 11:301-320.
9. Day AJ, Wahlqvist ML, Tume RK. Incorporation of different fatty acids into combined lipids in rabbit atherosclerotic lesions. *Atherosclerosis* 1970; 12:253-264.
10. Day AJ, Wahlqvist ML. Localization of lipid synthesis by foam cells in atheromatous lesions. *Atherosclerosis* 1970; 112-115.
11. Wahlqvist ML. Insulin stimulation of cholesterol synthesis by arterial tissue. *Lancet* 1970; I:248.
12. Day AJ, Wahlqvist ML. Cholesterol ester and phospholipid composition of normal aortas and of atherosclerotic lesions in children. *Experimental & Molecular Pathology* 1970; 13:199-216.
13. Lassers BW, Wahlqvist ML, Kaijser L, Carlson LA. Relationship in man between plasma free fatty acids and myocardial metabolism of carbohydrate substrates. *Lancet* 1971; II:448-450.
14. Wahlqvist ML. Substrate and hormone interrelationships in human myocardial metabolism. *Acta Universitatis Upsaliensis* 1972; 118:1-45.
15. Wahlqvist ML. Letter to the Editor. *Diabetologia* 1972; 8:305.
16. Wahlqvist ML, Kaijser L, Lassers BW, Low H, Carlson LA. Glucocorticoid uptake and release from the human heart : Studies at rest, during prolonged exercise and during nicotinic acid infusion. *The Scandinavian Journal of Clinical Laboratory Investigation* 1972; 30:261-266.
17. Wahlqvist ML, Kaijser L, Lassers BW, Low H, Carlson LA. Release of immunoreactive insulin from the human

- heart. *European Journal of Clinical Investigations* 1972; 2:407-411.
18. Boberg J, Carlson LA, Freyschuss U, Lassers BW, Wahlqvist ML. Splanchnic secretion rate of plasma triglycerides and plasma free fatty acid total and splanchnic turnover in men with normo and hypertriglyceridaemia. *European Journal of Clinical Investigations* 1972; 2:454-466.
  19. Carlson LA, Lassers BW, Wahlqvist ML, Kaijser L. The relationship in man between plasma free fatty acids and myocardial metabolism of carbohydrate, substances. *Cardiology* 1972; 57: 51-54.
  20. Kaijser L, Lassers BW, Wahlqvist ML, Carlson LA. Myocardial lipid and carbohydrate metabolism in fasting men during prolonged exercise. *Journal of Applied Physiology* 1972; 32:847-858.
  21. Lassers BW, Wahlqvist ML, Kaijser L, Carlson LA. Effect of nicotinic acid on myocardial metabolism at rest and during prolonged exercise. *Journal of Applied Physiology* 1972; 33:72-80.
  22. Wahlqvist ML, Kaijser L, Lassers BW, Carlson LA. Fatty acid as determinant of myocardial substrate and oxygen metabolism in men at rest and during prolonged exercise *Acta Medica Scandinavia* 1973; 193:89-96.
  23. Wahlqvist ML, Kaijser L, Low H, Carlson LA. The role of fatty acid and of hormones in the determination of myocardial carbohydrate metabolism in healthy fasting men. *European Journal of Clinical Investigations* 1973; 3:57-65.
  24. Carlson LA, Kaijser L, Rössner S, Wahlqvist ML. Myocardial metabolism of exogenous plasma triglycerides in resting man. *Acta Medica Scandinavia* 1973; 193:233-245.
  25. Wahlqvist ML, Carlson LA, Eklund B, Kaijser L, Lassers BW, Low H, Nye ER, Rössner S. Substrate Competition in Human Myocardial Metabolism. *Advances in Cardiology* 1974; 12:94-105.
  26. Boberg J, Freyschuss U, Lassers BW, Wahlqvist ML. Plasma Triglyceride production in man. Effect of Noradrenaline infusion. *Hormone Metabolic Research* 1974; 4 (suppl):34-37.
  27. Carlson LA, Kaijser L, Rössner S, Wahlqvist ML, Wide L. Changes in insulin immunoreactivity across the coronary circulation in man during infusions of glucose and fat emulsion. *European Journal of Clinical Investigations* 1975; 5:57-61.
  28. Stuckey J, Wahlqvist ML, Peak HJ, Donnelly J. Pericarditis during infection with mycoplasma pneumoniae. *The Medical Journal of Australia* 1976; 11:643-644.
  29. Wahlqvist ML, Ennis GC. The patient as his own doctor: Diabetes. *Patient Management* 1977; 1(6):49-54.
  30. Wahlqvist ML, Fidge NH, Lomas F. Lipoprotein composition in hypothyroidism. *Clinica Chimica Acta* 1977; 77:269-274.
  31. Wahlqvist ML, Fox RM, Beech AM, Favilla I. Peripheral vascular disease as a mode of presentation of pseudoxanthoma elasticum. *Australian & New Zealand Journal of Medicine* 1977; 7:523-525.
  32. Wahlqvist ML, Hurley BP. Hyperlipoproteinaemia and dietary fat modification in haemodialysis and renal transplant patients. *The Medical Journal of Australia* 1977; 11:207-208.
  33. Jackson RV, Love JB, Parkin WG, Wahlqvist ML, Williams NS. Use of microprocessor in the control of malignant hypertension with sodium nitroprusside. *Australian & New Zealand Journal of Medicine* 1977; 7:414-417.
  34. Wahlqvist ML, Shanahan EA, Dennis PM, Pullan PT, Wilmshurst EG. Cardiac effects of salbutamol-induced hypokalaemia in the conscious dog. *Clinical & Experimental Pharmacology & Physiology* 1978; 5:617-625.
  35. Wahlqvist ML, Wilmshurst EG, Murton CR, Richardson EN. The effect of chain length on glucose absorption and the related metabolic response. *American Journal of Clinical Nutrition* 1978; 31:1998-2001.
  36. Wahlqvist ML. Obesity, nutrition and lifestyle. *New Doctor* 1979; 12:18-20.
  37. Wahlqvist ML. Present and future practice of nutrition and dietetics. *The Journal of the Dietetic Association, Victoria* 1979; 30(1):2-6.

38. Wahlqvist ML. The value of self monitoring of blood glucose. *Patient Management* 1979; 8(4):9-11.
39. Wahlqvist ML, McDonald J, Flint DM. Diet and diabetes mellitus. *Food & Nutrition: Notes & Reviews* 1979; 36:180-186.
40. Wahlqvist ML, Morris MJ, Littlejohn GO, Bond A, Jackson RVJ. The effects of dietary fibre on glucose tolerance in healthy males. *Australian & New Zealand Journal of Medicine* 1979; 9:154-158.
41. Flint DM, Wahlqvist ML, Prinsley DM, Parish A, Fazio V, Peters K, Richards B. The nutritional assessment of community and institutionalised elderly in Australia. *Food & Nutrition: Notes & Reviews* 1979; 36:173-176.
42. Shanahan EA, Wahlqvist ML, Wilmshurst EG. Effect of  $\beta_2$  adrenoceptor stimulation on cardiac metabolism in the conscious dog. *British Journal of Pharmacology* 1979; 66:229-233.
43. Wahlqvist ML. Diet in the treatment of diabetes. *The Medical Journal of Australia* 1980; 2:64-68.
44. Wahlqvist ML. How can dietetic training be relevant? *The Journal of the Dietetic Association, Victoria* 1980; 31(2):22-25.
45. Wahlqvist ML. Malnutrition in Australian society. *Transactions of the Menzies Foundation* 1980; 1:191-195.
46. Wahlqvist ML, Read RSD. Nutrition, metabolism and exercise. *Australian Journal of Sports Medicine* 1980; 12(3):54-57.
47. Flint DM, Wahlqvist ML, McLennan EA. Determination of vitamin requirements in human nutrition. *Proceedings of the Nutrition Society of Australia* 1980; 5:52-62.
48. Nestel PJ, Hunt D, Wahlqvist ML. Clofibrate raises plasma apoprotein in A-1 and HDL-cholesterol concentration. *Atherosclerosis* 1980; 37:625-629.
49. Wood-Bradley R, Flint DM, Wahlqvist ML. Food and nutrition in an independent Papua New Guinea. *Search* 1980; 11(3):73-77.
50. Wahlqvist ML. An overview of clinical measurements of nutritional status in the Australian adult. *Transactions of the Menzies Foundation* 1981; 3:7-18.
51. Wahlqvist ML. Nutritional Assessment in Man. *Proceedings of the Nutrition Society of Australia* 1981; 6:67-71.
52. Wahlqvist ML. Sugar and human health. *Australian Family Physician* 1981; 10(10):818-819.
53. Wahlqvist ML, Coles-Rutishauser IHE, Briggs DR. What nutritionists require in food composition tables. *Food Technology in Australia* 1981; 33(3):118-119.
54. Wahlqvist ML, Flint DM. Nutritional assessment. *The Medical Journal of Australia* 1981; 1:505-512.
55. Wahlqvist ML, Jones GP, Hansky J, Duncan S, Coles-Rutishauser IHE, Littlejohn GO. The role of dietary fibre in human health. *Food Technology in Australia* 1981; 33(2):50-54.
56. Wahlqvist ML, Simpson RW. The diet in diabetes. *Patient Management* 1981; 5:53-59.
57. Fazio V, Flint DM, Wahlqvist ML. Acute effects of alcohol on plasma ascorbic acid in healthy subjects. *American Journal of Clinical Nutrition* 1981; 34:2394-2396.
58. Flint DM, Wahlqvist ML, Smith TJ, Parish AE. Zinc and protein status in the elderly. *Journal of Human Nutrition* 1981; 35(4):287-295.
59. Richards B, Wahlqvist ML, Flint DM. Acute effects of food and ethanol on plasma zinc concentration. *Nutrition Reports International* 1981; 23(5):939-943.
60. Simpson RW, McDonald J, Wahlqvist ML, Balasz N, Dunlop M. Effect of naturally occurring dietary fibre in Western foods on blood glucose. *Australian & New Zealand Journal of Medicine* 1981; 11:484-487.

61. Wahlqvist ML. Human Nutrition at Deakin. *Food Technology in Australia* 1982; 34(10):445-446.
62. Wahlqvist ML. Nutrition education as it relates to Australian problems. *Echo, Journal of the Home Economics Teachers Group* 1982; 21(1):4-7.
63. Wahlqvist ML, Briggs DR, Jones GP. Vitamins E, C and the B-complex: Their uses and misuses. *Australian Family Physician* 1982; 11(4):270-278.
64. Wahlqvist ML, Simpson RW. The diet in diabetes. *Patient Management* 1982; 6(4):53-63.
65. Rutishauser IHE, McKay HM, Wahlqvist ML. Does breast feeding have nutritional advantage over bottle feeding? *Australian Family Physician* 1982; 11(4):249-256.
66. Strauss BJG, Huang SS, Wahlqvist ML. Long-term mineral and vitamin supplements: Which patients will need them? *Current Therapeutics* 1982; 23(11):59-66.
67. Wilson JD, Simpson RW, Wahlqvist ML, Favilla I, Taite BD. Familial optic atrophy with diabetes mellitus. *Australian & New Zealand Journal of Medicine* 1982; 12:48-51.
68. Wahlqvist ML. Human Nutrition Research at Deakin and Dietetics. *The Journal of the Dietetic Association, Victoria* 1983; 34:13-14.
69. Wahlqvist ML, Flint DM. Megavitamin therapy - What is the evidence? *Patient Management* 1983; 12:103-123.
70. Wahlqvist ML, Isaksson B. Training in Clinical Nutrition: Undergraduate and Postgraduate. *The Lancet* 1983; II:1295-1297.
71. Anderson JW, O'Dea K, Read RSD, Wahlqvist ML. Workshop Report: Glucose metabolism. *The Royal Society of New Zealand Bulletin* 1983; 20:209-210.
72. Read RSD, Burke L, Wahlqvist ML. Food for sport : Does exercise increase nutritional requirements? *Patient Management* 1983; 7(3):45-52.
73. Rutishauser IHE, Wahlqvist ML. Food intake patterns of Greek migrants to Melbourne in relation to duration of stay. *Proceedings of the Nutrition Society of Australia* 1983; 8:49-55.
74. Wahlqvist ML. Dietary fibre in health and disease : How much dietary fibre should we eat? *Australian Journal of Pharmacy* 1984; November: 892-894.
75. Wahlqvist ML. Iron supplements in pregnancy. *Current Therapeutics* 1984; 25(7):77-80.
76. Wahlqvist ML. Orthomolecular medicine. [Letter to Editor]. *The Medical Journal of Australia* 1984; 141:396-397.
77. Wahlqvist ML. Nutrient supplementation in Australia. *The Medical Journal of Australia* 1984; 140:573-574.
78. Wahlqvist ML. Recent revisions in dietary recommendations to diabetic patients. *Practical Cardiology* 1984; 10:95-105.
79. Wahlqvist ML, Relf IRN, Myers KA, Lo CS. Diabetes and macrovascular disease: Risk factors for atherogenesis and non-invasive investigation of arterial disease. *Human Nutrition: Clinical Nutrition* 1984; 38C:175-184.
80. Crotty PA, Wahlqvist ML. Nutritional assessment and management of obesity. *Patient Management* 1984; 13(3):43-53.
81. Rutishauser IHE, Wahlqvist ML. Making measurements of food and alcohol intake. *Transactions of the Menzies Foundation* 1984; 7:97-109.
82. Wahlqvist ML. Is moderate drinking cardioprotective? *Current Therapeutics* 1985; 26(11):13.
83. Wahlqvist ML. Public health research: Priorities for the future. [Discussion]. *Transactions of the Menzies Foundation* 1985; 10:87-90.
84. Wahlqvist ML, Clark ACL, Moulds RFW, Metz GL, Sullivan JR, Court JM, Littlejohn GO. Sub-Committee on



- Alternative Medicine, Victorian State Committee, The Royal Australasian College of Physicians, Melbourne. Alternative medicine. *The Medical Journal of Australia* 1985; 143:152.
85. Wahlqvist ML, Flint DM, Parish AE. Dietary fibre and protein intakes as factors affecting bioavailability of zinc in elderly Australian females. *Nutrition Research* 1985; S213-S216.
  86. Jones GP, Briggs DR, Wahlqvist ML, Flentje LM. Dietary fibre content of Australian foods 1: Potatoes. *Food Technology in Australia* 1985; 37:81-83.
  87. Kestin M, Miller L, Littlejohn G, Wahlqvist ML. The use of unproven remedies for rheumatoid arthritis in Australia. *Medical Journal of Australia* 1985; 143:516-518.
  88. Nguyen NH, Flint DM, Prinsley DM, Wahlqvist ML. Nutrient intakes of dependant and apparently in dependent nursing home patients. *Human Nutrition: Applied Nutrition* 1985; 39A:333-338.
  89. Simpson RW, McDonald J, Wahlqvist ML, Atley L, Outch K. Food physical factors have different metabolic effects in non-diabetics and diabetics. *American Journal of Clinical Nutrition* 1985; 42:462-469.
  90. Simpson RW, McDonald J, Wahlqvist ML, Atley L, Outch K. Macronutrients have different metabolic effects in non-diabetics and diabetics. *American Journal of Clinical Nutrition* 1985; 42:449-453.
  91. Stewart AJ, Wahlqvist ML. Effect of shift work on canteen food purchase. *Journal of Occupational Medicine* 1985; 27(8):552-554.
  92. Wahlqvist ML. Nutritional pathways to coronary heart disease - An overview. *Patient Management* 1986; 10(4):136-143.
  93. Wahlqvist ML. Nutrition information for public health and clinical medicine: Training implications. *Transactions of the Menzies Foundation* 1986; 11:5-10.
  94. Cooper PL, Wahlqvist ML, Simpson RW. The value of the glycaemic index in diabetes. *Patient Management* 1986; 10(6):119-123.
  95. Crotty PA, Wahlqvist ML. Cultural Perceptions and Nutrition. *Patient Management* 1986; 10(9):114-121.
  96. Lo CS, Relf IRN, Myers KA, Wahlqvist ML. Doppler ultra sound recognition of preclinical arterial disease in diabetic subjects : Compliance and pulse-wave damping. *Diabetes Care* 1986; 9(1):27-31.
  97. Relf IRN, Lo CS, Myers KA, Wahlqvist ML. Risk factors for changes in aorto-iliac arterial compliance in healthy men. *Arteriosclerosis* 1986; 6(1):105-108.
  98. Wahlqvist ML. Energy undernutrition and overnutrition. *Patient Management* 1987:157-171.
  99. Wahlqvist ML. Vitamin use in clinical medicine. *The Medical Journal of Australia* 1987; 146(1):30-7.
  100. Wahlqvist ML. Dietary fibre and carbohydrate metabolism. *American Journal of Clinical Nutrition* 1987; 45:1232-1236.
  101. Wahlqvist ML. Use and abuse of vitamins. *Current Therapeutics* 1987; 28 (3):19-22.
  102. Cooper PL, Wahlqvist ML, Simpson RW. Sucrose versus saccharin as an added sweetener in non-insulin dependent diabetes: short and medium term metabolic effects. *Diabetic Medicine* 1988; 5:676-680.
  103. Wahlqvist ML. How low should fat intake be? *Patient Management* 1988; 12(1):91-95.
  104. Kouris A, Wahlqvist ML, Worsley AJ. Characteristics that enhance adherence to high carbohydrate high-fiber diets by persons with diabetes. *Journal of The American Dietetic Association* 1988; 88:1422-1425.
  105. Simpson RW, McDonald J, Wahlqvist ML, Balasz N, Sissons M, Atley L. Temporal study of metabolic change when non-insulin dependent diabetics changed from a low to high carbohydrate-fibre diet. *American Journal of Clinical Nutrition* 1988; 48:104-109.
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