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## CURRICULUM VITAE

<b>NAME:</b>	<b>Peter George Williams</b>
<b>DATE OF BIRTH:</b>	6 July 1950
<b>PRESENT POSITIONS:</b>	<b>Consultant Nutritionist and Dietitian</b> <b>Adjunct Professor, Nutrition &amp; Dietetics</b> Faculty of Health, University of Canberra <b>Honorary Professorial Fellow</b> School of Medicine and Smart Foods Centre, University of Wollongong
<b>QUALIFICATIONS:</b>	<b>Bachelor of Science (Honours)</b> Australian National University 1974 <b>Diploma in Nutrition and Dietetics</b> University of Sydney 1979 <b>Master of Health Planning</b> University of NSW 1986 <b>Doctor of Philosophy</b> University of Sydney 1995
<b>CAREER HISTORY</b>	
<b>2013-2014</b>	<b>University of Canberra</b> Professor of Nutrition and Dietetics
<b>2000-2011</b>	<b>University of Wollongong</b>
2006-2011	Associate Professor of Nutrition and Dietetics
2007-2008	Head of Nutrition and Population Health
2004-2008	Coordinator of Regulatory Affairs, National Centre of Excellence in Functional Foods
2000-2005	Senior Lecturer, Nutrition and Dietetics
<b>1996-1999</b>	<b>Kellogg (Aust) Pty Ltd</b> Director, Scientific and Consumer Affairs
<b>1982-92; 1994-96</b>	<b>Royal Prince Alfred Hospital</b>
1994-1996	Head of Allied Health Division
1989-1996	Chief Dietitian and Food Services Manager
1982-1989	Deputy Food Services Manager
<b>1992-1993</b>	<b>Sydney University</b> Lecturer in Human Nutrition
<b>1981-1982</b>	<b>Advanced Food Systems International</b> Executive Dietitian
<b>1979-1981</b>	<b>Royal Prince Alfred Hospital</b> Administrative Dietitian
<b>1974-1976</b>	<b>CSIRO Division of Animal Health</b> Experimental Officer

**OTHER EDUCATION**

- 1974 **Radionuclides in Medicine and Biology**  
(4 week residential course)  
Australian School of Nuclear Technology
- 1979 **Management for the Catering Industry**  
(1 week residential course)  
University of NSW Institute of Administration
- 1986 **Occupational Health and Safety**  
(4 day accredited training course)  
Eastern Area Health Service Staff Development Centre
- 1990 **Management for Commercial Managers**  
(6 day course)  
Central Sydney Area Health Service
- 1990 **Conflict Resolution**  
(3 day course)  
Central Sydney Area Health Service
- 1992 **Staff Selection and EEO**  
(2 day course)  
Central Sydney Area Health Service
- 2000 **Introduction to Tertiary Teaching**  
(one semester 8 credit point subject)  
University of Wollongong
- 2006 **Supervision of Postgraduate Research Students**  
(1.5 days) University of Wollongong

**PROFESSIONAL MEMBERSHIPS**

Fellow, Dietitians Association of Australia

**AWARDS**

- 1994 DAA Branch Service Award  
1997 DAA National Service Award  
2000 Joan Woodhill Memorial Award for outstanding contributions to the profession of dietetics  
2010 Honorary Life Member, Dietitians Association of Australia

**INTERVIEW**

<https://dietitianconnection.com/podcasts/episode-36-lessons-from-a-well-travelled-professor-in-dietetics-with-peter-williams/>

## GRANTS and CONTRACTS

### Competitive Grants and Tenders

2016. Australian Meals on Wheels Association.

Karen Walton, Peter Williams, Karen Charlton, Anne McMahon, Linda Tapsell. *Development of National Meal Guidelines for the Commonwealth Home Support Programme.* \$123,926

2011. ALTC Innovation and Development Grant

Claire Palermo, Helen Truby, Brian Jolley, Sue Ash, Sandra Capra, Eleanor Beck, Peter Williams. *Professional competence standards, learning outcomes and assessment: designing a valid strategy for nutrition and dietetics.* \$177,000.

2009. National Health and Medical Research Council

Peter Williams, Clare Collins, Margaret Allman-Farinelli, Annette Bryon and DAA collaboration *Systematic literature review for the revision of the dietary guidelines.* \$522,221

2004. ARC Discovery

Sandra Jones, Linda Tapsell, Peter Williams. *Healthy Eating Campaigns: perceptions of the message and the messenger.* \$113,000.

2003. National Food Industry Strategy

Linda Tapsell, Peter McLennan, Peter Williams, Marijka Batterham, Xu Feng Huang, Arthur Jenkins, Anne McMahon et al. *National Centre of Excellence in Functional Foods.* \$5.5 million over 5 years; Regulatory Affairs component - \$426,799.

2001. IMB Community Foundation.

Anthony Hodgson, Owen Curtis, Peter Williams. *Managing Energy Balance for a Longer Life.* \$80,000.

2000. University of Wollongong Educational Strategies Development Fund.

Peter Williams. *Redesigning Dietetics Teaching to a Problem-Based Learning Format.* \$9,000.

#### Summary of grants: 2000-2019

Number	<b>7</b>
Total value	<b>\$1,451,946</b>

### Consultancy Contracts

Many commercial consulting projects for food companies and non-government organisations. Most of these consultancies focussed on food regulation, nutrition marketing issues, or dietetic education.

#### Summary of commercial consultancies: 2000-2019

Number of consultancies and contracts	<b>85</b>
Total value	<b>\$1,304,349</b>

**Examples of Consultancies**

Review of the management of food and nutrition services at **Adelaide Medical Centre for Women and Children**, encompassing recommendations for the design and operation of the new food service, organisational structure and staffing

Review of the catering processes and staffing, and advice on the facilities required for planned expansion of the **Lutheran Homes Adelaide**

Management of a program of sampling and nutrient analysis of cuts of red meat for **Meat and Livestock Australia**

Development of nutrition standards for healthy snacks for **Uncle Tobys**

Stakeholder consultations for **Foods Standards Australia New Zealand** on priorities for pre-approved high-level health claims

Review of prison menus and food services for **NSW Corrective Services Industries**

Review of the scientific evidence to support high-level health claims for **Nuts for Life**

Monitoring the use of daily intake labelling on packaged food for **Australian Food and Grocery Council**

Report on the health benefits of wholegrains and legumes for **Go Grains Health and Nutrition Ltd**

Development of **NSW Health Nutrition Standards for Menus for Adult Inpatients in NSW Hospitals and Therapeutic Diet Specifications for Adult Inpatients**

Report on the science of beta-glucan and cholesterol lowering, for **Cereal Partners (Aust) Pty Ltd**

Plan and supervise a study to evaluate the impact of the introduction of the *Steamplicity* food service system at Balmain hospital, for the **Compass Group (Aust) Pty Ltd**

Survey of Simulated Learning Experiences in dietetic education programs in Australian Universities, for **Health Workforce Australia**

Literature review and stakeholder interviews on the need for national menu planning standards for residential aged care facilities, for the **Dietitians Association of Australia**

Review of the literature on impacts of breakfast cereals on nutrition and health, for the **Australian Breakfast Cereal Manufacturers Forum**

**PROFESSIONAL ACTIVITIES**

- 2014-2020 Honorary Professorial Fellow, University of Wollongong
- 2013-2019 Adjunct Professor, University of Canberra
- 2013-2015 Member, FSANZ High Level Health Claims Committee
- 2013-2015 DAA Accreditation & Education Consultant
- 2011-2014 Member, TGA Advisory Committee on Complementary Medicines
- 2011-2014 Fellow, Food Standards Australia New Zealand
- 2011-2020 Member, Ad Standards Community Panel
- 2011-2014 Member, Dietetic Credentialing Council
- 2011-2013 Member, Commonwealth working group on a National Food Policy
- 2011-2013 Member, Board of the International Life Science Institute (ILSI) Australia
- 2011-2013 Member, Scientific Review Panel, Grains and Legumes Nutrition Council Ltd
- 2009-2013 Member, International Advisory Board, *Perspectives in Public Health*
- 2009-2013 Member, Nestle Oceania Scientific Advisory Network Group
- 2009-2014 Member, Heart Foundation Food and Nutrition Advisory Committee
- 2008-2013 Member, DAA Scholarship and Awards Management Committee
- 2008-2009 Member, Obesity Working Group, National Preventative Health Taskforce
- 2006-2013 Book Review Editor, *Nutrition and Dietetics*
- 2006-2008 Committee Member, 6<sup>th</sup> International Conference of Culinary Arts & Sciences
- 2006-2008 Member, MLA Human Nutrition R&D Advisory Committee
- 2005-2011 Member of the Board of Food Standards Australia New Zealand
- 2004 2006 Member, 24<sup>th</sup> Annual DAA Conference Scientific Program Sub-Committee
- 2004-2005 Member, FSANZ Standards Development Advisory Committee on Health Claims
- 2004-2005 Member, FSANZ Technical Expert Group on Nutrition and Health Claims
- 2003-2005 Chair, DAA Dietetics Standards and Accreditation Advisory Committee
- 2001-2002 Member, Policy Advisory Group on Nutrition, Health and Related Claims
- 2000-2008 Member, DAA Honours Advisory Committee
- 2000-2005 Member, Heart Foundation Food Information Program Steering Committee
- 2002-2003 Member, NH&MRC Working Group on Review of Recommended Dietary Intakes
- 2000-2003 President, Dietitians Association of Australia
- 2000-2003 President, Federation of Australian Nutrition Organisations
- 2000-2003 Member, NH&MRC Dietary Guidelines Review Working Party
- 2000-2002 Member, Eat Well NSW Consultative Committee
- 2000-2002 Member, the Go Grains Advisory Committee
- 1998-1999 Member, NH&MRC Working Party - Dietary Guidelines for Older Australians
- 1998-2000 Member, DAA Dietetics Skills Recognition Working Party
- 1997-1999 Member, AFGC Scientific and Technical Committee
1996. Australian DAA Delegate, International Congress of Dietetics, Manila
- 1996-1997 Chair, Planning Committee for the 17<sup>th</sup> National DAA Conference
- 1994-2001 Chairperson, DAA Food Standards Committee
- 1994-2002 Member, DAA Membership and Consumer Complaints Committee
1994. Member, National Food Authority Working Party on Nutrient Claims
- 1993-1999 DAA representative, NOOSR Panel in Dietetics

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1993.	Member, National Food Authority Working Party on Substitute Foods
1991-1992	Chairperson, NSW Branch of DAA
1990-1991	Member, ACA Food and Nutrition Policy Working Group
1989-1992	Member, Board of Studies, Master of Nutrition & Dietetics, Sydney University
1988.	Member, NSW Department of Health Food Services Advisory Committee
1988-1989	Member, NSW Institute of Dietitians Training and Education Subcommittee
1986-1987	Member, NH&MRC Working Party on Nutrition Labelling Education
1985.	Vice-Chairperson, NSW Branch of DAA
1984-1985	Member, NH&MRC Working Party on a Food Additive Numbering System
1983-1985	Member, Board of NSW Branch DAA
1983-1985	Chairperson, DAA Continuing Education Committee
1982-1983	Program Planner, 3 <sup>rd</sup> National DAA Conference
1980-1981	Member, Council of the NSW Dietetic Association
1980	Treasurer, Nutrition Society of Australia (Sydney Branch)

### Reviewer for the following journals

- Appetite
- Australia New Zealand Journal of Public Health
- Clinical Nutrition
- European Journal of Clinical Nutrition
- Food Australia
- Food Quality and Preference
- Nutrients
- Nutrition
- Nutrition & Dietetics
- Public Health Nutrition

### Supervision of doctoral Candidates

#### **Completed**

- 2017 Kirsty Maunder: *An examination of nutrition informatics in hospital foodservices and the eHealth readiness of dietitians. Are dietitians ripe for disruption?*
- 2014 Anne McMahon: *Wellness, wellbeing and food choice*
- 2013 Adrienne Forsyth: *A nutrition and physical activity intervention for patients with depression and/or anxiety in primary care*
- 2012 Marijana Milosavljevic: *NSW public hospital dietitians and their workplaces: True love or a marriage of convenience?*
- 2009 Ali Almajwal: *Dietetic management of obesity in Saudi Arabia: towards evidence-base clinical practice guidelines.*
- 2008 Karen Walton: *Nutrition and food service systems for long stay elderly patients: a contextual analysis. "Making every mouthful count".*
- 2005 Craig Patch: *An analysis of the potential role of functional foods in the primary prevention of coronary heart disease.*

**PUBLICATIONS SUMMARY****Books**

Published 1

**Book Chapters**

Published 13

**Papers in refereed journals**

Published or in press 110

Under review 0  
110**Conference Abstracts** 103**Other Publications**

Reports 17

Editorials 4

Book reviews 14

Opinion pieces & letters 16

51

**Total** **278*****h-index*** **34**(for details, see: <https://scholar.google.com.au/citations?user=1UMrF4IAAAAJ&hl=en>)**BOOKS**

1. **Williams, PG** (2018). An Annotated Bibliography of Invalid Cookery Advice and Recipes in Australian Cookbooks 1860-1950. Willard Publishing: Canberra.

**BOOK CHAPTERS**

2. **Williams P**, Brent P. Food Toxicity and Safety (2017). *In: Essentials of Human Nutrition*, 5th edition. Pp316-333. J Mann and AS Truswell (eds). OUP: Oxford.
3. Tapsell L, Flood V, Probst Y, Charlton K, **Williams P**. Nutrition Tools: dietary assessment, food databases and dietary modelling (2013). *In: Food, Nutrition and Health*. pp282-321. L Tapsell (ed). OUP: South Melbourne.

4. Yeatman H, Russell J, Condon-Paoloni D, Flood V, Beck E, **Williams P**, Tapsell L. Food and nutrition policy frameworks. (2013). In: *Food, Nutrition and Health*. pp324-359. L Tapsell (ed). OUP: South Melbourne.
5. **Williams PG**. Food Toxicity and Safety (2012). In: *Essentials of Human Nutrition*, 4th edition. pp449-466. J Mann and AS Truswell (eds). OUP: Oxford.
6. Ghosh D, **Williams P** (2010). Global food biotechnology regulations and urgency for harmonization. In: *Biotechnology in Functional Foods and Nutraceuticals*. pp531-541. D Bagchi, FC Lau, D Ghosh (eds). Taylor & Francis: Boca Raton FL.
7. Roupas P, **Williams P**, Margetts C (2009). Regulatory issues and functional health claims for bioactive dairy compounds. In: *Bioactive Components in Milk and Dairy Products*. pp313-327. YM Park (eds). Wiley-Blackwell: Ames, Iowa.
8. **Williams P** (2009). The food service perspective in institutions. In: *Meals in science and practice: Interdisciplinary research and business applications*. pp50-65. HL Meiselman (ed). Woodhead: Cambridge.
9. **Williams PG**. Food Toxicity and Safety (2007). In: *Essentials of Human Nutrition*, 3<sup>rd</sup> edition. pp379-395. J Mann and AS Truswell (eds). OUP: Oxford.
10. **Williams P** (2003). Eat plenty of cereals (including breads, rice, pasta and noodles) preferably wholegrain. In: *Food for Health: Dietary Guidelines for Children and Adolescents in Australia*. pp81-97. NHMRC: Canberra.
11. **Williams P** (2003). Eat plenty of cereals (including breads, rice, pasta and noodles) preferably wholegrain. In: *Food for Health: Dietary Guidelines for Australian Adults*. pp31-49. NHMRC: Canberra.
12. **Williams PG** (2002). Food Toxicity and Safety. In: *Essentials of Human Nutrition*, 2<sup>nd</sup> edition. pp415-432. J Mann and AS Truswell (eds). OUP: Oxford.
13. **Williams P** and Binns C. (1999). Eat Plenty of Cereals, Bread and Pastas. In: *Dietary Guidelines for Older Australians*. pp67-82. NHMRC: Canberra.
14. **Williams PG** (1998) Food Toxicity and Safety in: *Essentials of Human Nutrition*, 1<sup>st</sup> edition. pp379-396. J Mann and AS Truswell (eds). OUP: Oxford.



**REFEREED JOURNAL ARTICLES**

1. Clancy A, Walton K, Charlton K, McMahon A, Ringland E, **Williams P**, Tapsell L. (2018). Service providers' and health professionals' views and suggestions for the National Meal Guidelines for the Commonwealth Home Support Program. *Nutr Diet* <http://dx.doi.org/10.1111/1747-0080.12485>
2. **Williams, PG** (2018). Advice and recipes for invalid and convalescent cookery in Australian cookbooks 1860-1950. *Nutr Diet* <http://dx.doi.org/10.1111/1747-0080.12468>
3. Maunder K, Walton K, **Williams P**, Ferguson, M, Beck E (2018). Strategic leadership will be essential for dietitian eHealth readiness: A qualitative study exploring dietitian perspectives of eHealth readiness. *Nutr Diet* <http://dx.doi.org/10.1111/1747-0080.12434>
4. Maunder K, Walton K, **Williams P**, Ferguson, M, Beck E (2018). A framework for eHealth readiness of dietitians. *Int J Med Inform* 115:43-52.
5. Maunder K, Walton K, **Williams P**, Ferguson, M, Beck E (2018). eHealth readiness of dietitians. *J Hum Nutr Diet* 31:573-583.
6. **Williams P**, Thomson L (2018). Ready for Membership? Voices from the 2014 Australian Quaker Survey. *Quaker Stud* 23:83-107.
7. Forsyth A, Deane FP, **Williams P** (2017). Physical activity and fitness outcomes of a lifestyle intervention for primary care patients with depression and anxiety: a randomised controlled trial. *Int J Ment Health Addiction* 15:545-554.
8. **Williams P**, Hampton J (2016). Results from the first national survey of Quaker belief and practice in Australia and comparison with the 2013 British survey. *Quaker Stud* 21:95-119.
9. **Williams P** (2016). The missing vitamin alphabet. *Nutr Diet* 73:205-214.
10. McMahon A, Tay, PC, Tapsell L, **Williams P** (2016). Building bridges in dietary counseling: an exploratory study examining the usefulness of wellness and wellbeing concepts. *J Hum Nutr Diet* 29: 75-85.
11. Forsyth A, Deane FP, **Williams P** (2015). A lifestyle intervention for primary care patients with depression and anxiety: a randomised controlled trial. *Psych Res* 230:537-544.
12. Forsyth A, **Williams P**, Deane FP (2015). Physical activity, but not fitness level, is associated with depression in Australian adults. *J Sports Med Phys Fitness* 55:845-854.

13. Maunder K, Walton K, **Williams P**, Ferguson M, Lazarus, C (2015). Energy and protein intake increases with an electronic bedside spoken meal ordering system compared to a paper menu in hospital patients. *e-SPEN Eur e-J Clin Nutr Metab* 10:e134-e139.
14. Maunder K, Walton K, **Williams P**, Ferguson M, Beck E, Ayres E, Hoggie L (2015). Uptake of nutrition informatics in Australia compared to the United States of America. *Nutr Diet* 72:291-298.
15. **Williams PG** (2014). The benefits of breakfast cereal consumption: a systematic review of the evidence base. *Adv Nutr* 5:636S-683S.
16. Maunder K, **Williams P**, Walton K, Ferguson M, Beck E, Probst Y (2014). Introduction to nutrition informatics in Australia. *Nutr Diet* 71:289-294.
17. **Williams P**, Hazelwood T, Pang G (2014). Development of nutrition standards and therapeutic diet specifications for NSW public hospitals. *Aust Health Rev* 38:467-470.
18. Allman-Farinelli M, Byron A, Collins C, Gifford J, **Williams P** (2014). Challenges and lessons from systematic literature reviews for the Australian dietary guidelines. *Aust J Prim Health* 20:236-240.
19. McMahon A, O'Shea J, Tapsell L, **Williams P** (2013). What do the terms wellness and wellbeing mean in dietary practice - an exploratory qualitative study examining women's perceptions. *J Hum Nutr Diet* 27:401-410.
20. McMahon A, Tapsell L, **Williams P**, Jobling J (2013). Baby leafy green vegetables - providing insight into an old problem? An exploratory qualitative study examining influences on their consumption. *Health Prom J Aust* 24:68-71.
21. Walton K, **Williams P**, Tapsell L, Hoyle M, Shen Z, Gladman L, Nurka M (2013). Observations of mealtimes in hospital aged care rehabilitation wards. *Appetite* 67:16-21.
22. **Williams PG** (2012). Deviance and diversity in dietetics. *Crit Diet* 1(2):46-54.
23. Walton K, **Williams P**, Tapsell L (2012). Improving food services for elderly long-stay patients in Australian hospitals: adding food fortification, assistance with packaging and feeding assistance. *Nutr Diet* 69:137-144.
24. Forsyth A, **Williams P**, Deane F (2012). Nutrition status of primary care patients with depression and anxiety. *Aust J Prim Health* 18:172-176.
25. **Williams PG** (2012). Evaluation of the evidence between consumption of refined grains and health outcomes. *Nutr Rev* 70:80-99.

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26. **Williams P**, Walton K (2011). Plate waste in hospitals and strategies for change. *e-SPEN Eur e-J Clin Nutr Metab* 6:e235-e241.
  27. Peck S, Almajwal A, **Williams P**, El-Qudah J (2011). Evaluation of nutritional adequacy of popular fad diets in Saudi Arabia. *New Egypt J Med* 45:498-508.
  28. Milosavljevic M, **Williams P**, Perez G, Dalla T (2011). The results of a pilot time and motion study in three Australian hospitals: Where do we spend our time? *Nutr Diet* 68:185-188
  29. Almajwal A, **Williams P**, Batterham M (2011). Validity of the BodyGem calorimeter and prediction equations for the assessment of resting energy expenditure in overweight and obese Saudi males. *Saudi Med J* 32:718-724.
  30. Swierk M, **Williams P**, Wilcox J, Russell K, Meyer B (2011). Validation of an Australian electronic food frequency questionnaire to measure polyunsaturated fatty acid intake. *Nutrition* 27:641-646.
  31. **Williams P**, Duncan R, de Agnoli K, Hull A, Owers A, Wang T (2010). Front of pack labelling on Australian packaged foods: Introduction and use 2007-2009. *Food Aust* 62:583-588.
  32. McMahon A, **Williams P**, Tapsell L (2010). Reviewing the meanings of wellbeing and wellness and their implications for food choice. *Persp Pub Health* 130:282-286.
  33. **Williams, P** (2010). Monitoring the affordability of healthy eating: a case study of 10 years of the Illawarra Healthy Food Basket. *Nutrients* 2:1132-1140.
  34. McMahon A, Tapsell L, **Williams P**, Motion J, Jones S (2010). Food advertisements containing 'scientific' and 'lay person' keywords: Responses from a sample of female Australian consumers. *Nutr Diet* 67:6-12.
  35. **Williams P**, Droulez V (2010). Australian red meat and fat consumption – Trends over 20 years in response to public health and consumer demand. *Food Aust* 62:87-94.
  36. Almajwal AM, AL-Baghli NA, Batterham MJ, **Williams PG**, AL-Turki KA, AL-Ghamdi AJ (2009). Performance of body mass index in predicting diabetes and hypertension in the Eastern Province of Saudi Arabia. *Annals Saudi Med* 29:437-445.
  37. **Williams P**, Markoska J, Chachay V, McMahon A (2009). 'Natural' claims on foods: a review of regulations and a pilot study of the views of Australian consumers. *Food Aust* 61:383-389.
  38. **Williams P**, Colyer C (2009). Nutrition profiling and labeling of healthy or functional meals. *J Foodserv* 20:230-240.

39. Jones S, Tapsell L, Andrews K, **Williams P**, Gregory P (2009). Australian consumers' discernment of different sources of 'healthy eating' messages. *Australas Market J* 17:238-246.
40. Edwards J, **Williams P**, Hartwell H, Schafheitle J (2009). Comments on prison foodservice – England vs Australia. *J Foodserv* 20:153-156.
41. **Williams P**, Walton K, Hannan-Jones M (2009). Prison foodservice in Australia – systems, menus and inmate attitudes. *J Foodserv* 20:167-180.
42. Forsyth A, Deane F, **Williams P** (2009). Dietitians and Exercise Physiologists in Primary Care: Lifestyle intervention for patients with depression and/or anxiety. *J Allied Health* 38:e63-e68.
43. Almajwal A, **Williams P**, Batterham M (2009). Current dietetic practices of obesity management in Saudi Arabia and comparison with Australian practices and best practice criteria. *Nutr Diet* 66:94-100.
44. **Williams P**, Hull A, Kontos M (2009). Trends in affordability of the Illawarra Healthy Food Basket: 2000-2007. *Nutr Diet* 66:27-32.
45. **Williams P**, Ridges L, Batterham M, Ripper B, Hung M (2008). Australian consumer attitudes to health claims – food product compatibility for functional foods. *Food Policy* 33:640-643.
46. Jones SC, Tapsell L, **Williams P**, Andrews K (2008). Health claims and food advertising: comparison of marketing and nutrition experts' ratings of magazine advertisements. *Food Aust* 60:526-533.
47. **Williams P**, Ghosh D. Health claims and functional foods (2008). *Nutr Diet* 65(Suppl 3): S89-S93.
48. Walton K, **Williams P**, Bracks J, Zhang Q, Pond L, Smoothy R, Tapsell L, Batterham M, Vari L (2008). A volunteer feeding program can improve dietary intakes of elderly patients – a pilot study. *Appetite* 51:244-248. (10%)
49. Jones SC, Andrews KL, Tapsell L, **Williams P**, McVie D (2008). The extent and nature of "health messages" in magazine food advertising in Australia. *Asia Pac J Clin Nutr* 17(2): 317-324.
50. **Williams P**, Grafenauer S, O'Shea J (2008). Cereal grains, legumes and weight management: a comprehensive review of the scientific evidence. *Nutr Rev* 66:171-182.
51. Sullivan B, Brown J, **Williams P**, Meyer B (2008). Dietary validation of a new food frequency questionnaire that estimates long-chain omega-3 fatty acid intakes. *Br J Nutr* 99:660-666.

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52. Almajwal AM, **Williams PG**, Batterham MJ, Alothman AM (2008). Planning for the development of evidence based guidelines for the nutritional management of obesity in Saudi Arabia. *New Egypt J Med* 38(1):34-39.
53. Walton K, **Williams P**, Tapsell L, Batterham M (2007). Rehabilitation inpatients are not meeting their energy and protein needs. *e-SPEN Eur e-J Clin Nutr Metab* 2:e120-e126.
54. **Williams P**, Tapsell L, Jones S, McConville K (2007). Health claims for food made in Australian magazine advertisements. *Nutr Diet* 64(4):64:234-240.
55. **Williams P** (2007). Nutritional composition of red meat. *Nutr Diet* 64(Suppl 4):S113-S119.
56. **Williams P** (2007). Breakfast and the diets of Australian children and adolescents: an analysis of data from the 1995 National Nutrition Survey. *Int J Food Sci Nutr* 58:201-216.
57. Roupas P, **Williams P** (2007). Regulatory aspects of bioactive dairy ingredients. *Bull Int Dairy Fed* 413:16-26.
58. **Williams P**, Droulez V, Levy G, Stobaus T (2007). Composition of Australian red meat 2002. 3. Nutrient profile. *Food Aust* 50:331-339.
59. **Walton K**, Williams P, Tapsell L (2006). What do stakeholders consider the key issues affecting the quality of food service provision for long stay patients? *J Foodserv* 17:212-225.
60. Sullivan B, Meyer B, **Williams P** (2006). Biomarker validation of a long-chain omega-3 polyunsaturated fatty acid food frequency questionnaire. *Lipids* 41:845-850.
61. **Williams P** (2006). Can health claims for food help consumers choose better diets? *CML-Clinical Nutrition* 15(2):25-30. accessible only on line at:  
<http://www.currentmedicalliterature.com/Journal.aspx?publicationID=215&issueID=1401>
62. Dragicevich H, **Williams P**, Ridges L (2006). Survey of health claims for Australian foods made on Internet sites. *Nutr Diet* 63:139-147.
63. **Williams PG** (2006). Health benefits of herbs and spices: the past, the present, the future - Public health. *Med J Aust* 185 (Suppl 4):S17-S18.
64. Droulez V, **Williams P**, Levy G, Stobaus T, Sinclair A (2006). Composition of Australian red meat 2002. 2. Fatty acid profile. *Food Aust* 58:335-341.
65. Patch CS, Tapsell LC, **Williams PG**, Gordon M (2006). Plant sterols as dietary adjuvants in the reduction of cardiovascular risk: theory and evidence. *Vasc Health Risk Manage* 2:157-162.

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66. **Williams P**, Droulez V, Levy G, Stobaus T (2006). Composition of Australian red meat 2002. 1. Gross composition data. *Food Aust* 58:173-181.
67. Singer L, **Williams P**, Ridges L, Murray S, McMahon A (2006). Consumer reactions to different health claim formats on food labels. *Food Aust* 58:92-97.
68. **Williams P**, Yeatman H, Ridges L, Houston A, Rafferty J, Roesler A, Sobierajski M, Spratt B (2006). Nutrition function, health and related claims on packaged Australian food products – prevalence and compliance with regulations. *Asia Pac J Clin Nutr* 15:10-20.
69. **Williams, P** (2005). Breakfast and the diets of Australian adults: An analysis of data from the 1995 National Nutrition Survey. *Int J Food Sci Nutr* 56:65-79.
70. **Williams PG** (2005). Consumer understanding and use of health claims for food. *Nutr Rev* 63:256-264.
71. Patch, C, Tapsell L, **Williams PG** (2005). Attitudes and intentions towards purchasing novel foods enriched with omega-3 fatty acids. *J Nutr Educ Behav* 37:235-241.
72. **Williams P**. (2005). The place of functional foods within hospitality – an opportunity? *J Roy Soc Prom Health* 125:108-9.
73. **Williams, P** (2005). Communicating health benefits – do we need health claims? *Aust J Dairy Technol* 60:193-195.
74. Patch CS, Tapsell LC, **Williams PG** (2005), Overweight consumer' salient beliefs on omega-3-enriched functional foods in Australia's Illawarra region. *J Nutr Educ Behav* 37:83-89.
75. Patch CS, Tapsell LC, **Williams PG** (2005). Plant sterol/stanol prescription is an effective treatment strategy for managing hypercholesterolemia in outpatient clinical practice. *J Am Diet Assoc* 105:46-52.
76. Chan C, Patch C, **Williams P** (2005). Australian consumers are sceptical about but influenced by claims about fat on food labels. *Eur J Clin Nutr* 59:148-151.
77. **Williams P**, Reid M, Shaw K (2004). The Illawarra Healthy Food Price Index. 1. Development of the food basket. *Nutr Diet* 61:200-207.
78. **Williams P**, James Y, Kwan J (2004). The Illawarra Healthy Food Price Index. 2. Pricing methods and index trends from 2000 – 2003. *Nutr Diet* 61:208-214.
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12. Williams P, Beck E (2011). *Final report on simulated learning environment project conducted for Health Workforce Australia*. DAA. Canberra. (Available at: [https://www.hwa.gov.au/sites/uploads/sle\\_dietitians\\_final\\_report\\_201107.pdf](https://www.hwa.gov.au/sites/uploads/sle_dietitians_final_report_201107.pdf))
13. Williams P (2011). Can the poor afford healthy food? (editorial). *Nutr Diet* 68:6-7.
14. Williams P (2010). *The Grains & Legumes Health Report. A review of the science*. Go Grains Health & Nutrition Ltd, Sydney. Available at: <http://www.gInc.org.au/wp-content/uploads/2011/07/GoGrainsReport220410.pdf>)
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19. Williams P. (2004). Atkins for life? Perspectives - *Nutr News & Views* 18:10.
20. McMahon A, Yeatman H, Williams P. (2003). Continuing Education – Food Regulation. *Nutr Diet* 60:213-216.
21. Williams P. (2002). Nutrition and patients – whose responsibility? (editorial) *Nutr Diet* 59:229-230.
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24. Williams P. (2001). Teaching postgraduate students how to become researchers. *UniTeaching* 2(2):2-3.
25. Williams P. (2000). Tales from the harem: memoirs of a male dietitian. *Aust J Nutr Diet* 57:104-105.
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27. Williams, PG (ed) (1996). *30 Years of Nutrition and Dietetics Publications from Royal Prince Alfred Hospital*. RPAH, Sydney.
28. Williams, PG. (1995). Food for Thought. *Hosp. & Healthcare*. June:24-25.
29. Williams, PG. (1994). Jobs for dietitians in NSW and the ACT in 1993 (letter). *Aust J Nutr Diet* 45:354.
30. Wall, P and Williams, PG. (1993). Areas of Employment for Nutrition and Dietetic Graduates from the University of Sydney between 1988 and 1992 (letter). *DAA Newsletter* 68:20.
31. Williams, PG and Truswell, AST. (1993). The Sydney University Nutrition Research Foundation:

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- Supporting food and nutrition research in Australia. *Food Aust.* 45:240-241.
32. DAA Position Paper (1991). *Health Claims and Messages on Food Labels*. DAA, Canberra.
  33. Williams, PG. (1989). Food for the sick is a catering challenge. *Host*. Sept:30-31.
  34. Williams, PG. (1988). Good planning can save a bad reputation. *Aust Hosp* 136:14.
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  37. Williams, PG. (1985). Guidelines for a Dietetic Journals Club. *DAA Newsletter* 35:9-12;36:18.

#### **BOOK REVIEWS**

38. Williams, P (2010). Catching Fire: How cooking made us human. *Nutr Diet* 67(2): 128.
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42. Williams, PG (1993). Food for Health. *Food Aust.* 45:354.
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50. Williams, PG (1985). Food Service Management for Health Care Facilities. *DAA Newsletter* 36:28.

51. Williams, PG (1984). The New Health Revolution. *ANF Newsletter* 3:4.

#### **INVITED LECTURES**

##### **2016**

*The Development of National Meal Guidelines for the Commonwealth Home Support Program.*  
DAA Food Service Seminar: Making Menus and More. Melbourne 11 November

##### **2013**

*National food policy and the challenges of tomorrow*  
DAA 30<sup>th</sup> National Conference, Canberra, 22 May.  
*The pros and cons of carbohydrate intake in modern Australia and New Zealand – an overview of health effects.*  
ILSI Australasia and Grains & Legumes Nutrition council Symposium, Sydney, 19 March

##### **2012**

*Towards national menu standards for Residential Aged Care Facilities*  
Institute of Hospitality in Healthcare national conference, Cairns, 14 September  
*Simulation in dietetic education in Australia*  
16<sup>th</sup> International Congress of Dietetics, Sydney, 7 September

##### **2011**

*Introducing the Nutrition Standards and Diet Specifications*  
ACI launch of the NSW Nutrition Standards, Sydney, 15 December  
*Review of food labelling law and policy*  
FoodLegal Symposium, Sydney, 28 March  
*The issues and challenges of waste in clinical food service.*  
DAA Food and Environment Group Seminar, Sydney, 8 April  
*Grains, grain-based foods and legumes – Staples of the diet*  
The Australian Grains Industry Conference, Melbourne, 26 July

##### **2010**

*New nutrition standards for NSW hospital menus.*  
Institute of Hospitality in Healthcare seminar, Sydney, 29 March

##### **2009**

*How 'naturalness' in food is perceived by consumers, used by manufacturers, and regulated by food authorities*  
FoodLegal Seminar, Sydney, 10 October.  
*Grains, Legumes and Weight Management*  
Nutrition Society meeting, Wollongong, 9 June.

##### **2008**

*Grains and legumes in weight management*  
Go Grains Annual Conference, Sydney, 1 October.

**2007**

*Development of new Nutrient Reference Values and Dietary Guidelines – The Australian Experience.*

King Faisal Specialist Hospital & Research Centre, Riyadh, Saudi Arabia

**2006**

*The Burden of Substantiation for Food Companies*

8<sup>th</sup> Annual Food Regulation and Labelling Standards Conference, Sydney.

*Research on Consumers and Health Claims for Foods*

Visiting Staff Seminar series, University of Canberra

*Substantiation of general level health claims for food*

ILSI-SEA Workshop on Health Claims, Kuala Lumpur.

*Functional Foods and Health Claims*

Nutrition Society meeting, Newcastle.

*Substantiation of general level health claims for food*

ILSI Seminar on Health Claims, Melbourne.

**2005**

*Food Regulation and Labelling*

7<sup>th</sup> Annual Food Regulation and Labelling Standards Conference, Sydney.

*Communicating health benefits - do we need health claims?*

International Functional Dairy Foods Conference, Adelaide

*Food regulations – do we need health claims?*

2<sup>nd</sup> Conference of the National Centre of Excellence in Functional Foods, Sydney

**2004**

*What should be the role of the food industry in policy making?*

DAA National Conference, Melbourne

*Functional Foods – benefits, concerns and challenges*

IBC 6<sup>th</sup> Annual Food Regulations & Labelling Standards Conference, Sydney

**2003**

*New opportunities in nutrition and wellness*

ConTech Conference, Confectionery Manufacturers Association, Melbourne

*Dietary and Nutrition Developments*

Australian Food Industry Conference, Melbourne

*Functional Foods: Directions for Australia*

NSW Department of State and Regional Development Small Business Seminar, Sydney

*Issues involved in educating the educators*

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Nutrition Australia, Teaching Nutrition Seminar, Sydney

**2001**

*Functional Foods and Genetically Modified Foods: Coming to your food service soon.*  
Institute of Hospitality in Healthcare Annual Conference, Sydney.  
*Extravagant Claims.*  
Nutrition Society of Australia, Food Labelling Seminar, Wollongong.

**2000**

*Sugar: Villain or Not?*  
Smart Foods/ILSI conference on Dietary Guidelines for a New Millennium.

**1999**

*Regulatory and Communication Constraints*  
Annual Smart Foods Forum, Wollongong University  
*Using a folate health claim as a marketing tool*  
Food Labelling: IBC Conference, Melbourne.

**1998**

*Nutrition Marketing: A Manufacturer's Perspective*  
Nutrition Marketing in the New Millennium. NHF, Sydney  
*Are Food Innovations Improving the Health of Australians?*  
DAA (Vic) Dietetics On The Move Conference, Melbourne.

**1997**

*Health Claims*  
CSIRO Food Industry Conference, Adelaide.  
*Health Claims and Functional Foods*  
ICM Conference on Food Standards and Regulations, Auckland.

**1996**

*CSAHS Food Production Unit Wage Agreement - The Agony and the Ecstasy.*  
Institute of Hospital Catering, NSW Branch.

**1995**

*Vitamin Losses in Cook-Chill Foodservices*  
Institute of Hospital Catering, NSW Branch.  
*Code of Practice on Nutrient Claims*  
Dietitians Association of Australia - NSW Branch.  
*Nutrition and Health Claims on Foods*  
Australian Institute of Food Science and Technology.  
*Implications of the Changing Regulatory Environment*  
Foods of the Future Conference: IBC Conferences Inc, Sydney.



**1994***Reading Food Labels*

Continuing Education Course in Human Nutrition, University of Sydney

**1992***Continental Breakfasts for Hospital Patients.* Institute of Hospital Catering.**1991***Practical Examples of Quality Assurance in Food Services*

Australian Council on Healthcare Standards Seminar.

**1990***Update on Food Service Management* Refresher Course, DAA NSW Branch.**1989***Fad Diets and Food Law*

Cumberland College of Health Sciences.

*Quality Assurance in Food Services*

Australian Council on Health Care Standards.

*A Profile of Catering Services in NSW*

Institute of Hospital Catering, NSW Branch Seminar.

*Cook/Chill Food Systems*

Health Education Services, North Coast Region, NSW Department of Health.

**1988***False Diet Claims*

Diet and Cancer Seminar, CanCare Centre, RPAH.

*Food Service Consultancy*

Winter School in Community Nutrition, University of Sydney.

**1985***Rating Popular Diets*

Nutrition Training Course for Fitness Leaders, ACHPER.

**1980***Menu Planning in Hospitals*

Diet Supervisors Training course, NSW Department of Health.

**1979***Australia's Food and Nutrition Policy*

Health Promotion Seminar, NSW Department of health

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