YOU ARE INVITED TO A LECTURE ON

Pellagra and the Science of Indigenous Foodways

Food History Health Our Future



Date:
Tuesday, October 13th, 2026

Time:
2:00–4:00 pm

Click here or scan to register

Place:
Chinese Cultural Center
Location: PSFA Building, Basement, Room 130

In this short talk, we revisit the Pellagra epidemic that swept the American South over 100 years ago. We'll explore Joseph Goldberger's investigation and dietary intervention, and consider what lessons today's debates about carnivore, vegan, and plant-based diets can teach us. What is the epidemic's true cause? What can we do—within our own circles of influence—to improve population health?



Speaker:

Elena Yu, Ph.D., MPH
Professor Emerita,
San Diego State University



Discussant:

Chef and author, Jaime Iram Vargas Barrientos
Universidad Vizcaya de las Americas
Durango, Mexico

Chef Jaime Iram Vargas Barrientos is a culinary researcher, author, and Ph.D. candidate in Anthropological Sciences. His work focuses on Durango's regional cuisine, traditional foodways, and the safeguarding of intangible food heritage.

A book signing by Chef Jaime will follow the Q&A session after Elena Yu's presentation.



Light refreshments will be served while they last.

All are welcome!