

Sheridan College 2005 Distinguished Alum

Judi Harbel Adams has over 30 years of nutrition education experience ranging from assistant professor at North Dakota State University to nutrition positions at the ND Wheat Commission and National Sunflower Association. She was the director of marketing for the Wyoming Dept. of Agriculture before going to the Wheat Foods Foundation in September, 2004.

Adams is a registered dietitian with a masters' degree in food and nutrition. She has published several peer-reviewed, journal articles on the importance of grains and whole grains in a healthful diet. "Sheridan College was a delightful transition between high school and the University of Wyoming" said Judi "it gave me the self confidence to succeed at the University and in life".

While Judi's accomplishments are many, one of her proudest personal achievements has been the opportunity to mentor young women. Since the beginning of her career she has always found the time to mentor numerous interns and employees. Many have gone on to obtain prestigious positions in a variety of fields, including nutrition. "I have always felt the responsibility to make the way easier for upcoming women, as women such as Susan B. Anthony and Alice Paul did for me".

