What Does a Healthy Diet Mean in This Day and Age of Nutritional Confusion?

An evening discourse with the inaugural James D. House Lecturer



Dr. Benoît Lamarche

School of Nutrition, University of Laval and Centre Nutrition, santé et société (NUTRISS)

Thursday, October 8 - 7:30 pm - 8:30 pm
Samuel N. Cohen Auditorium, St. Boniface Hospital
Albrechtsen Research Centre, 351 Taché Avenue



Dr.James D. House

The James D. House Research Lectureship fund, established by family, friends and colleagues, supports this lecture series as well as graduate fellowships.

Dr. House was a visionary researcher, mentor and collaborator who laid foundational pieces for Canada's global leadership in protein innovation. His research bridged agricultural sciences and human health, and his legacy continues to shape protein research in Canada and internationally. Dr. House completed his PhD in amino acid metabolism and nutrition at The University of Guelph in conjunction with The Hospital for Sick Children in Toronto. He joined the University of Manitoba following post-doctoral studies at Memorial University, Newfoundland. It would be easy to focus on Dr House's many accomplishments over his decades of public service. He had 200 peer reviewed journal publications and received countless accolades throughout his career. He was a Fellow of The Canadian Nutrition Society as well as the Earl McHenry Award recipient, the highest recognition in his field. Dr. House was appointed as the Manitoba Strategic Chair in Sustainable Protein following a decade as the Department Head of Human Nutritional Sciences. He made over one hundred invited presentations and speaker addresses across the world and was a valued presence for much more than his intellect. Jim was a shining light, the kindest person imaginable. He had faith in everyone around him and his support and empathy for every life he touched was noteworthy. He believed that we are all part of the same community and that we rise together. Jim loved teaching and experienced profound joy in seeing his students succeed as they stepped into their careers and lives. He cared about the whole person, not simply their work.

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