

*Carey D. Miller was the first scientist to study the nutritional value of Hawaiian foods.*

# A Pioneer's Lasting Legacy

**R**aised on a ranch in Idaho, a granddaughter of pioneers, Carey D. Miller blazed her own trail in Hawai'i as the first scientist to study the nutritional value of Hawaiian foods. Miller found that the information available in nutrition textbooks from the mainland did not address the needs and diets of Hawai'i's Asians and

Pacific Islanders. Her groundbreaking work in assessing local foods, including tropical and subtropical fruits and vegetables, revealed that crops grown in Hawai'i could provide the same essential nutrients as imports. A woman ahead of her time, she urged against reliance on processed foods containing too much refined sugar and salt.

During her 36 years with CTAHR, Miller established the University of Hawai'i's research, instruction, and outreach programs in food science and nutrition. She arrived at UH in 1922 to head the Home Economics Department, which at the time had only one student major. Under her guidance, student enrollment in the department expanded dramatically, growing to 160 majors by the time she stepped down as chair 23 years later. Today, the instructional programs once housed in the Home Economics Department are among the college's most popular, with more than 400 majors in Fall 2005.

Having struggled to fund her own education, Miller left most of her estate to student scholarships upon her death in 1985. Since then more than \$335,000 has been dispersed to 161 students of home economics, food science and human nutrition, and family resources. This year, alumni in these fields gathered at the Mānoa campus building that bears Miller's name to mark two decades of generous student support. At that event, her remaining estate—more than \$670,000—was donated to 11 local nonprofits that work in the areas of family services, education, dietetics, and gardening, including organizations that will continue the tradition of Carey D. Miller scholarships. Generations of students have benefited from this remarkable professor's life and legacy. Today they honor her memory as they carry on her work.



Photo courtesy of Doug Young



Photo: Ian Ross

*Professor Miller (left) established the University of Hawai'i's food science and nutrition programs in 1922 and taught in the college for 36 years. Following her retirement, a Mānoa campus building was named in her honor (right).*