Curriculum Vitae

**Claire E. Berryman, PhD, RD**

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## PRESENT POSITION

2022- Assistant Professor
**Pennington Biomedical Research Center**, Baton Rouge, LA

## PAST POSITIONS

2018-2022 Assistant Professor
Department of Nutrition and Integrative Physiology, College of Health and Human Sciences
**Florida State University**, Tallahassee, FL

2018-2020 Oak Ridge Institute for Science and Education Research Fellow
Military Nutrition Division
**United States Army Research Institute of Environmental Medicine**, Natick, MA

2015-2018 Oak Ridge Institute for Science and Education Postdoctoral Fellow
Military Nutrition Division
**United States Army Research Institute of Environmental Medicine**, Natick, MA

2015-2017 Instructor Adjunct
**Pennington Biomedical Research Center,** Baton Rouge, LA

## EDUCATION

2014-2015 **James A. Haley Veterans Affairs Hospital,** Tampa, FL
Dietetic Internship

2009-2014 **The Pennsylvania State University**
Department of Nutritional Sciences, University Park, PA
Doctor of Philosophy in Nutritional Sciences

2005-2009 **The Pennsylvania State University**
Department of Nutritional Sciences, University Park, PA
Bachelor of Science in Nutritional Sciences, with Distinction
Minor in Business and Liberal Arts

## PEER-REVIEWED PUBLICATIONS

1. Barney DE, Ippolito JR, **Berryman CE**, Hennigar SR. A prolonged bout of running increases hepcidin and decreases dietary iron absorption in trained female and male runners. J Nutr. 2022; Online ahead of print.
2. Howard EE, Shankaran M, Evans WJ, **Berryman CE**, Margolis LM, Lieberman HR, Karl JP, Young AJ, Montano MA, Matthews MD, Bizieff A, Nyangao E, Mohammed H, Harris MN, Hellerstein MK, Rood JC, Pasiakos SM. J Clin Endocrinol Metab. 2022; Online ahead of print.
3. Varanoske AN, McClung HL, Sepowitz JJ, Halagarda CJ, Farina EK, **Berryman CE**, Lieberman HR, McClung JP, Pasiakos SM, Philip Karl J. Stress and the gut-brain axis: Cognitive performance, mood state, and biomarkers of blood-brain barrier and intestinal permeability following severe physical and psychological stress. Brain Behav Immun. 2022;101:383-393.
4. **Berryman CE**, Lieberman HR, Fulgoni VL 3rd, Pasiakos SM. Greater protein intake at breakfast or as snacks and less at dinner is associated with cardiometabolic health in adults. Clin Nutr. 2021;40(6):4301-4308.
5. Carmichael OT, Pillai SR, Murray K, Shankapal P, Caldwell J, Vartanian O, **Berryman CE**, Karl JP, Harris M, Rood JC, Pasiakos SM, Lieberman HR. Effects of testosterone administration on fMRI responses to executive function, aggressive behavior, and emotion processing tasks during severe exercise- and diet-induced energy deficit. Neuroimage. 2021;243:118496.
6. Varanoske AN, Shankaran M, Hennigar SR, **Berryman CE**, Margolis LM, Field TJ, Palacios H, Nyangau E, Mohammed H, Kelly AM, Anderson BJ, Evans WJ, McClung JP, Hellerstein MK, Pasiakos SM. Energy

Restriction Suppresses Muscle Protein Synthesis, and High Protein Diets Extend Protein Half-Lives Across the Muscle Proteome in Obese Female Zucker Rats. J Nutr. 2021 Sep 4;151(9):2551-2563.

7. Sibomana I, Foose DP, Raymer ML, Reo NV, Karl JP, **Berryman CE**, Young AJ, Pasiakos SM, Mauzy CA. Urinary Metabolites as Predictors of Acute Mountain Sickness Severity. Front Physiol. 2021;12:709804.
8. Lieberman HR, Fulgoni VL, Agarwal S, Pasiakos SM, **Berryman CE**. Protein intake is more stable than carbohydrate or fat intake across various US demographic groups and international populations. Am J Clin Nutr. 2020;112(1):180-186.
9. Howard EE, Margolis LM, **Berryman CE**, Lieberman HR, Karl JP, Young AJ, Montano MA, Evans WJ, Rodriguez NR, Johannsen NM, Gadde KM, Harris MN, Rood JC, Pasiakos SM. Testosterone supplementation up-regulates androgen receptor expression and translational capacity during severe energy deficit. Am J Physiol Endocrinol Metab. 2020;319(4):E678-E688.
10. Hennigar SR, Kelley AM, Anderson BJ, Armstrong NJ, McClung HL, **Berryman CE**, Karl JP, McClung JP. Sensitivity and reliability of zinc transporter and metallothionein gene expression in peripheral blood mononuclear cells as indicators of zinc status: responses to ex vivo zinc exposure and habitual zinc intake in humans. Br J Nutr. 2021;125(4):361-368.
11. Hennigar SR*, **Berryman CE***, Kelley AM, Anderson BJ, Young AJ, McClung JP, Pasiakos SM. High-Altitude Acclimatization Suppresses Hepcidin Expression During Severe Energy Deficit. High Alt Med Biol. 2020;21(3):232-236.
***contributed equally**
12. Karl JP, **Berryman CE**, Harris MN, Lieberman HR, Gadde KM, Rood JC, Pasiakos SM. Effects of Testosterone Supplementation on Ghrelin and Appetite During and After Severe Energy Deficit in Healthy Men. J Endocr Soc. 2020;4(4):bvaa024.
13. Hennigar SR, **Berryman CE**, Harris MN, Karl JP, et al. Testosterone administration during energy deficit suppresses hepcidin and increases iron availability for erythropoiesis. J Clin Endocrinol Metab. 2020;105(4).
14. Bradbury KE, **Berryman CE**, Wilson MA, Luippold AJ, Kenefick RW, Young AJ, Pasiakos SM. Effects of carbohydrate supplementation on aerobic exercise performance during acute high altitude exposure and after 22 days of acclimatization and energy deficit. J Int Soc Sports Nutr. 2020;17(1):4.
15. Pasiakos SM*, **Berryman CE***, Karl JP, Lieberman HR, Orr JS, et al. Effects of testosterone supplementation on body composition and lower-body muscle function during severe exercise- and diet-induced energy deficit: A proof-of-concept, single centre, randomised, double-blind, controlled trial. EBioMedicine. 2019;46:411-422. ***contributed equally**
16. Young AJ, Karl JP, **Berryman CE**, Montain SJ, Beidleman BA, Pasiakos SM. Variability in human plasma volume responses during high-altitude sojourn. Physiol Rep. 2019;7(6):e14051.
17. **Berryman CE**, Lieberman HR, Fulgoni VL III, Pasiakos SM. Protein intake trends and conformance with the Dietary Reference Intakes in the United States: analysis of the National Health and Nutrition Examination Survey, 2001–2014. Am J Clin Nutr. 2018;108(2):405-413.
18. Karl JP, **Berryman CE**, Young AJ, Radcliffe PN, et al. Associations between the gut microbiota and host responses to high altitude. Am J Physiol Gastrointest Liver Physiol. 2018;315(6):G1003-G1015.
19. Margolis LM, **Berryman CE**, Murphy NE, Carrigan CT, Young AJ, et al. PI3K-AKT-FOXO1 pathway targeted by skeletal muscle microRNA to suppress proteolytic gene expression in response to carbohydrate intake during aerobic exercise. Physiol Rep. 2018;6(23):e13931.
20. Pasiakos SM, **Berryman CE**, Carbone JW, Murphy NE, Carrigan CT, et al. Muscle Fn14 gene expression is associated with fat-free mass retention during energy deficit at high altitude. Physiol Rep. 2018;6(14):e13801.
21. Young AJ**, Berryman CE**, Kenefick RW et al. Altitude acclimatization alleviates the hypoxia-induced suppression of exogenous glucose oxidation during steady-state aerobic exercise. Front Physiol. 2018;9:830.

22. Margolis LM, Carbone JW, **Berryman CE**, Carrigan CT et al. Severe energy deficit at high-altitude inhibits skeletal muscle mTORC1-mediated anabolic signaling without increased proteolysis. FASEB J. 2018; Epub.

23. Karl JP, Cole RE, **Berryman CE**, Finlayson G, Radcliffe PN, et al. Appetite suppression and altered food preferences coincide with changes in appetite-mediating hormones during energy deficit at high altitude, but are not affected by protein intake. High Alt Med Biol. 2018;19(2):156-169.

24. **Berryman CE**, Young AJ, Karl JP, et al. Severe negative energy balance during 21 d at high altitude decreases fat-free mass regardless of dietary protein intake: a randomized controlled trial. FASEB J. 2018;32(2):894-905.

25. Lee Y, **Berryman CE**, West SG, Chen CO, Blumberg JB, Lapsley KG, Preston AG, Fleming JA, Kris-Etherton PM. Effects of dark chocolate and almonds on cardiovascular risk factors in overweight and obese individuals: a randomized controlled-feeding trial. J Am Heart Assoc. 2017;6(12).

26. **Berryman CE**, Fleming JA, Kris-Etherton PM. Inclusion of almonds in a cholesterol-lowering diet improves plasma HDL subspecies and cholesterol efflux to serum in normal-weight individuals with elevated LDL-cholesterol. J Nutr. 2017;147(8):1517-1523.

27. **Berryman CE**, Sepowitz JJ, McClung HL, Lieberman HR, Farina EK, et al. Supplementing an energy adequate, higher-protein diet with protein does not enhance fat-free mass restoration after short-term severe negative energy balance. J Appl Physiol (1985). 2017;122(6):1485-1493.

28. Pasiakos SM, **Berryman CE**, Carrigan CT, Young AJ, Carbone JW. Muscle protein turnover and the molecular regulation of muscle mass during hypoxia. Med Sci Sports Exerc. 2017;49(7):1340-1350.

29. Pasiakos SM, **Berryman CE**, Karl JP, Lieberman HR, et al. Physiological and psychological effects of testosterone during severe energy deficit and recovery: a study protocol for a randomized, placebo-controlled trial for Optimizing Performance for Soldiers (OPS). Contemp Clin Trials. 2017;58:47-57.

30. **Berryman CE**, Agarwal S, Lieberman HR, Fulgoni VL III, and Pasiakos SM. Diets higher in animal and plant protein are associated with lower adiposity and do not impair kidney function in US adults. Am J Clin Nutr. 2016;104(3):743-9.

31. **Berryman CE**, West SG, Fleming JA, Bordi PL, Kris-Etherton PM. Effects of daily almond consumption on cardiometabolic risk and abdominal adiposity in healthy adults with elevated LDL-cholesterol: a randomized controlled trial. J Am Heart Assoc. 2015;4(1):e000993.

32. **Berryman CE**, Grieger JA, West SG, Chen C-YO, Blumberg JB, Rothblat GH, et al. Acute consumption of walnuts and walnut components differentially affect postprandial lipemia, endothelial function, oxidative stress, and cholesterol efflux in humans with mild hypercholesterolemia. J Nutr. 2013;143(6):788-94.

33. **Berryman CE**, Preston AG, Karmally W, Deckelbaum RJ, Kris-Etherton PM. Effects of almond consumption on the reduction of LDL-cholesterol: a discussion of potential mechanisms and future research directions. Nutr Rev. 2011;69(4):171-85.

34. Jenkins DJ, Mirrahimi A, Srichaikul K, **Berryman CE**, Wang L, Carleton A, Abdulnour S, Sievenpiper JL, Kendall CW, Kris-Etherton PM. Soy protein reduces serum cholesterol by both intrinsic and food displacement mechanisms. J Nutr. 2010;140(12):2302S-2311S.

Book chapters

1. Holligan SD, **Berryman CE**, Wang L, Flock MR, Harris KA, Kris-Etherton PM. Atherosclerotic Cardiovascular Disease. Present Knowledge in Nutrition. 2012, 10th Edition.

Published abstracts

1. **Berryman CE**, Cheung SN, Collette EM, Pasiakos SM, Lieberman HR, Fulgoni III VL. Amino Acid Intake and Conformance with the Dietary Reference Intakes in the United States: Analysis of the National Health and Nutrition Examination Survey, 2001–2018. Accepted for poster presentation at Nutrition 2022.

2. Cheung SN, Pasiakos SM, Lieberman HR, Fulgoni, III VL, **Berryman CE**. Associations Between Essential Amino Acids and Functional Health Outcomes in Older Adults: Analysis of the National Health and Nutrition Examination Survey, 2001–2018. Accepted for poster presentation at Nutrition 2022.
3. Baker PA, Long AN, Dawson MA, **Berryman CE**. Effects of an overnight, 8-hour low oxygen exposure on energy intake and resting energy expenditure in healthy, normal weight adults. Accepted for poster presentation at Nutrition 2022.
4. Dawson MA and **Berryman CE**. Effects of Early Time-Restricted Eating on Intestinal Energy Absorption in Healthy Adults: The DIGEST Study Protocol. Accepted for poster presentation at Nutrition 2022.
5. **Berryman CE**, Shankaran M, Nyangau E, Evans W, Hellerstein M, Rood J, Pasiakos SM. Longitudinal comparison of lean body mass by dual energy x-ray absorptiometry and muscle mass by creatine (methyl-d3) dilution in response to a 28-d severe energy deficit. Curr Dev Nutr 2020;4(Suppl 2):614.
6. Dawson MA, Hennigar SR, McClung JP, Shankaran M, Nyangau E, Evans W, Hellerstein M, Field T, Kelley A, Anderson B, Pasiakos SM, **Berryman CE**. Energy restriction decreases triglyceride turnover in subcutaneous and visceral adipose tissue, but has no effect on hepatic de novo lipogenesis in obese Zucker rats. Curr Dev Nutr 2020;4(Suppl 2):620.
7. Baker P, Matheny R, Henning P, Spiering B, Conkright W, Smith M, Nindl B, **Berryman CE**. Acylcarnitine concentrations are increased in response to an extended energy deficit, but return to normal following recovery in tactical military personnel. Curr Dev Nutr 2020;4(Suppl 2):611.
8. Kluger A, Lieberman HR, Pasiakos SM, Fulgoni VL III, **Berryman CE**. How successful are U.S. adults at altering nutrient intakes and meeting Dietary Guideline recommendations? Curr Dev Nutr 2020;4(Suppl 2):1428.
9. **Berryman CE**, Lieberman HR, Fulgoni VL III, Pasiakos SM. Greater protein intake at breakfast or with snacks and less at dinner is associated with improved metabolic health in US adults. Poster presentation at the American Society for Nutrition Meeting. Curr Dev Nutr 2019;3(Suppl 1):P18–003–19.
10. **Berryman CE**, Sepowitz JJ, McClung HL, Pasiakos SM. Testosterone status following short-term, severe negative energy balance predicts fat-free mass loss in U.S. Marines. Moderated poster presentation at the American College of Sports Medicine Meeting. Med Sci Sports Exerc 2019;51(Supplement):897.
11. **Berryman CE**, Lieberman HR, Fulgoni VL III, Pasiakos SM. Protein intake trends and adherence to the Dietary Reference Intakes in the United States. Poster presentation at the American Society for Nutrition Meeting. Curr Dev Nutr 2018;2(11):P20-018.
12. **Berryman CE**, Karl JP, Cole RE, Kenefick RW, Margolis LM, Carbone JW, Ferrando AA, Lieberman HR, Young AJ, Pasiakos SM. Prolonged high altitude exposure exacerbates fat-free mass and fat mass loss during negative energy balance regardless of dietary protein intake. Poster presentation at the Federated American Societies for Experimental Biology Meeting. FASEB J April 2017;31:841.17.
13. **Berryman CE**, Lee Y, West SG, Lapsley KG, Preston AG, Fleming JA, Kris-Etherton PM. Effects of almond and cocoa/dark chocolate consumption, alone and in combination, on 24-hr ambulatory blood pressure in normotensive overweight and obese individuals. Poster presentation at the Federated American Societies for Experimental Biology Meeting. FASEB J 2017;31:966.38.
14. **Berryman CE**, McClung HL, Sepowitz JJ, Armstrong NJ, Lieberman HR, McClung JP, Pasiakos SM. Greater diet quality and physical activity do not protect lean body mass during military training. Moderated poster presentation at the American College of Sports Medicine Meeting. Med Sci Sports Exerc 2016;48(5 Suppl 1):165.
15. **Berryman CE**, Agarwal S, Lieberman HR, Fulgoni VL III, and Pasiakos SM. Diets higher in animal and plant protein are associated with lower adiposity and do not impair kidney function in US adults. Poster presentation at the Federated American Societies for Experimental Biology Meeting. FASEB J 2016;30:1164.1.
16. **Berryman CE**, Fleming JA, Kris-Etherton PM. Incorporation of almonds in a cholesterol-lowering diet improves non-ABCA1-mediated cholesterol efflux in normal weight adults. Oral presentation at the Federated American Societies for Experimental Biology Meeting. FASEB J 2016;30:293.2.

17. **Berryman CE**, West SG, Bordi PL, Fleming JA, Kris-Etherton PM. Daily almond consumption (1.5 oz./d) decreases abdominal and leg adiposity in mildly hypercholesterolemic individuals. Oral presentation at the Federated American Societies for Experimental Biology Meeting. FASEB J 2014;28:117.8.

18. **Berryman CE**, West SG, Bordi PL, Fleming JA, Kris-Etherton PM. Daily inclusion of almonds (1.5 ounces) in a cholesterol-lowering diet maintains HDL-cholesterol and HDL subclasses in mildly hypercholesterolemic adults. Poster presentation at the IUNS 20th International Congress of Nutrition. Ann Nutr Metab 2013;63(suppl 1):1338.

19. **Berryman CE**, West SG, Bordi PL, Fleming JA, Kris-Etherton PM. Daily almond consumption (1.5 oz.) decreases non-HDL and remnant lipoproteins in mildly hypercholesterolemic individuals. Oral presentation at the Federated American Societies for Experimental Biology Meeting. FASEB J 2013;27:225.7.

20. **Berryman CE**, West SG, Chen C-YO, Blumberg JB, Fleming JA, Preston AG, Miller DL, Kris-Etherton PM. Effects of polyphenolic-rich dark chocolate/cocoa and almonds on established and emerging cardiovascular risk factors: study design. Poster presentation at the Federated American Societies for Experimental Biology Meeting. FASEB J 2013;27:1078.13.

21. **Berryman CE**, West SG, Bordi PL, Fleming JA, Kris-Etherton PM. Independent effects of 1.5 ounces/day of almonds on lipids, lipoproteins, and apolipoproteins in mildly hypercholesterolemic adults. Oral presentation at the American Heart Association EPI/NPAM meeting. Circulation 2013;127:A004.

22. **Berryman CE**, West SG, Grieger JA, Blumberg JB, Kris-Etherton PM. Effects of whole walnuts and walnut components on postprandial triglyceride response, plasma measures of antioxidant activity, and endothelial function in overweight and obese adults. Oral presentation at the Federated American Societies for Experimental Biology Meeting. FASEB J 2012;26:117.1.

23. **Berryman CE**, Grieger JA, West SG, Rothblat GH, Zhang J, Kris-Etherton PM. Acute consumption of walnuts increases ex vivo cholesterol efflux and postprandial lipid response in overweight and obese adults. Poster presentation at the American Heart Association EPI/NPAM meeting. Circulation 2012;125:AP353.

24. **Berryman CE**, Bordi PL, West SG, Fleming JA, Kris-Etherton PM. Does the addition of almonds to a Step I diet provide additional LDL-C lowering? Poster presentation at the Federated American Societies for Experimental Biology Meeting. FASEB J 2011;25:971.26.

25. **Berryman CE**, Bordi PL, West SG, Fleming JA, Kris-Etherton PM. Effects of a diet rich in almonds on established and emerging cardiovascular risk factors: study design and planning. Poster presentation at the Federated American Societies for Experimental Biology Meeting. FASEB J 2010;24:721.4.

26. **Berryman CE** and Wang L (Invited speakers). Soy protein decreases low-density lipoprotein cholesterol by a food displacement mechanism: an exercise in dietary modeling. Oral presentation at the 9th International Symposium on the Role of Soy in Health Promotion and Chronic Disease Prevention and Treatment, 2010. J Nutr. 2010;140(12):2302S-2311S.

## OTHER EXPERIENCE AND PROFESSIONAL MEMBERSHIPS

| | |
|---|---|
| 2009- | Member, American Society for Nutrition (ASN) |
| 2009- | Member, Penn State Nutrition and Dietetics Alumni Society |
| 2017-2019 | At-Large Delegate, ASN Early Career Nutrition Interest Group |
| 2017 | Chair, ASN Experimental Biology Mini-Symposium, Dietary Fatty Acids and Health |
| 2017 | Judge, ASN Emerging Leaders in Nutrition Science Poster Competition |
| 2018 | Chair, ASN Postdoctoral Research Award Competition |
| 2018 | Organizer, ASN Early Career Nutrition Interest Group Speed Mentoring Event |
| 2018-2019 | Chair-Elect, ASN Energy and Macronutrient Research Interest Section |
| 2018- | Member, American College of Sports Medicine |
| 2018-2021 | At-Large Delegate, Penn State Nutrition and Dietetics Association |
| 2019 | Nutrition, Food, and Exercise Sciences Scholarship and Awards selection committee |
| 2019- | At-Large Delegate, ASN Membership Committee |
| 2019 | Judge, ASN Emerging Leaders in Nutrition Science Poster Competition |
| 2019 | Chair, ASN Nutrition 2019 Lipid Metabolism and Health Oral Session |

2019-2020 Chair, ASN Energy and Macronutrient Research Interest Section
2020- Past Chair, ASN Energy and Macronutrient Research Interest Section
2021 Judge, ASN Postdoctoral Research Award Competition

## AD HOC REVIEWS

- American Journal of Clinical Nutrition, Journal of Nutrition, British Journal of Nutrition, Scientific Reports, The Lancet Planetary Health, Journal of Clinical Lipidology, Journal of Applied Physiology, Amino Acids, Wilderness and Environmental Medicine, Physiology & Behavior (last 10 years)
- 2020 Peer Reviewed Medical Research Program Discovery Award - Nutrition Optimization/Eating Disorders Peer Review Panel (07/2020)
- Military Operational Medicine Research Program Environmental Health Protection Peer Review Panel of the FY22 Peer Reviewed United States Army Medical Research and Development Command Department of Defense Intramural Research Award (01/2021)

## ONGOING RESEARCH SUPPORT

| | | |
|---|---|---|
| • Almond Board of California ($177,193), Nagpal | 04/22-09/23 | Co-Investigator |
| • FSU Council on Research & Creativity Planning Grant ($24,600), Berryman | 01/22-01/23 | Principal Investigator |
| • NIDDK R01 (1R01DK127162-01A1, $2,255,542), Berryman | 07/21-04/26 | Principal Investigator |
| • NIDDK R01 (1R01DK125728-1, $3,523,538), Hickner/Ormsbee | 05/21-04/26 | Co-Investigator |
| • National Cattleman's Beef Association ($200,000), Hennigar | 12/20-05/23 | Co-Investigator |
| • ILSI North America ($98,000), Berryman | 10/20-07/22 | Principal Investigator |
| • Almond Board of California ($266,491), Arjmandi | 08/20-09/22 | Co-Investigator |
| • FSU Translational Health Research Seed Grant ($94,772), Grzywacz | 03/20-02/22 | Co-Investigator |
| • NASA Space Biology Grant ($1,200,000), Delp | 10/19-09/22 | Co-Investigator |
| • The Alliance for Potato Research & Education ($175,000), Akhavan/Hickner | 07/19-11/22 | Co-Investigator |

## COMPLETED RESEARCH SUPPORT

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|---|---|---|
| • FSU CRC Equipment Grant ($69,999), Ormsbee | 05/20-05/21 | Co-Investigator |
| • FSU Council on Research and Creativity ($20,000), Berryman | 05/19-02/20 | Principal Investigator |
| • Department of Defense ($5,000,000), Pasiakos | 07/15-09/17 | Co-Investigator |
| • Department of Defense ($900,000), Pasiakos | 09/15-08/16 | Co-Investigator |
| • Almond Board of California and The Hershey Company, Kris-Etherton | 03/12-07/15 | Research Assistant |
| • Almond Board of California, Kris-Etherton | 09/09-02/12 | Research Assistant |
| • California Walnut Commission, Kris-Etherton | 05/08-06/10 | Research Assistant |

## INVITED SEMINARS

- 2021-2022 Georgia State University Nutrition & Kinesiology Lecture Series, virtual platform, *At the intersection of nutritional and environmental physiology: strategies to improve metabolic health in humans*
- American College of Sports Medicine's 2021 Annual Meeting, World Congress on Exercise is Medicine®, and World Congress on the Basic Science of Exercise in Regenerative Medicine, virtual platform, Impact of High Altitude Exposure on Metabolic Fuel Use during Aerobic Exercise Symposium, *Historical and physiological overview of adjustments in carbohydrate metabolism during exercise at high altitude*
- British Dietetic Association Sports Nutrition Group Webinar 2021, virtual platform, PEAK: Performance in Extreme Environments - Applying Knowledge to Nutrition Practice, *Lessons from the PEAK: The uphill battle to consume adequate energy and maintain body mass at high altitude*
- The Almond Conference 2020, virtual platform, *Beyond cholesterol: emerging almond research in cardiovascular health*
- The Nebraska Center for the Prevention of Obesity Diseases, College of Education and Human Sciences, University of Nebraska-Lincoln, Lincoln, NE, 2020, *Evolution of energy metabolism: genetic and environmental factors.*
- Virtual Environmental Ergonomics series 2020, virtual platform, *History of dietary carbohydrate recommendations at high altitude.*

- Department of Behavioral Health and Nutrition, University of Delaware, Newark, DE, 2018, *Body composition and metabolic adaptations to nutritional and environmental interventions*.
- Department of Nutrition, Food, and Exercise Sciences, Florida State University, Tallahassee, FL, 2017, *Body composition and metabolic adaptations to nutritional, environmental, hormonal, and exercise interventions*.
- U.S. Army Research Institute of Environmental Medicine, Natick, MA, 2015, *Effects of acute and chronic tree nut consumption on cardiometabolic risk factors in healthy adults*.
- Department of Nutritional Sciences, Penn State University, University Park, PA, 2014, *Everybody's got a hungry heart: clinical insights into daily almond consumption and cardiometabolic risk*.
- Almond Orchard Experience, Almond Board of California, Lodi, CA, 2013, *Beyond Cholesterol: Emerging Almond Research in Cardiovascular Health*.

## TEACHING EXPERIENCE

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|---|---|
| Institution: | Department of Nutrition, Food, & Exercise Sciences, Florida State University |
| Course Title: | Carbohydrates, Fats, and Proteins (HUN 5242, 3 credit hours) |
| Role: | Instructor |
| Semester: | Fall 2018, Fall 2019, Fall 2020, Fall 2021 |
| Enrollment: | 24-31 students |
| Course description: | Focuses on the energy nutrients—carbohydrates, lipids, and proteins—and overall energy metabolism with an emphasis on mechanisms of action and regulation. |

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|---|---|
| Institution: | Department of Nutrition, Food, & Exercise Sciences, Florida State University |
| Course Title: | Intermediary Metabolism of Nutrients I (HUN 3224, 3 credit hours) |
| Role: | Instructor |
| Semester: | Fall 2018, Fall 2019, Fall 2020 |
| Enrollment: | 19 students |
| Course description: | Describes the biochemical and metabolic processing of dietary carbohydrates, fats, and proteins, as well as their functions within the human body. |

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|---|---|
| Institution: | Department of Nutritional Sciences, Penn State University |
| Course Title: | Diet in Disease (NUTR 453, 3 credit hours) |
| Role: | Teaching Assistant; delivered lectures, developed and graded assignments |
| Semester: | Fall 2011 |
| Enrollment: | 30-100 students |
| Course description: | Development of clinical judgment relevant to medical nutrition therapy |

## MENTORING

**Doctoral Dissertation Primary Mentor**

1. Alan Dawson — Committee Chair — Doctoral Dissertation — In Progress
   "Effects of time restricted eating on nutrient absorption in healthy adults"

**Doctoral Dissertation Committee Member**

1. Cesar Meza — Committee Member — Doctoral Dissertation — In Progress
   "Investigation of NADPH oxidase as link between vascular and metabolic dysfunction"

2. Ann Centner — Committee Member — Doctoral Dissertation — In Progress
   "The role of vaping and nicotine in vascular senescence and atherosclerosis"

3. Shiloah Kviatkovsky — Committee Member — Doctoral Dissertation — Completed, Spring 2022
   "The impact of collagen peptide supplementation on pain, function and markers of bone and connective tissue turnover in active adults"

4. Taylor Behl — Committee Member — Doctoral Dissertation — Completed, Spring 2022

"The effects of almond consumption on vascular health, functional performance, and sleep in overweight active older adults"

5. David Barney Committee Member Doctoral Dissertation In Progress
   "The effects of a bout of endurance exercise on hepcidin and iron homeostasis"

6. Amy Mullins Committee Member Doctoral Dissertation In Progress
   "Daily consumption of prune provides cardiovascular benefits in older men"

7. Yaqi Zhao Committee Member Doctoral Dissertation In Progress

**Master's Thesis Primary Mentor**

1. Alexandria Kluger Committee Chair Graduate Thesis Completed, Fall 2020
   "The effects of an overnight (8h) exposure to normobaric hypoxia on energy intake and appetite: a pilot study"

2. Susan Cheung Committee Chair Graduate Thesis Completed, Fall 2021
   "Associations between essential amino acid intake and functional health outcomes in older adults: a cross sectional analysis"

**Master's Thesis Committee Member**

1. Stephanie Gipson Committee Member Graduate Thesis Completed, Summer 2020
   "Trends in cardiovascular disease risk factors by serum lycopene concentrations in the United States: NHANES 2003-2006"

2. Zachary Mercer Committee Member Graduate Thesis Completed, Summer 2021
   "A systematic study of reduced-order physiological bouncing models with trajectory optimization"

3. Robert Murphy Committee Member Graduate Thesis Completed, Fall 2021
   "Characterizing the effects of undernutrition on iron regulation in female and male mice"

4. James Schairer, Jr. Committee Member Graduate Thesis Completed, Fall 2021
   "Effects of Interleukin-6 and hepcidin on iron and zinc homeostasis in mice"

**Master's non-Thesis Primary Mentor**

1. Carlos Pino Major Professor Graduate non-Thesis Completed, Fall 2019
2. Ashley Tweedle Major Professor Graduate non-Thesis Completed, Spring 2020
3. Abby Johnson Major Professor Graduate non-Thesis Completed, Summer 2020
4. Sarah Munyon Major Professor Graduate non-Thesis Completed, Fall 2020
5. Molly McBain Major Professor Graduate non-Thesis Completed, Summer 2021
6. Kallie Dawkins Major Professor Graduate non-Thesis In progress, Summer 2022
7. Erin Persons Major Professor Graduate non-Thesis In progress, Summer 2022

**Undergraduate Honor's in the Major Thesis Committee Member**

1. Aaron Harris Committee Member Undergraduate Honors Thesis Completed, Spring 2021