

## **CURRICULUM VITAE**

**Name:** Nicholas A. Burd, PhD  
**Address:** Department of Kinesiology and Community Health  
College of Applied Health Sciences  
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## **EDUCATION & TRAINING**

- 2011 – 2013      **Postdoctoral research fellow, Preservation of muscle mass with advancing age**  
Maastricht University Medical Centre+, Department of Human Movement Sciences,  
Maastricht, The Netherlands  
*Mentor: Luc JC van Loon, Ph.D.*
- 2007 – 2011      **Ph.D., Kinesiology**  
McMaster University, Hamilton, ON Canada  
Dissertation title: Contractile and nutritional modulation of human skeletal muscle  
protein synthesis  
*Mentor: Stuart M. Phillips, Ph.D.*
- 2005-2007      **M.S., Exercise Physiology**  
Ball State University, Human Performance Laboratory, Muncie, IN USA  
Thesis Title: The effect of a cyclooxygenase-2 inhibitor on human muscle protein synthesis  
after acute resistance exercise  
*Mentor: Todd A Trappe, Ph.D.*
- 2000-2005      **B.S., Exercise Science, Applied Science**  
Ball State University, Muncie, IN USA

## **PROFESSIONAL EXPERIENCE**

- 2019-current      Associate Professor of Kinesiology and Community Health and faculty affiliate of  
Division of Nutritional Sciences, University of Illinois at Urbana-Champaign, Urbana, IL  
USA
- 2013 - 2019      Assistant Professor of Kinesiology and Community Health and faculty affiliate of  
Division of Nutritional Sciences, University of Illinois at Urbana-Champaign, Urbana, IL  
USA
- 2018-current      Sport and Exercise Science Research Centre, University of Roehampton (UK), Honorary  
Research Member
- 2017 – 2018      Gatorade Sports Science Institute (GSSI) Expert Panel
- 2017 - current      Adjunct Faculty, The Faculty of Kinesiology & Physical Education, University of  
Toronto

2011-2013 Postdoctoral research fellow: Human Movement Sciences  
Maastricht University, Maastricht, The Netherlands

2007-2011 Graduate Research/Teacher Assistant: Exercise Metabolism Research Group  
McMaster University, Hamilton, ON Canada

2005-2007 Graduate Research Assistant: Human Performance Laboratory  
Ball State University, Muncie, IN USA

2003-2005 Undergraduate Research Assistant: Human Performance Laboratory  
Ball State University, Muncie IN USA

2004 Internship: Human Performance Clinical/Research Laboratory Colorado State  
University, Fort Collins, CO USA

**DISSERTATION AND THESIS SUPERVISION**

*University of Illinois*

**Doctoral or Master’s Thesis Advising & Committees**

Name of Student	Role	Degree; Research title	Date
<b>PhD</b>			
Zan Zupancic	Primary Advisor	PhD in Kinesiology, Exercise Physiology Dissertation title: <i>TBD</i>	Spring 2026
Takeshi Barnes	Primary Advisor	PhD in Kinesiology, Exercise Physiology Dissertation title: <i>TBD</i>	Spring 2025
Max Deutz	Primary Advisor	PhD in Division of Nutritional Sciences Dissertation title	Spring 2025
Emily Erlenbach	Committee member	PhD in Kinesiology, Exercise Psychology Dissertation title: <i>The feasibility and efficacy of novel social cognitive theory-based intervention to reduce sedentary time and promote physical activity among working adults.</i>	Spring 2023
Alexis King	Committee member	PhD in Kinesiology, Exercise Physiology Dissertation title: <i>Move More: Development and testing of a novel, patient-centered physical activity program in hemodialysis patients.</i>	Spring 2023
Hsin-Yu (Shelly) Fang	Committee member	PhD in Kinesiology, Exercise Physiology Dissertation title: <i>Tissue sodium hemodialysis patients and healthy humans assessed by sodium magnetic resonance imaging.</i>	Spring 2023
Joseph Peters	Committee member	PhD in Kinesiology Dissertation title: <i>The feasibility of a high intensity interval training-based handcycling activity in people with SCI.</i>	Summer 2022
Andrew Askow	Primary Advisor	PhD in Kinesiology, Exercise Physiology Dissertation title: <i>TBD</i>	Spring 2024 (expected)
Colleen McKenna	Primary Advisor	PhD in Division of Nutritional Sciences	Spring 2022

		Dissertation title: <i>Regulation of skeletal muscle strength adaptations by dietary protein and resistance training in middle adulthood.</i> <b>AWARDS: College of ACES Jonathan Baldwin Turner Fellowship</b>	
Annamarie Chizewski	Committee member	PhD in Kinesiology; Exercise Psychology Dissertation title: <i>Fire Fighters: Fitness Intervention in Recruit Firefighters</i>	Spring 2019
Amadeo Salvador	Primary Advisor	PhD in Kinesiology; Exercise Physiology Dissertation title: <i>Performance nutrition to support athletes and aging.</i> <b>AWARDS: CAPES Foundation Grant</b>	Spring 2021
Kevin Paulussen	Primary Advisor	PhD in Kinesiology; Exercise Physiology Dissertation title: <i>The food matrix and its effect on human protein metabolism</i>	Spring 2022 )
Richard Kesler	Primary Advisor	PhD in Kinesiology; Exercise Physiology Dissertation title: Evaluation of self-contained breathing apparatus (SCBA) design and weight on firefighter physiological and biomechanical response. <i>TBD</i>	Spring 2022 (expected)
Yu-Fu Wu	Committee member	PhD in Kinesiology; Exercise Physiology Dissertation title: <i>Development of a pericyte-based therapy for recovery of aged skeletal muscle following immobilization</i>	Spring 2021 (expected)
Alex Baldeon	Committee member	PhD in Division of Nutritional Sciences Dissertation title: <i>TBD</i>	Spring 2023 (expected)
Tyler Wood	Committee member	PhD in Kinesiology; Motor Control Dissertation title: <i>Traumatic Brain Injuries and Older Adults: the Implications of Neck Strength, Muscle Activation, and Range of Motion</i>	Summer 2019 (expected)
Lauren Killian	Committee member	PhD in Division of Nutritional Sciences Dissertation title: <i>Gastrointestinal symptoms and nutritional strategies of endurance athletes</i>	Spring 2019 (expected)
Joseph Beals	Primary Advisor	PhD in Division of Nutritional Sciences Dissertation title: <i>Human obesity and its influence on muscle protein synthesis</i> <b>AWARDS: ACSM Foundation Doctoral Student Grant; Kraft Human Nutrition Fellowship</b>	Spring 2018
Ziad Mahmassani	Committee member	PhD in Kinesiology; Exercise Physiology Dissertation title: <i><math>\alpha7\beta1</math> integrin regulation of skeletal muscle growth in response to mechanical stimulation</i>	Spring 2017
Stephan van Vliet	Primary Advisor	PhD in Kinesiology; Exercise Physiology Dissertation title: <i>Regulation of postprandial protein metabolism after food ingestion and exercise</i> <b>AWARDS: ACSM Foundation Doctoral Student Grant; KCH Laura J. Huelster Award; ESPEN fellowship; Egg Nutrition Center fellowship</b>	Spring 2017
Elizabeth Hubbard	Committee member	PhD in Kinesiology; Exercise Psychology Dissertation title: <i>The acute effects of high-intensity interval and continuous aerobic exercise on physiological and functional outcomes in persons with multiple sclerosis</i>	Summer 2017

<b>MS</b>			
Jade Hamann	Primary Advisor	MS in Division of Nutritional Sciences Thesis title: Relationship between diet quality and molecular mediators of muscle health	Spring 2021
David Bein	Primary Advisor	MS in Kinesiology; Exercise Physiology Thesis title: TBD	Spring 2024
Rafael Alamilla	Primary Advisor	MS in Kinesiology; Exercise Physiology Thesis title: <i>The Effect of Leucine and Dileucine Ingestion on Muscle Protein Turnover in Health Young Men</i> <b>AWARDS: Graduate School Fellowship</b>	Spring 2020
Jonathan Cerna	Committee member	MS in Division of Nutritional Sciences Thesis title: TBD	Spring 2021 (expected)
Susannah Scaroni	Primary Advisor	MS in Division of Nutritional Sciences Thesis title: <i>TBD</i> <b>AWARDS: Craig Neilsen Foundation Scholarship</b>	Spring 2020 (expected)
Nate Willis	Committee member	MS in Division of Nutritional Sciences Thesis title: <i>TBD</i>	Spring 2020 (expected)
Isabel Martinez	Primary Advisor	MS in Kinesiology; Exercise Physiology Thesis title: <i>Manipulating dietary protein density and its effect on training induced muscle performance and overall health among middle-aged adults</i>	Spring 2018
Justin Parel	Primary Advisor	MS in Kinesiology; Exercise Physiology Thesis title: <i>The whole body protein turnover response to the ingestion of intrinsically labeled eggs at rest and after endurance exercise</i>	Spring 2017
Evan Shy	Primary Advisor	MS in Kinesiology; Exercise Physiology Thesis title: <i>Effect of meal composition to modulate the anabolic response during recovery from resistance exercise</i>	Spring 2016
Sasha McCorkle	Committee member	MS in Division of Nutritional Sciences Thesis title: <i>Macular pigment optical density and academic achievement among preadolescent children</i>	Spring 2016

### *University of Toronto*

<b>Name of Student</b>	<b>Role</b>	<b>Degree; Research title</b>	<b>Date</b>
<b>PhD</b>			
Michael Mazzulla	Committee member	PhD in Exercise Science Dissertation title: <i>Development of oral tracers to study protein metabolism in humans</i>	Spring 2020
Eric Williamson	Committee member	PhD in Exercise Science Dissertation title: <i>The effect of dietary protein dose on muscle and whole body protein metabolism during energy restriction</i>	Spring 2021
Marcus Waskiw-Ford	Committee member	PhD in Exercise Science Dissertation title: TBD	Spring 2021

### *Maastricht University*

<b>Name of Student</b>	<b>Role</b>	<b>Degree; Research title</b>	<b>Date</b>
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<b>PhD</b>			
Stefan Gorissen	Co-promoter Promoter: Prof. van Loon	PhD in NUTRIM School of Nutrition and Translational Research in Metabolism Dissertation title: <i>Dietary factors modulating postprandial protein handling</i>	Spring 2016
<b>MS</b>			
Nicole Verbaarschot	Primary Advisor	MS in Human Movement Sciences Thesis title: <i>The relationship between power output and heart rate in power profile and maximal incremental exercise testing in trained cyclist</i>	Spring 2012
Roy Meys	Primary Advisor	MS in Human Movement Sciences Thesis title: <i>The reliability of power-testing in semi-professional road cyclists</i>	Spring 2012

***Stockholm University***

<b>Name of Student</b>	<b>Role</b>	<b>Degree; Research title</b>	<b>Date</b>
<b>MS</b>			
Imre Kouw	Co-Supervisor w/ Prof. van Loon	MS in Biosciences and Nutrition Thesis title: <i>The impact of dietary protein digestion and carbohydrate co-ingestion on whole-body protein turnover in young and elderly men</i>	Spring 2012

**Doctoral or Master’s Thesis External Committee**

George Pavis, PhD, University of Exeter, (Spring 2021). Thesis titled: *The effect of a protein-polyphenol nutritional intervention on the skeletal muscle metabolic and functional response to eccentric exercise and resistance exercise training*

Rebekah Alcock, PhD, Australian Catholic University, (Summer 2020). Thesis titled: *Dietary collagen intake and sources for support of dense connective tissues in athletes*

Karolina Grzyb, MS in Kinesiology and Health Studies, University of Regina (Spring 2019). Thesis titled: *Effects of equal volume high-repetition resistance training with different workout frequency on muscle mass and muscle performance in postmenopausal women*

Andrew T. Askow, MS in Kinesiology, Texas Christian University (Spring 2019). Thesis titled: *The effect of differential bouts of resistance exercise on anabolic signaling in human skeletal muscle tissue*

**Undergraduate Thesis Supervision**

Carly Hofreiter, BS in Molecular and Cellular Biology (Fall 2018). Thesis titled: *Characterization of sex hormones in middle-aged women*

Elizabeth Poozhikunnel, BS in Biochemistry (Spring 2019). Thesis titled: *Skeletal muscle anabolic signaling through fortified low protein doses in aging females*

\*received thesis distinction award

**ACADEMIC TEACHING EXPERIENCE**

***University of Illinois***

- 2019-current **KIN 494 Special Topics: Physiology of High Performance**, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign.  
Role: Instructor, new course
- 2017-current **KIN 453 Nutrition for Performance**, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign.  
Role: Instructor, new course
- KIN 453 James Scholar Mentor for Honors Credit**, *Students: David Sierant (2017), Rosalyn Park (2017), Adam Skoff (2018), Annie Mokate (2018), Matthew Beyer (2020).*
- 2014-current **KIN 551 Scientific Basis of Physical Performance**, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign.  
Role: Instructor
- 2015-current **KIN 352 Bioenergetics of Human Movement**, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign.  
Role: Instructor
- KIN 352 James Scholar Mentor for Honors Credit**, *Students: Sarah Hovey (2016) Garret Waterstradt (2017), Kelsey Thompson, (2017), Shirali Shah (2018), Rosalyn Park (2018), Paul Teodoro (2018), Maria Corazzi (2019), Emilie Pettersen (2019), Megan Kalinowski (2020), Emily Hwu (2020), Naman Thakrar (2021).*
- 2013, 2018 **KIN 565 Teaching in the Professoriate**, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign. *Students: Stephan van Vliet, Amadeo Salvador*  
Role: Mentor
- 2017 **KIN 125 Orientation in Kinesiology & Community Health**, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign.  
Role: Guest Lecturer
- 2017 **KIN 201 Physical Activity Research Methods**, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign.  
Role: Guest Lecturer, Human Research: Exercise, Nutrition, and Substrate Metabolism
- 2013-2016 **KIN 494 Special topics: Nutrition for Sport and Exercise**, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign.  
Role: Instructor, new course.

***Maastricht University***

- 2012-2013 **BGZ2004 Food for life**, Department of Human Movement Sciences, Maastricht University Medical Centre+  
Role: Guest Lecturer, Protein and Amino Acid Metabolism

- 2012-2013      **BHP4704 Review**, Department of Human Movement Sciences, Maastricht University Medical Centre+ Maastricht University  
Role: Guest Lecturer, How to Write a Research Review
- 2012-2013      **BHP4703 Writing a Research Proposal**, Maastricht University Medical Centre+, Department of Human Movement Sciences, Maastricht University  
Role: Guest Lecturer

### *McMaster University*

- 2007-2010      **KIN 2CC3: Cardiorespiratory & Metabolic Exercise Physiology**, Department of Kinesiology  
Role: Teaching assistant
- 2008-2011      **KIN 2C03: Neuromuscular Exercise Physiology**, Department of Kinesiology,  
Role: Teaching assistant
- Fall 2010        **KIN 1F03: Introduction to Human Nutrition & Health**, Department of Kinesiology  
Role: Teaching assistant
- Spring 2009    **KIN 4Q03: Pediatric Exercise Physiology**, Department of Kinesiology  
Role: Teaching assistant
- Fall 2007        **KIN 1AA3: Human Anatomy & Physiology II**, Department of Kinesiology  
Role: Teaching assistant

## **SCHOLARLY ACTIVITY**

### *Primary research articles in refereed journals*

1. Paulussen, K. J., Barnes, T. M., Askow, A. T., Salvador, A. F., McKenna, C. F., Scaroni, S. E., Fliflet, A., Ulanov, A. V., Li, Z., West, D. W., Bauer, L. L., Paluska, S. A., Dilger, R. N., Moore, D. R., Boppart, M. D., & **Burd, N. A.** (2023). Underpinning the Food Matrix Regulation of Postexercise Myofibrillar Protein Synthesis by Comparing Salmon Ingestion With the Sum of Its Isolated Nutrients in Healthy Young Adults. *The Journal of nutrition*, S0022-3166(23)35279-9. Advance online publication. <https://doi.org/10.1016/j.tjnut.2023.02.037>
2. Bailey, M. A., Thompson, S. V., Mysonhimer, A. R., Bennett, J. N., Vanhie, J. J., De Lisio, M., **Burd, N. A.**, Khan, N. A., & Holscher, H. D. (2023). Dietary fiber intake and fecal short-chain fatty acid concentrations are associated with lower plasma lipopolysaccharide-binding protein and inflammation. *American journal of physiology. Gastrointestinal and liver physiology*, 324(5), G369–G377. <https://doi.org/10.1152/ajpgi.00176.2021>
3. Holthaus, T. A., Kashi, M., Cannavale, C. N., Edwards, C. G., Aguiñaga, S., Walk, A. D. M., **Burd, N. A.**, Holscher, H. D., & Khan, N. A. (2023). MIND Dietary Pattern Adherence Is Selectively Associated with Cognitive Processing Speed in Middle-Aged Adults. *The Journal of nutrition*, 152(12), 2941–2949. <https://doi.org/10.1093/jn/nxac203>

4. Fuchs, C. J., Hermans, W. J., Smeets, J. S., Senden, J. M., van Kranenburg, J., Gorissen, S. H., **Burd, N. A.**, Verdijk, L. B., & van Loon, L. J. (2022). Raw Eggs To Support Postexercise Recovery in Healthy Young Men: Did Rocky Get It Right or Wrong?. *The Journal of nutrition*, 152(11), 2376–2386. <https://doi.org/10.1093/jn/nxac174>
5. Keye, S. A., Kim, J., Cannavale, C. N., Walk, A. M., **Burd, N. A.**, Pindus, D., & Khan, N. A. (2022). Neuroelectric indices of motor response preparation are selectively associated with physical activity among adults with obesity. *International journal of psychophysiology : official journal of the International Organization of Psychophysiology*, 182, 200–210. <https://doi.org/10.1016/j.ijpsycho.2022.10.013>
6. Collao, N., Akohene-Mensah, P., Nallabelli, J., Binet, E. R., Askarian, A., Lloyd, J., Niemi, G. M., Beals, J. W., van Vliet, S., Rajgara, R., Saleh, A., Wiper-Bergeron, N., Paluska, S. A., **Burd, N. A.**, & De Lisio, M. (2022). The role of L-type amino acid transporter 1 (Slc7a5) during in vitro myogenesis. *American journal of physiology. Cell physiology*, 323(2), C595–C605. <https://doi.org/10.1152/ajpcell.00162.2021>
7. Askow, A. T., Paulussen, K. J. M., McKenna, C. F., Salvador, A. F., Scaroni, S. E., Hamann, J. S., Ulanov, A. V., Li, Z., Paluska, S. A., Beaudry, K. M., De Lisio, M., & **Burd, N. A.** (2022). Creatine Monohydrate Supplementation, but not Creatyl-L-Leucine, Increased Muscle Creatine Content in Healthy Young Adults: A Double-Blind Randomized Controlled Trial. *International journal of sport nutrition and exercise metabolism*, 32(6), 446–452. <https://doi.org/10.1123/ijsnem.2022-0074>
8. McKenna, C. F., Salvador, A. F., Keeble, A. R., Khan, N. A., De Lisio, M., Konopka, A. R., Paluska, S. A., & **Burd, N. A.** (2022). Muscle strength after resistance training correlates to mediators of muscle mass and mitochondrial respiration in middle-aged adults. *Journal of applied physiology (Bethesda, Md. : 1985)*, 133(3), 572–584. <https://doi.org/10.1152/jappphysiol.00186.2022>
9. Binet, E. R., McKenna, C. F., Salvador, A. F., Martinez, I. G., Alamilla, R. A., Collao, N., Bodnariuc, G., Khan, N. A., Paluska, S. A., **Burd, N. A.**, & De Lisio, M. (2023). Sex-based comparisons of muscle cellular adaptations after 10 weeks of progressive resistance training in middle-aged adults. *Journal of applied physiology (Bethesda, Md. : 1985)*, 134(1), 116–129. <https://doi.org/10.1152/jappphysiol.00274.2022>
10. Holowaty, M. N. H., Lees, M. J., Abou Sawan, S., Paulussen, K. J. M., Jäger, R., Purpura, M., Paluska, S. A., **Burd, N. A.**, Hodson, N., & Moore, D. R. (2023). Leucine ingestion promotes mTOR translocation to the periphery and enhances total and peripheral RPS6 phosphorylation in human skeletal muscle. *Amino acids*, 55(2), 253–261. <https://doi.org/10.1007/s00726-022-03221-w>
11. Edwards, C. G., Walk, A. M., Thompson, S. V., Reeser, G. E., Dilger, R. N., Erdman, J. W., Jr, **Burd, N. A.**, Holscher, H. D., & Khan, N. A. (2022). Dietary lutein plus zeaxanthin and choline intake is interactively associated with cognitive flexibility in middle-adulthood in adults with overweight and obesity. *Nutritional neuroscience*, 25(7), 1437–1452. <https://doi.org/10.1080/1028415X.2020.1866867>
12. Hughes, R. L., Pindus, D. M., Khan, N. A., **Burd, N. A.**, & Holscher, H. D. (2023). Associations between Accelerometer-Measured Physical Activity and Fecal Microbiota in Adults with Overweight and Obesity. *Medicine and science in sports and exercise*, 55(4), 680–689. <https://doi.org/10.1249/MSS.0000000000003096>



13. Kim, J., McKenna, C. F., Salvador, A. F., Scaroni, S. E., Askow, A. T., Cerna, J., Cannavale, C. N., Paluska, S. A., De Lisio, M., Petruzzello, S. J., **Burd, N. A.**, & Khan, N. A. (2022). Cathepsin B and Muscular Strength are Independently Associated with Cognitive Control. *Brain plasticity (Amsterdam, Netherlands)*, 8(1), 19–33. <https://doi.org/10.3233/BPL-210136>
14. Willis, N. B., Muñoz, C. X., Mysonhimer, A. R., Edwards, C. G., Wolf, P. G., Hillman, C. H., **Burd, N. A.**, Holscher, H. D., & Khan, N. A. (2021). Hydration Biomarkers Are Related to the Differential Abundance of Fecal Microbiota and Plasma Lipopolysaccharide-Binding Protein in Adults. *Annals of nutrition & metabolism*, 77 Suppl 4, 37–45. <https://doi.org/10.1159/000520478>
15. Perkins, R. K., van Vliet, S., Miranda, E. R., Fuller, K., Beisswenger, P. J., Wilund, K. R., Paluska, S. A., **Burd, N. A.**, & Haus, J. M. (2021). Advanced Glycation End Products and Inflammatory Cytokine Profiles in Maintenance Hemodialysis Patients After the Ingestion of a Protein-Dense Meal. *Journal of renal nutrition : the official journal of the Council on Renal Nutrition of the National Kidney Foundation*, S1051-2276(21)00295-8. Advance online publication. <https://doi.org/10.1053/j.jrn.2021.11.006>
16. McKenna, C. F., Salvador, A. F., Hughes, R. L., Scaroni, S. E., Alamilla, R. A., Askow, A. T., Paluska, S. A., Dilger, A. C., Holscher, H. D., De Lisio, M., Khan, N. A., & **Burd, N. A.** (2021). Higher protein intake during resistance training does not potentiate strength, but modulates gut microbiota, in middle-aged adults: a randomized control trial. *American journal of physiology. Endocrinology and metabolism*, 320(5), E900–E913. <https://doi.org/10.1152/ajpendo.00574.2020>
17. Paulussen, K., Alamilla, R. A., Salvador, A. F., McKenna, C. F., Askow, A. T., Fang, H. Y., Li, Z., Ulanov, A. V., Paluska, S. A., Rathmacher, J. A., Jäger, R., Purpura, M., & **Burd, N. A.** (2021). Dileucine ingestion is more effective than leucine in stimulating muscle protein turnover in young males: a double blind randomized controlled trial. *Journal of applied physiology (Bethesda, Md. : 1985)*, 131(3), 1111–1122. <https://doi.org/10.1152/jappphysiol.00295.2021>
18. Salvador, A. F., McKenna, C. F., Paulussen, K., Keeble, A. R., Askow, A. T., Fang, H. Y., Li, Z., Ulanov, A. V., Paluska, S. A., Moore, D. R., & **Burd, N. A.** (2021). Early resistance training-mediated stimulation of daily muscle protein synthetic responses to higher habitual protein intake in middle-aged adults. *The Journal of physiology*, 599(18), 4287–4307. <https://doi.org/10.1113/JP281907>
19. Guo, B., Holscher, H. D., Auvil, L. S., Welge, M. E., Bushell, C. B., Novotny, J. A., Baer, D. J., **Burd, N. A.**, Khan, N. A., & Zhu, R. (in press) "Estimating Heterogeneous Treatment Effect on Multivariate Responses using Random Forests." *Statistics in Biosciences*. <https://doi.org/10.1007/s12561-021-09310-w>
20. Pindus, D. M., Edwards, C. G., Walk, A. M., Reeser, G., **Burd, N. A.**, Holscher, H. D., & Khan, N. A. (2021). Sedentary time is related to deficits in response inhibition among adults with overweight and obesity: An accelerometry and event-related brain potentials study. *Psychophysiology*, 58(8), e13843. <https://doi.org/10.1111/psyp.13843>
21. Khan, N. A., Edwards, C. G., Thompson, S. V., Hannon, B. A., Burke, S. K., Walk, A., Mackenzie, R., Reeser, G. E., Fiese, B. H., Burd, N. A., & Holscher, H. D. (2021). Avocado Consumption, Abdominal

- Adiposity, and Oral Glucose Tolerance Among Persons with Overweight and Obesity. *The Journal of nutrition*, 151(9), 2513–2521. <https://doi.org/10.1093/jn/nxab187>
22. Thompson, S. V., Bailey, M. A., Taylor, A. M., Kaczmarek, J. L., Mysonhimer, A. R., Edwards, C. G., Reeser, G. E., Burd, N. A., Khan, N. A., & Holscher, H. D. (2021). Avocado Consumption Alters Gastrointestinal Bacteria Abundance and Microbial Metabolite Concentrations among Adults with Overweight or Obesity: A Randomized Controlled Trial. *The Journal of nutrition*, 151(4), 753–762. <https://doi.org/10.1093/jn/nxaa219>
  23. Cannavale, C. N., Bailey, M., Edwards, C. G., Thompson, S. V., Walk, A. M., **Burd, N. A.**, Holscher, H. D., & Khan, N. A. (2021). Systemic inflammation mediates the negative relationship between visceral adiposity and cognitive control. *International journal of psychophysiology : official journal of the International Organization of Psychophysiology*, 165, 68–75. Advance online publication. <https://doi.org/10.1016/j.ijpsycho.2021.03.010>
  24. Killian, L. A., Muir, J. G., Barrett, J. S., **Burd, N. A.**, & Lee, S. Y. (2021). High Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols (FODMAP) Consumption Among Endurance Athletes and Relationship to Gastrointestinal Symptoms. *Frontiers in nutrition*, 8, 637160. <https://doi.org/10.3389/fnut.2021.637160>
  25. McKenna, C. F., Salvador, A. F., Hughes, R. L., Scaroni, S. E., Alamilla, R. A., Askow, A. T., Paluska, S. A., Dilger, A. C., Holscher, H. D., De Lisio, M., Khan, N. A., & **Burd, N. A.** (2021). Higher protein intake during resistance training does not potentiate strength, but modulates gut microbiota, in middle-aged adults: a randomized control trial. *American journal of physiology. Endocrinology and metabolism*, 10.1152/ajpendo.00574.2020. Advance online publication. <https://doi.org/10.1152/ajpendo.00574.2020>
  26. Edwards CG, Walk AM, Thompson SV, Reeser GE, Dilger RN, Erdman JW Jr, **Burd NA**, Holscher HD, Khan NA. Dietary lutein plus zeaxanthin and choline intake is interactively associated with cognitive flexibility in middle-adulthood in adults with overweight and obesity. *Nutr Neurosci*. 2021 Jan 15:1-16. doi: 10.1080/1028415X.2020.1866867. Online ahead of print. PMID: 33448903
  27. Pindus DM, Edwards CG, Walk AM, Reeser G, **Burd NA**, Holscher HD, Khan NA. The relationships between prolonged sedentary time, physical activity, cognitive control, and P3 in adults with overweight and obesity. *Int J Obes (Lond)*. 2021 Feb 1. doi: 10.1038/s41366-020-00734-w. Online ahead of print. PMID: 33526853
  28. Draicchio F, van Vliet S, Ancu O, Paluska SA, Wilund KR, Mickute M, Sathyapalan T, Renshaw D, Watt P, Sylow L, **Burd NA**, Mackenzie R. Integrin-associated ILK and PINCH1 protein content are reduced in skeletal muscle of maintenance hemodialysis patients. *J Physiol*. 2020 Sep 24. doi: 10.1113/JP280441. PMID: 32969494
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### **Reviews (Peer-reviewed)**

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### *Consensus statements (Peer-reviewed)*

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Potentiate Skeletal Muscle Vitamin D Receptor, *Current Developments in Nutrition*, Volume 5, Issue Supplement\_2, June 2021, Page 512, [https://doi.org/10.1093/cdn/nzab041\\_027](https://doi.org/10.1093/cdn/nzab041_027)

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### ***Selected Media Appearances (2013-present)***

2021, Guest on *ParaSports Nutrition* with Dr. Liz Broad

2020, Guest on talk show for *Hawksbee and Jacobs talkSPORT*

2020, Research featured in *the Atlantic*. Should I Eat Potatoes While Run?

2018, Research featured in *Men's Health*. Want to Get Ripped? Eat 3 Whole Eggs After Your Workout.

2016, Interview for the *Globe and Mail*. The muscle-building power of milk vs. beef after a workout: which is better?

2015, Video for *Physiology of Sport and Exercise* (6<sup>th</sup> edition). L.W. Kenny, J.H. Wilmore, & D.L. Costill (Eds.). Leucine

2013, Video for *Nestle Nutrition Institute*. Does chronically consuming protein immediately after exercise actually cause you to get stronger or faster?

### **UNIVERSITY SERVICE (2013-Present)**

Campus, University, and College Committees served.

### **University of Illinois**

#### ***Campus Committees***

2023-present	<b>Institutional Review Board-BioMedical (IRB2)</b> Role: Chair
2023-present	<b>Research Integrity and Compliance Excellence (RICE) Leadership Group</b> Role: Member
2023-present	<b>Office for the Protection of Research Subjects (OPRS) Advisory Committee</b> Role: Member
2020	<b>Institutional Biosafety Committee</b> Role: Member
2019-2020	<b>Institutional Review Board-BioMedical (IRB2)</b> Role: Vice Chair
2017-2019	<b>Institutional Review Board-BioMedical (IRB2)</b> Role: Member
2017-present	<b>Exercise is Medicine on Campus (EIM-OC)</b> Role: Committee Chair; founding member; awarded gold level campus, 2018, 2020, 2021, 2022, silver level in 2023
2014, 2016, 2019	<b>UIUC Research Board Grant Reviewer</b> Role: Reviewer
<b><i>College committees</i></b>	
2015-2016	<b>Search committee</b> , Open-Rank Position, Communication Disorders Related to Head and Neck Cancer
2018-2020	<b>Diversity and Inclusion Committee</b> , KCH member
2019	<b>Applied Health Sciences, Research Space Allocation Committee</b> Role: Committee Chair
2019-2021	<b>Elections and Credentials</b> Role: Committee member

2019-2020 **Applied Health Sciences, Strategic Planning Committee**

2020-present **CHAD senior faculty committee, member**

2021-2022 **AHS Educational Policy committee, member**

***Departmental committees***

2016-2017 **Search committee, Assistant Professor in Exercise Physiology**

2017-2018 **Search committee, Assistant/Associate Professor in Exercise Psychology**

2019-2020 **Search committee, Assistant Professor in Exercise Physiology Microbiome**

2020-present **DNS Student Annual Reviews Committee, member**

2020 **Educational policy committee, member**

2020-present **Faculty advisory committee, member**

***Departmental Task Forces***

2021 **Undergraduate Curriculum Review Task Force, member**

2021 **Restructuring Task Force, member**

***Departmental Administrative Roles***

2020- **Exercise Physiology area coordinator**

**PROFESSIONAL & PUBLIC SERVICE**

***National Peer Review Committees***

2015-present **American College of Sports Medicine, Grant Review Committee**

2018, 2021, 2022 **American Society of Nutrition, Peter J. Reeds Memorial Young Investigator Award, Award Jury**

2020 **Panel Member, 2020 Congressionally Directed Medical Research Programs (CDMRP), Peer Reviewed Medical Research Program (PRMRP), Focused Program Award**

***Editorial Board***

2015-2017 **BMC Nutrition – Associate editor**

2017-2022 **Frontiers Nutrition—Review editor**

***Manuscript Review (Ad-hoc)***

The Journal of Physiology; The Journal of Applied Physiology; American Journal of Physiology: Endocrinology & Metabolism; American Journal of Physiology: Regulatory, Integrative, and Comparative Physiology; Clinical Nutrition; Medicine and Science in Sports and Exercise; Scandinavian Journal of Medicine & Science in Sports; International Journal of Sport Nutrition and Exercise Metabolism; Journal of Sport Sciences; Nutrition & Metabolism; Nutrition Research; British Journal of Nutrition; Medicina Sportiva; American Journal of Clinical Nutrition; PlosOne; Experimental Gerontology; Sports Medicine Exercise and Sport Sciences Reviews; Applied Physiology, Nutrition, and Metabolism; Physiological Reports; Journal of Strength and Conditioning Research; Amino Acids; Journal of Musculoskeletal & Neuronal Interactions; Nutrients; Food Research International; Frontiers in Physiology; Obesity Journal; Frontiers in Nutrition

### **Public Service**

2018-present	Director, Human Performance Testing
2018	Strength Summit, Steering committee
2018	NASA Sports Nutrition and Sports in Space (with Bruce W. Fouke)
2018, 2019	Christie Clinic Illinois Marathon Runner's Symposium
2018, 2019	EIM-OC sponsored event: Illini Veterans Memorial 5K
2017, 2018	Wellness on Wheels: Health promotion outreach
2017	Kinesiology Student Association (KSA): Health promotion outreach

### **INVITED SPEAKER (Selected presentations)**

2022	“Food based recommendations to optimize the muscle adaptive response” In Muscle Health Research Centre, York University. March 4, 2022
2021	“Food matrix effects on protein nutrition and the implications for athletes” In Dairy Council Northern Ireland sponsored Performance Nutrition Seminar. November 10, 2021.  “The potential anabolic action of the food matrix”. Washington State University, In Nutrition and Exercise Physiology Graduate Seminar. September 22, 2021  “The role of isolated protein supplements as contributors to anabolic fueling strategies”. In National Dairy Council sponsored Expert Session. June 22, 2021.
2020	“Defining strength: Exploring the evidence for strength as a measure of health across the lifespan. NCBA webinar. November 19, 2020.  “The food matrix and its potential to optimize the regulation of skeletal muscle mass”. Purdue University Interdepartmental Nutrition Program (INP). Virtual. October 23 <sup>rd</sup> 2020. *nominated invited speaker by graduate students  “Strong is the new healthy: exploring the evidence for strength as a measure of health” Food & Nutrition Conference & Expo (FNCE). Virtual. October 20 <sup>th</sup> 2020.  “Stimulating skeletal muscle protein synthesis: Is the quality of isolated protein important when it is ingested with other nutrients?” Physiological Society (Human, Environmental, & Exercise Physiology) sponsored webinar. September 8, 2020.

- “How potato consumption can contribute to human nutrition and improve athletic performance”. Research Chefs Association (RCA) Powered up. Webinar: Plant-Powered Performance: Innovation with Functional Potato Ingredients. June 10, 2020.
- 2019 “A shift to a holistic viewpoint to optimize dietary protein & exercise interactions”. Nutrition & Exercise Interactions—what we currently know conference. London, England. December 13, 2019.
- “Optimizing protein intake: Whole protein vs. amino acids. GSSI-Pre-Con/Collegiate & Professional Sports Dietitians Association (CSPDA) Annual conference. Grapevine, Texas. May 20, 2019.
- “Adopting a food first approach to optimize protein intakes for athletes and other physically active adults” Texas Chapter, American College of Sports Medicine (ACSM). Fort Worth, Texas. March 1, 2019.
- “Optimizing protein intake for athletes using whole foods”. NFL Combine: Sports RD day Fueled by Gatorade. Gatorade/Collegiate Sports Dietitian Association. Indianapolis, Indiana. February 27, 2019
- “Optimizing protein intake for athletes using whole foods”. NFL Combine: Strength Coaches Education Event. Gatorade/Professional Football Strength & Conditioning Coaches Association. Indianapolis, Indiana. February 26, 2019
- “Carbohydrate ingestion and its role in performance nutrition”. Alliance for Potato Research & Education (APRE) Board Meeting. Austin, Texas. January 9, 2019.
- 2018 “Regulation of skeletal muscle mass *in vivo* in humans”. Human Subjects Research Conference. Urbana, IL. November 09, 2018.
- “Protein” Gatorade Sports Science Institute’s Sports Nutrition Preconference to ACSM-Recent Advances in Sports Nutrition: Re-Visiting the Basics. Minneapolis, Minnesota. May 29<sup>th</sup>, 2018.
- 2017 “Recent concepts related to dietary protein sources in optimizing protein intakes for athletes”. Gatorade Sports Institute (GSSI) Expert Panel. Sarasota, Florida. October 18<sup>th</sup>, 2017.
- “Physiological demands on the tactical population from early to mid-career”. NSCA tactical strength and conditioning (TSAC) Leadership course. Colorado Springs, Colorado. October 11<sup>th</sup>, 2017.
- “Maximizing protein in the diet with exercise” UIUC DNS Nutrition Symposium 2017. Faculty Mini-Symposium: Protein in the Modern World. April 19, 2017
- 2016 “Protein dense food consumption for skeletal muscle remodeling, and effect of adiposity”. National Pork Board meeting. St. Louis, Missouri. July 27, 2016
- “Muscle protein synthesis: does protein and peptide intake matter, and is there a difference between proteins?”, The Marine Proteins and Peptides Symposium. Alesund, Norway, April 2016

- 2015 “Impact of protein ingestion on dietary protein digestion and absorption kinetics and postprandial muscle protein synthesis rates in healthy weight and obese adults”, Obesity week 2015, Young Investigator Challenge Competition. Los Angeles California, November, 2015
- “Strategies to maximize skeletal muscle mass” Midwest University. May 20, 2015. Phoenix, AZ, USA
- 2014 “Maximizing muscle mass with postexercise protein intake” Experimental Biology (EB), San Diego, CA, USA
- 2013 “The ups and downs of muscle protein turnover: the role of food and exercise” University of Illinois at Urbana-Champaign. Nov 6 2013; Urbana, Illinois, USA
- “The role of dietary protein in the regulation of muscle mass” University of Illinois at Chicago. Oct 18 2013; Chicago, Illinois, USA
- “Does chronically consuming protein immediately after exercise actually cause you to get strong (resistance training) or faster (endurance training)?” American College of Sports Medicine (ACSM). May 28-June 1, 2013; Indianapolis, Indiana USA
- “The effect of resistive exercise on muscle carbohydrate and protein metabolism. In symposium: “Acute and chronic responses to concentric and eccentric exercise”. American College of Sports Medicine (ACSM). May 28-June 1, 2013; Indianapolis, Indiana USA
- “Contraction induced changes in muscle protein synthesis—Does exercise load matter?” In symposium: “Sensing the tension: Identifying Mechanotransducers that Regulate Muscle Growth”. American College of Sports Medicine (ACSM). May 28-June 1, 2013; Indianapolis, Indiana USA
- “Protein intake – before, during, or after to enhance endurance and strength training adaptations” Danish Sports Medicine Congress. Invited lecture. Jan 31 – Feb 2, 2013; Kolding, Denmark
- 2012 “Protein and recovery from exercise – Are guidelines the same for all sorts of exercise?” American College of Sports Medicine (ACSM), invited lecture. May 30 2012, San Francisco, California USA
- “Contractile and nutritional modulation of human skeletal muscle protein synthesis” In the masterclass for Prof. dr. Alfred Goldberg, Striated muscle plasticity and metabolism in health and disease, Maastricht University, January 16, 2012, Maastricht, Netherlands
- 2009 “Impact of resistance exercise intensity on human skeletal muscle protein synthesis.” Department of kinesiology seminar, McMaster University, October 22, 2009, Hamilton, ON, CA
- “Impact of resistance exercise intensity and anabolic hormones on human skeletal muscle protein turnover” Department of Sport & Exercise Science Research seminar, University of Auckland, Tamaki Campus, October 9 2009, Auckland, NZ
- “Scientific update related to resistance exercise intensity and protein dose effects on human skeletal muscle”. Sobre Entrenamiento Group Symposium. Online symposium. June 15, 2009



## **FUNDING**

### ***Ongoing Research Support***

National Pork Board (Role: PI). Anabolic action of a lipid-rich pork matrix. Awarded: \$150,268

NIH RO1 (Role: Co-I; PI: Neha Gothe). Yoga, Aerobic, and stretching exercise effects on neurocognitive performance: a randomized controlled trial. Awarded: \$3,584,875

Dairy Management Inc, Primary Investigator: “Dairy food consumption and its effects on inflammation and the postprandial regulation of muscle protein synthesis” Awarded: \$460,293 (July 2019- June 2021)

North Dakota Beef Commission, Primary Investigator: “Defining beef and meal frequency as key components of a healthy eating pattern for muscle health and well-being”. Awarded: \$179,024 (Aug 2020- June 2022)

UIUC Research Board, Primary Investigator: “Exercise regulation of muscle protein synthesis in hemodialysis patients”. Awarded: \$25,000 (October 2018 – 2021)

Almond Board of California. (Role: Co-I; PI: Hannah Holscher). Effects of almond consumption on the gastrointestinal microbiota and postprandial glucose handling in adults with overweight obesity. Awarded: \$409,086 (Nov 11, 2019 – 2021).

USDA NIFA (Role: Co-I; PI: Hannah Holscher). Walnuts, the human gastrointestinal microbiome, and metabolic health. Awarded: \$500,000 (Aug 2020- 2023).

Office of Research, College of ACES, University of Illinois. (Role: Co-I; PI: Juan Llor). A systems approach to define biological pathways utilizing methyl groups from methionine and choline in dairy cattle. Awarded: \$50,000 (March 2020 – 2021).

Renal Research Institute. (Role: Co-I; PI: Ken Wilund). Exercise intervention to restore sodium-potassium pump capacity and reduce sodium deposition in skeletal muscle in hemodialysis patients.

### ***Industrial-sponsored clinical trials***

Monster Energy, Dietary supplement and resistance training. Awarded: \$460,000 (Sept 2020 – Aug 2021).

BIO-CAT, Dietary supplement ingestion and aminoacidemia. Awarded: \$145,000 (Feb 2021 to Sept 2022).

BIO-CAT, A Randomized, Double-blind, Placebo-Controlled, Crossover Study to Investigate the Effects of Microbial Enzyme Supplementation on Postprandial Nutrient Levels and Gastrointestinal Symptoms in Healthy. Awarded: \$253,720.00 (Sept 2021 – March 2023)

### ***Completed Research Support***

North Dakota Beef Commission, Co-PI with Hannah Holscher: “Delineating the influence of the gut microbiota on the impact of regular beef consumption on training induced gains in muscle strength and performance in healthy adults.” Awarded: \$39,219 (July 2019 – May 2020).

USDA Hatch program, Primary Investigator: “Food first approach to stimulate muscle protein synthesis in healthy adults” Awarded: \$20,000 (September 2018 – 2020).

National Cattleman's Association, Primary Investigator (with Naiman Khan & Steven Petruzzello): "The role of beef ingestion in supporting exercise-derived benefits for the muscle-brain interconnect"  
Awarded: \$74,187 USD (July 2018 – June 2019)

Alliance for Potato Research & Education (APRE), Primary Investigator: "Ingestion of potatoes as a nutritional strategy to improve cycling time-trial performance in endurance trained cyclist"  
Awarded: \$90,378 USD (Sept 2017 – Feb 2019)

Worlds Greatest Ingredients LP, Primary Investigator: "Anabolic action of peptides" Requested: \$94,233

Japan *Curves*, Co-Primary Investigator: "Nutritional strategies to augment the postprandial muscle protein synthetic response to the ingestion of a low dose of protein in older women"  
Awarded: \$200,000 USD (June 2016-September 2019).

BiRimingham-Illinois Partnership for Discovery, EnGagement, and Education (BRIDGE) Seed Grant, Co-PI (with Leigh Breen): "Identifying the human protein turnover signature associated with exercise and inactivity by the use of dynamic proteomics".  
Awarded: \$9,000 USD (UIUC); £8500 (UoB) (June 2017 – May 2018)

National Cattleman's Association, Primary Investigator: "The influence of regular beef consumption and protein density of the diet on training induced gains in muscle strength and performance in healthy adults",  
Awarded: \$253,626 USD (July 2016-November 2018).

Hass Avocado Board, Co-Investigator: "Investigating the Effects of Avocado Intake on Metabolic and Cognitive Health: A Systems Approach".  
Awarded: \$887,221 USD (December 2015 – December 2018)

National Pork Board, Primary Investigator: "Effect of pork ingestion on postprandial mitochondrial protein synthesis and inflammation in healthy weight, overweight, and obese adults",  
Awarded: \$42,348 USD (May 2016 - April 2017).

UIUC Division of Nutritional Sciences, Primary Investigator: "Whole egg versus egg white consumption on postprandial protein handling *in vivo* in humans"  
Awarded: \$20,000 USD (Oct 2015 – Oct 2017)

Division of Nutritional Sciences Vision 20/20 research program award, Co-Investigator: "The effects of overweight/obesity and acute dietary protein ingestion on muscle stem cell function".  
Awarded: \$22,500 USD (Oct 2014 – Oct 2016) - completed

National Pork Board, Primary Investigator: "Postprandial muscle protein synthetic response after high quality pork consumption in lean, overweight, and obese adults".  
Awarded: \$135,400 USD (Oct 2014 – Oct 2016) - completed

UIUC Center on Health, Aging, and Disability, Primary Investigator: "Protein ingestion after endurance exercise for muscle mass maintenance and metabolic health"  
Awarded: \$20,000 USD - completed

University of Toronto Faculty of Kinesiology and Physical Education Research Grant, Co-Investigator: "Development of intrinsically-labeled egg proteins for the study of human protein metabolism".

Awarded: \$5,000 CAD - completed

UIUC Research Board, Primary Investigator: “The time-dependent measurement of postprandial muscle protein synthesis rates by the use of doubly labeled milk proteins in humans”

Awarded: \$30,000 USD - completed

### **Graduate Student Fellowships/Grants**

ACSM World Athletics Research Grant, Amadeo Salvador, KCH graduate student: “Identifying the ideal carbohydrate intake dose for wheelchair marathoners”

Awarded: \$5,000 USD

CAPES Foundation (Ministry of Education of Brazil), Amadeo Salvador, KCH graduate student: “Effect of the protein density of the diet on the skeletal muscle adaptive response to resistance exercise training”

Awarded: \$200,000 USD

Egg Nutrition Center/American Egg Board, Stephan van Vliet, KCH graduate student: “Nutritional strategies to support skeletal muscle mass maintenance with advancing age”

Awarded: \$20,000 USD - Completed

ACSM Foundation Doctoral Student Grant, Joseph Beals, DNS graduate student: “Resistance exercise as a strategy to enhance basal and postprandial muscle protein synthesis in obese adults”

Awarded: \$5,000 USD - Completed

European Society for clinical nutrition and metabolism (ESPEN), Stephan van Vliet, KCH graduate student: “Protein ingestion as a strategy to enhance muscle protein anabolism in hemodialysis patients”

Awarded: €50,000 - Completed

ACSM Foundation Doctoral Student Grant, Stephan van Vliet, KCH graduate student: “Intrinsically labeled egg protein for the in vivo measurement of human protein metabolism”

Awarded: \$5,000 USD-Completed

Kraft Human Nutrition Fellowship (2014), Joseph Beals, DNS graduate student

Awarded: \$20,810

### **AWARDS & RECOGNITION**

2011	ACSM Charles M. Tipton National Student Research Award
2010	The Physiological Society Travel Grant. 2010 Awarded: £ 500
2010	McMaster University School of Graduate Studies International Excellence Award Awarded: \$10,000 CAD
Fall 2013	University of Illinois List of Teachers Ranked as Excellent by Their Students
2015	The American Society for Nutrition (ASN) Peter J. Reeds Young Investigator Award
Fall 2015	University of Illinois List of Teachers Ranked as Excellent by Their Students
Spring 2016	University of Illinois List of Teachers Ranked as Excellent by Their Students
2016	NIH Loan Repayment Program
Spring 2017	University of Illinois List of Teachers Ranked as Excellent by Their Students
Fall 2017	University of Illinois List of Teachers Ranked as Excellent by Their Students
2018	NIH Loan Repayment Program (renewal)

Spring 2018 University of Illinois List of Teachers Ranked as Excellent by Their Students  
Fall 2018 University of Illinois List of Teachers Ranked as Excellent by Their Students  
2019 AHS Excellence in Undergraduate Teaching Award—Faculty  
Spring 2020 University of Illinois List of Teachers Ranked as Excellent by Their Students  
Fall 2020 University of Illinois List of Teachers Ranked as Excellent by Their Students

**ASSOCIATION MEMBERSHIPS**

American Society for Nutrition  
American College of Sports Medicine