

HEATHER E. RASMUSSEN

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EDUCATION

Date	Degree	Discipline	Institution/Location
2008	PhD	Biochemical and Molecular Nutrition	University of Nebraska, Lincoln, NE
2005	MS	Biochemical and Molecular Nutrition	University of Nebraska, Lincoln, NE
2001	BS	Nutrition & Dietetics	University of Nebraska, Lincoln, NE

ACADEMIC APPOINTMENTS

2018-present	Assistant Professor	Department of Nutrition and Health Sciences, University of Nebraska, Lincoln, NE
2018-present	Adjunct Professor	Department of Clinical Nutrition and Department of Internal Medicine, Rush University Medical Center (RUMC), Chicago, IL
2015-2017	Associate Professor	Department of Clinical Nutrition, Rush University Medical Center, Chicago, IL
2012-2017	Assistant Professor	Department of Internal Medicine, Rush University Medical Center, Chicago, IL
2009-2015	Assistant Professor	Department of Clinical Nutrition, Rush University Medical Center, Chicago, IL
2009	Postdoctoral Researcher	Department of Nutrition & Health Sciences, University of Nebraska, Lincoln, NE
2008-2009	Lecturer	Department of Nutrition & Health Sciences, University of Nebraska, Lincoln, NE
2008	Instructor	Pusan National University, Pusan, South Korea
2006-2008	Research Assistant	Dr. Ji-Young Lee Laboratory, Department of Nutrition and Health Sciences, University of Nebraska, Lincoln, NE
2004-2005	Research Assistant	Dr. Timothy Carr Laboratory, Department of Nutrition and Health Sciences, University of Nebraska, Lincoln, NE

NON-ACADEMIC or CLINICAL APPOINTMENTS/PROFESSIONAL PRACTICE

2018-present	Dietetic Internship Director	University of Nebraska-Lincoln, Lincoln, Nebraska
2013-2017	Clinical Dietitian (2 hr/wk)	Celiac and Food Sensitivity Clinic, Rush University Medical Center, Chicago, IL <i>Role: MNT and research development for those with food hypersensitivities, with a focus on elimination diets, low-FODMAP, food allergies, and gut permeability</i>
2011-2013	Clinical Dietitian (4 hr/wk)	University Cardiologists, Rush University Medical Center, Chicago, IL <i>Role: Performed MNT specific to CVD risk factors, advanced lipid panels, and genetic testing in an outpatient cardiology clinic</i>

REGISTRATION AND LICENSURE:

Registration: Commission on Dietetic Registration, Registered Dietitian Nutritionist

Description/Agency	Acquired	Number	Expiration
Registered Dietitian Nutritionist St. Mary's Hospital/Mayo Medical Center Rochester, MN	2003	925601	2019

License to Practice: State of Illinois

Description/Agency	Acquired	Number	Expiration
Licensed Dietitian Nutritionist	2009	164.005163	2019

PUBLICATIONS

Journal Articles in Submission/Publication

1. Gelfand A, **Rasmussen HE**, Bojko ML, Rosenblum S, Tangney CC. Attitudes, Awareness, and Experiences about Patient Cannabis Use among Oncology Dietitians. J Aca Nut & Diet. Submitted December 2019.
2. Burgess HJ, Williams B, Engen PA, **Rasmussen HE**, Raeisi S, Zhang X, Naqib A, Green SJ, Hamaker B, Fogg LL, Landay A, Keshavarzian A. An Open-Label Pilot Study of a Morning Light Treatment in People Living with HIV: Effects on Sleep, Mood, Cognitive Performance, Inflammation, Gut Microbiota Translocation and Diversity. Submitted July 2019.

Peer-Reviewed Journal Articles

(* indicates senior author on student publication)

1. Weaver KE, Goldman JG, Ribbens N, **Rasmussen HE**, Gustashaw KA, Cho A, Tangney CC. Validation of an online Screener, the Mediterranean Diet Pattern for Americans-III in Older

- Patients with Parkinson's Disease. *Journal of Nutrition in Gerontology and Geriatrics*. 2019. DOI: [10.1080/21551197.2019.1683116](https://doi.org/10.1080/21551197.2019.1683116)
2. *Tan C, Holland S, Tangney CC, Betz MV, Mozer, Sarcinella K, **Rasmussen HE**. Change in Knowledge of and Adherence to Dietary Sodium Restrictions in Heart Failure Patients after Education by a Registered Dietitian Nutritionist. *Diabetes*. 2019;5:23. DOI: [10.15562/diabetes.2019.62](https://doi.org/10.15562/diabetes.2019.62)
 3. Cantu-Jungles TM, **Rasmussen HE**, Hamaker BR. Potential of prebiotic butyrogenic fibers in Parkinson's disease. *Front Neurology*. 2019;10:663. DOI: [10.3389/fneur.2019.00663](https://doi.org/10.3389/fneur.2019.00663)
 4. Petr JE, Keim K, Chapman-Novakofski K, **Rasmussen HE**. Temporal Distribution of Carbohydrate and Calorie Intake is not Associated with Hemoglobin A1C in Persons with Type 2 Diabetes Mellitus. *TICN*. 2019;34:138. DOI: [10.1097/TIN.000000000000174](https://doi.org/10.1097/TIN.000000000000174).
 5. Tangney CC, **Rasmussen HE**, Richards C, Li M, Appelhans BM. Evaluation of a Brief Sodium Screener in Two Samples. *Nutrients*. 2019;11:166. DOI: [10.3390/nu11010166](https://doi.org/10.3390/nu11010166).
 6. Mahdavinia M, **Rasmussen HE**, Botha M, Tran TDB, Van den Berg JP, Sodergren E, Davis E, Engen K, Gray C, Lunjani N, Hlela C, Preite N, Basera W, Hobane L, Watkins A, Engen P, Mankahla A, Gaunt B, Thomas F, Tobin M, Landay A, Weinstock G, Keshavarzian A, Levin, ME. Effects of diet on the childhood gut microbiome and its implications for atopic dermatitis. *J Allergy Clin Immunol*. 2019;43:1636. PMID: 30578881. DOI: [10.1016/j.jaci.2018.11.034](https://doi.org/10.1016/j.jaci.2018.11.034)
 7. Krumbek J, **Rasmussen HE**, Hutkins R, Clark J, Shawron K, Keshavarzian A, Walter J. Microbiome Probiotic Bifidobacterium Strains and Galactooligosaccharides Improve Intestinal Barrier Function in Obese Adults but Show No Synergism When Used Together as Synbiotics. *Microbiome*. 2018;6:121. DOI: [10.1186/s40168-018-0494-4](https://doi.org/10.1186/s40168-018-0494-4)
 8. **Rasmussen HE**, Hamaker B. Prebiotics and Inflammatory Bowel Disease. *Gastroenterol Clin N Am*. 2017;46:783-795. PMID: 2917352. DOI: [10.1016/j.gtc.2017.08.004](https://doi.org/10.1016/j.gtc.2017.08.004)
 9. **Rasmussen HE**, Hamaker B, Rajan KB, Mutlu E, Green SJ, Brown M, Kaur A, Keshavarzian A. Starch-Entrapped Microsphere Fibers Improve Bowel Habit and Gastrointestinal Symptoms in those with Unsatisfactory Bowel Movements in a Randomized, Double-Blind, Controlled, Dose-Ranging Human Trial. *Nutr Res*. 2017;44:27-37. PMID: 28821315. DOI: [10.1016/j.nutres.2017.05.015](https://doi.org/10.1016/j.nutres.2017.05.015)
 10. Mahdavinia M, **Rasmussen HE**, Engen P, Van den Berg JP, Davis E, Engen K, Green SJ, Naqib A, Botha M, Gray C, Lunjani N, Hlela C, Basera W, Hobane L, Watkins A, Tobin MC, Landay A, Keshavarzian A, Levin ME. Atopic Dermatitis and Food Sensitization in South African Toddlers: Role of Fiber and Gut Microbiota. *Ann Allergy Asthma Immunol*. 2017;118:742-743. PMID: 28583264. DOI: [10.1016/j.anai.2017.04.011](https://doi.org/10.1016/j.anai.2017.04.011).
 11. Tangney CC, Staffileno B, **Rasmussen HE**. Healthy Eating: How Do We Define It and Measure It? What's the Evidence? *J Nurse Pract*. 2017;13:e7-e15. DOI: [10.1016/j.nurpra.2016.08.026](https://doi.org/10.1016/j.nurpra.2016.08.026).
 12. Cerwinske L, **Rasmussen HE**, Volgman A, Tangney CC. Evaluation of a Dietary Screener: the Mediterranean Eating Pattern for Americans (MEPA) Tool. *J Hum Nutr Diet*. 2017;30:596-603. PMID: 28168764. DOI: [10.1111/jhn.12451](https://doi.org/10.1111/jhn.12451)

13. *Betz MV, Uzueta A, **Rasmussen HE**, Gregoire M, Vanderwall C, Witowich G. Knowledge, Use and Perceptions of Probiotics and Prebiotics in Hospitalized Patients. *Nutr Diet*. 2015;72:261-266. DOI: [10.1111/1747-0080.12177](https://doi.org/10.1111/1747-0080.12177).
14. Vannice G, **Rasmussen HE**. Position of the Academy of Nutrition and Dietetics: Dietary Fatty Acids for Healthy Adults. *J Acad Nutr Diet*. 2014;114:136-153. DOI: [10.1016/j.jand.2013.11.001](https://doi.org/10.1016/j.jand.2013.11.001). PMID: 24342605.
15. *Metropulos MT, **Rasmussen HE**, Gregoire MB, Holland S, Volgman AS. Dietary Knowledge and Accordance with the Academy Evidence Based Nutrition Practice Guidelines for Disorders of Lipid Metabolism. *TICN*. 2014;29:294-303. DOI: [10.1097/TIN000000000000012](https://doi.org/10.1097/TIN000000000000012).
16. *Oliver LM, **Rasmussen HE**, Chen Y, Gregoire MB. Healthcare Provider's Knowledge, Perceptions and Use of Probiotics and Prebiotics. *TICN*. 2014;29:139-49. DOI: [10.1097/01.TIN.0000445898.98017.eb](https://doi.org/10.1097/01.TIN.0000445898.98017.eb)
17. Tangney CC, **Rasmussen HE**. Polyphenols, Inflammation, and Cardiovascular Disease. *Curr Atheroscler Rep*. 2013;15:324-333. DOI: [10.1007/s11883-013-0324-x](https://doi.org/10.1007/s11883-013-0324-x). PMID:23512608
18. Oberlin SB, Tangney CC, Gustashaw AK, **Rasmussen HE**. Vitamin B12 Deficiency in Relation to Functional Disabilities. *Nutrients*. 2013;5:4462-4475. DOI:[10.3390/nu5114462](https://doi.org/10.3390/nu5114462). PMID: 24225845.
19. Rajan KB, Skarupski KA, **Rasmussen HE**, Evans DA. Gene-Environment Interaction of Body Mass Index and Apolipoprotein E epsilon4 Allele on Cognitive Decline. *Alzheimer Dis Assoc Disord*. 2014;28:134-40. DOI: [10.1097/WAD.000000000000013](https://doi.org/10.1097/WAD.000000000000013). PMID: 24145695.
20. Andrews A. Gregoire M, **Rasmussen HE**, Witowich G. Comparison of recycling outcomes in three types of recycling collection units. *Waste Management*. 2013;33:530-535. DOI: [10.1016/j.wasman.2012.08.018](https://doi.org/10.1016/j.wasman.2012.08.018). PMID: 23063307.
21. Habschmidt M, Bacon C, Gregoire M, **Rasmussen HE**. The Medical Nutrition Therapy Provided to Adult Patients Undergoing Hematopoietic Stem Cell Transplantation. *JPEN*. 2012;27:655-60. DOI: [10.1177/0884533612457179](https://doi.org/10.1177/0884533612457179). PMID: 22898745.
22. Ehlers SJ, Larson SM, **Rasmussen HE**, Park YK, Lee JY. High-density Lipoprotein Metabolism in Human Apolipoprotein B100 Transgenic/brown Adipose Tissue Deficient Mice, a Model of Obesity-induced Hyperinsulinemia. *Appl Physiol, Nutr and Metab*. 2011;36:313-22. DOI: [10.1139/h11-003](https://doi.org/10.1139/h11-003). PMID: 21574779.
23. Ku CS, **Rasmussen HE**, Park YK, Jesch ED, Lee LY. Unsaturated Fatty Acids Repress the Expression of ATP-binding Cassette Transporter A1 in HepG2 and FHs 74 Int Cells. *Nutr Res*. 2011;31:278-285. DOI: [10.1016/j.nutres.2011.03.007](https://doi.org/10.1016/j.nutres.2011.03.007). PMID: 21530801.
24. **Rasmussen HE**, Ku CS, Park YK, Blobaum KR, Jesch ED, Lee JY. Hypocholesterolemic Effect of *Nostoc commun var.sphaeroides* Kützing, an Edible Blue Green Alga. *Eur J Nutr*. 2009;48:387-94. DOI: [10.1007/s00394-009-0025-y](https://doi.org/10.1007/s00394-009-0025-y). PMID:19404563.
25. **Rasmussen HE**, Martinez I, Lee JY, Walter J. Alteration of the Gastrointestinal Microbiota of Mice by Edible Blue-green Algae. *J Appl Microbiol*. 2009;107:1108-18. DOI: [10.1111/j.1365-2672.2009.04288.x](https://doi.org/10.1111/j.1365-2672.2009.04288.x). PMID:19486425.

26. **Rasmussen HE**, Blobaum KR, Park YK, Ehlers SJ, Lu F, Lee JY. Lipid Extract of *Nostoc commune* var. *sphaeroides* Kützing, a Blue-green Alga, Inhibits the Activation of Sterol Regulatory Element Binding Proteins in HepG2 Cells. *J Nutr.* 2008;138:476-48. DOI : [10.1093/jn/138.3.476](https://doi.org/10.1093/jn/138.3.476). PMID:18287352.
27. Park YK, **Rasmussen HE**, Ehlers SJ, Blobaum KR, Lu F, Schlegel VL, Carr TP, Lee JY. Repression of Proinflammatory Gene Expression by LipidE of *Nostoc commune* var *sphaeroides* Kützing, a Blue-green Alga, via Inhibition of Nuclear Receptor-kappaB in RAW 264.7 Macrophages. *Nutr Res.* 2008;28:83-91. DOI:[10.1016/j.nutres.2007.11.008](https://doi.org/10.1016/j.nutres.2007.11.008). PMID:19083393.
28. Guderian DM, **Rasmussen HE**, Wray CA, Dussault PH, Carr TP. Cholesterol-lowering Properties of Plant Sterols Esterified with Beef Tallow Fatty Acids in Hamsters. *Nutr Res.* 2007;27:283-288. DOI: [10.1016/j.nutres.2007.03.006](https://doi.org/10.1016/j.nutres.2007.03.006).
29. **Rasmussen HE**, Guderian DM, Wray CA, Dussault PH, Schlegel VL, Carr TP. Reduction in Cholesterol Absorption is Enhanced by Stearate-enriched Plant Sterol Esters in Hamsters. *J Nutr.* 2006;136:2722-2727. DOI: [10.1093/jn/136.11.2722](https://doi.org/10.1093/jn/136.11.2722). PMID:17056791.

Peer-Reviewed Abstracts

1. Gelfand A, **Rasmussen HE**, Tangney CC, Rosenblum S, Bojko ML. Registered Dietitian Nutritionists' Attitudes, Awareness, and Experiences with Cannabis for Oncology Patients. *J Acad Nutr Diet.* 2018, 118:83.
2. Gomez-Perez SL, Hom DA, **Rasmussen HE**, and Mozer ME. Prevalence of computed tomography-defined sarcopenia and sarcopenic obesity in patients with and without colorectal cancer. *J Acad Nutr Diet.* 2018, 118:34.
3. Reichling E, Tangney CC, Mullen M, Sharp C, **Rasmussen HE**. Infant Feeding Practices and Perceived Food Allergy. *Nutrition* 2018.
4. Chakradeo PS, **Rasmussen HE**, Burgess HJ, Keshavarzian A, Fogg L, Swanson GR, Swanson B. Validity and Reliability of Two Food Timing Tools. *Nutrition* 2018.
5. **Rasmussen HE**, Keshavarzian A, Davis E, Hutkins R, Water J. Relation between Timing of Food Intake and Intestinal Permeability and Inflammation. *Nutrition* 2018.
6. Battaglia M, **Rasmussen HE**, Keim KS, Roosevelt H. Assessment of a Registered Dietitian Administered Fermentable Oligosaccharide Disaccharide, Monosaccharide, and Polyol Elimination Diet Experience. *J Acad Nutr Diet.* 2017,117:A17.
7. Schuchmann C, Nurko, I, **Rasmussen HE**, Roehl K, Tangney C, Send S, Maruschak K, Balabanov A. Impact of a Modified Ketogenic Diet on Seizure Activity, Anthropometrics, and Gastrointestinal Symptoms in Adults with Epilepsy. *FASEB J.* 2017;31:150.1.
 - Selected for an oral presentation at *Experimental Biology 2017*

8. Li M, Tangney C, **Rasmussen HE**, Moss OA, Cerwinske LA, Richards CL, Appelhans B. Validation of the Mediterranean Eating Pattern for Americans II (MEPA II) Screener in a Chicago Population. *FASEB J.* 2017;31:151.2.
 - *Selected for an oral presentation at Experimental Biology 2017*
9. Moss O, Keshavarzian A, Tangney CC, Shawron K, Kester K, Shaikh M, **Rasmussen HE**. Headache, GI symptoms and Intestinal Permeability in Obese Adults. *FASEB J.* 2016. 30:1166.7
10. Tangney CC, **Rasmussen HE**, Rusch J, Moss O, Cerwinske LA, Richards C, Li M, Appelhans BM. Validation of a Sodium Screener in Two Samples. *FASEB J.* 2016. 30:293.6.
11. Wood, A, Holland S, Mozer M, Tangney CC, **Rasmussen HE**. Development and Psychometric Testing of a Questionnaire to Assess Knowledge of and Stages of Change Related to a Low-Sodium Diet in Heart Failure Patients. *FASEB J.* 2016 30:lb334.
12. Tobin MC, Van den berg J, Mahdavinia M, Fox S, Roosevelt HG, **Rasmussen HE**, Mikalaitis S, Keshavarzian A, Demeo MT. Extent and Profile of Food Sensitization in Patients with Irritable Bowel Syndrome and Atopic Symptoms. International Food Allergy Symposium. 2015. P243.
13. Moss O, Keshavarzian A, Tangney CC, Shawron K, Kester K, Clifford K, Piazza B, Shaikh M, Betz MV, **Rasmussen HE**. Components of a Mediterranean Diet are Associated with Gut Permeability in Obese Adults. *FASEB J.* 2015. 29:262.2.
 - *Selected for oral presentation at Experimental Biology 2015*
14. Tan C, Holland S, Tangney CC, Betz MV, Mozer, Sarcinella K, **Rasmussen HE**. Change in Knowledge of and Adherence to Dietary Sodium Restrictions in Heart Failure Patients after Education by a Registered Dietitian. *FASEB J.* 2015. 29:264.1.
 - *Selected for oral presentation at Experimental Biology 2015*
15. Cerwinske L, Volgman A, Braun L, **Rasmussen HE**, Lipson S, Tangney CC. Validity of the Mediterranean Diet Intervention for Neurodegenerative Delay (MIND) Tool: A Cross-Sectional Study. *FASEB J.* 2015. 29:588.8.
16. Betz MV, Uzueta A, **Rasmussen HE**, Gregoire MB, Vanderwall C, Witowich G. Knowledge, Use and Perceptions of Probiotics and Prebiotics in Hospitalized Patients. *J Am Diet Assoc.* 2011;111:A30.
17. Sowa DC, Keim K, **Rasmussen HE**, Hall L. Functional Foods Use among Hospitalized Patients Admitted to an Urban Medical Center. *J Am Diet Assoc.* 2010;110:A31.

Abstracts

1. Petr J, Chapman Novakofski K, **Rasmussen H**, Keim K. Association between Temporal Distribution of Carbohydrate and Calorie Intake and Hemoglobin A1c (A1c) in Persons with Type 2 Diabetes Mellitus. Rush Research Forum. 2017
2. Nurko I, Schuchmann C, **Rasmussen HE**, Roehl K, Tangney C, Send S, Maruschak K, Chakradeo P, Balabanov A. Modified Ketogenic Diet: Impact on Seizure Activity,

Anthropometrics, and Gastrointestinal Symptoms in Adults with Epilepsy. Rush Research Forum. 2017.

- *College of Health Sciences Dean's Award*
3. Krumbeck JA, **Rasmussen HE**, Keshavarzian A, Engen K, Hutkins RW, Walter J. Functional characterization of a rationally selected synbiotic application in obese adults. Microbiome R&D and Business Collaboration Forum: USA. 2016.
 4. **Rasmussen HE**, Rohan EG, Mahdavinia M, Demeo M, Roosevelt H, Fox S, Tangney CC, Van Den Berg J, Tobin MK. The Agreement between a Skin Prick Test and Food and Symptom Frequency Questionnaire in Adult Patients with Adverse Food Reactions. Rush Research Mentoring Program Symposium. 2016.
 5. Wood A, Holland S, Mozer M, Tangney CC, **Rasmussen HE**. Development and Psychometric Testing of a Questionnaire to Assess Knowledge of and Stages of Change Related to a Low-Sodium Diet in Heart Failure Patients. Rush Research Forum. 2016.
 - *John Ware Patient Experience Award*
 6. Krumbeck JA, Maldonado-Gomez MX, Martinez I, Ramer-Tait A, Harris EN, Keshavarzian A, **Rasmussen HE**, Hutkins RW, Walter J. Evaluation of a synbiotic approach to establish *Bifidobacterium adolescentis* in the gastrointestinal tract. USDA Project Director Meeting, Institute of Food Technologists. 2015.
 7. Moss O, Keshavarzian A, Tangney CC, Shawron K, Kester K, Clifford K, Piazza B, Shaikh M, Betz MV, **Rasmussen HE**. Components of a Mediterranean Diet are Associated with Gut Permeability in Obese Adults. The 32nd Annual Rush University Forum for Research & Clinical Investigation Program. 2015.
 - *Selected for oral presentation*
 8. Tan C, Holland S, Tangney CC, Betz MV, Mozer, Sarcinella K, **Rasmussen HE**. Change in Knowledge of and Adherence to Dietary Sodium Restrictions in Heart Failure Patients after Education by a Registered Dietitian. Rush University Forum for Research & Clinical Investigation. 2015.
 9. Cerwinske L, Volgman A, Braun L, **Rasmussen HE**, Lipson S, Tangney CC. Validity of the Mediterranean Diet Intervention for Neurodegenerative Delay (MIND) Tool: A Cross-Sectional Study. Rush University Forum for Research & Clinical Investigation. 2015.
 10. Clifford K, Piazza B, Keshavarzian A, Tangney CC, Coltman A, Hartney C, Shawron K, Raeisi S, Forsyth C, Hutkins R, Krumbeck J, **Rasmussen HE**. Lipopolysaccharide Binding Protein is Associated with Diet Composition and Metabolic Markers in Obese Adults. FASEB J. 2014;28:LB340.
 11. Mozer M, **Rasmussen HE**, Tangney CC, Holland S, Betz MV, Pisani B, Mendez J, Sarcinella K. Knowledge of and accordance to dietary sodium restrictions in heart failure patients. FASEB J. 2014;28:LB346.
 12. Sarcinella K, **Rasmussen HE**, Tangney CC, Holland S, Betz MV, Pisani B, Mendez J, Mozer M. Change in Knowledge of and Adherence to the Low-Sodium Diet after Nutrition Education with a Registered Dietitian. FASEB J 2014;28:LB344.

13. Mozer M, **Rasmussen HE**, Tangney CC, Holland S, Betz MV, Pisani B, Mendez J, Sarcinella K. Knowledge of and accordance to dietary sodium restrictions in heart failure patients. The 31st Annual Rush University Forum for Research and Clinical Investigation. 2014.
 - *Co-Recipient of the John E. Ware Patient Experience Research Award with Kali Sarcinella*
14. Sarcinella K, **Rasmussen HE**, Tangney CC, Holland S, Betz MV, Pisani B, Mendez J, Mozer M. Change in Knowledge of and Adherence to the Low-Sodium Diet after Nutrition Education with a Registered Dietitian. The 31st Annual Rush University Forum for Research and Clinical Investigation. 2014.
 - *Co-Recipient of the John E. Ware Patient Experience Research Award with Marisa Mozer*
15. Thomas MT, **Rasmussen HE**, Gregoire MB, Holland S, Volgman A. Evaluation of Dietary Knowledge and Accordance to the Academy of Nutrition and Dietetics (AND) Evidence-Based Nutrition Practice Guidelines for Disorders of Lipid Metabolism. FASEB J. 2013;27:1b331.
16. Tangney CC, Winston R, Piazza C, **Rasmussen HE**, Bacon CA, Scala C, Gauthier J. DASH accordance of breast cancer survivors in the Diet, Activity and Lifestyle (DiAL) study. FASEB J 2013;27:1b381.
17. **Rasmussen HE**, Keshavarzian A, Landay A. The Immune System, the Microbiome, and Nutrition: Therapeutic Linkage. Pharma-nutrition. 2013;2:76-77.
18. **Rasmussen HE**, Oliver LM, Gregoire MB, Chen Y. Knowledge, Perceptions and Use of Probiotics and Prebiotics in Healthcare Providers. FASEB J. 2012;26:1b405.
19. Andrews A, Gregoire M, Witowich G, **Rasmussen HE**. Comparison of Recycling Outcomes in Three Types of Recycling Bins. Rush University Forum for Research and Clinical Investigation. 2012:179.
 - *Recipient of Sigma Xi Research Award*
20. Habschmidt MG, Bacon CA, Gregoire MB, **Rasmussen HE**. The Role of The Registered Dietitian in Providing Medical Nutrition Therapy to Adult Hematopoietic Stem Cell Transplant Patients. Rush University Forum for Research and Clinical Investigation. 2012:197.
21. Dubenetzky MC, **Rasmussen HE**, Tangney CC, Carr TP, Walter J, Martinez I. Role of gut microbiota in the LDL cholesterol-lowering effects of plant sterol esters. FASEB J. 2011;25:586.4
22. **Rasmussen HE**, Ku CS, Blobaum KR, Jesch ED, Park YK, Walter J, Carr TP, Lee JY. Nostoc commune var. sphaeroides Kützing, an edible blue-green alga, lowers plasma total cholesterol concentration by inhibiting cholesterol absorption in mice. FASEB J. 2008;22:315.7.
23. Park YK, **Rasmussen HE**, Ehlers SJ, Ku CS, Jesch ED, Carr TP, Lee JY. Down-regulation of ATP-binding cassette transporter A1 (ABCA1) and ABCG1 expression by unsaturated fatty acids in vivo and in vitro. FASEB J. 2008;22:691.15.
24. Ehlers SJ, Larson SM, **Rasmussen HE**, Park YK, Lee JY. Human apolipoprotein B100 transgenic and brown adipose tissue deficient (hapotg/BATless) mice as a model of perturbed HDL metabolism in obesity-induced insulin resistance. FASEB J. 2008;22:1091.5.
25. **Rasmussen HE**, Park YK, Lee JY. Differential regulation of ATP-binding cassette transporter A1 (ABCA1) expression by fatty acids in HepG2 and RAW 264.7 macrophages. FASEB J.

2006;20:A611.

26. Park YK, **Rasmussen HE**, Weber JS, Lee JY. Polyunsaturated fatty acids reduced expression of pro-inflammatory genes in macrophages. *FASEB J.* 2006;20:A604.
27. Melendez RR, **Rasmussen HE**, Lee JY, T. P. Carr. NPC1L1 gene expression is down-regulated by stearic acid in CCL-241 cells. *FASEB J.* 2006;20:A138.

Book Chapters

1. Forsyth CB, Voight RM, Bishehsari F, Swanson GR, **Rasmussen HE**, Siskin J, Keshavarzian A. Sleep and Circadian Rhythms: Implications for Gut Health. Nova Biomedical. 2018; 41-66.
2. McDonald E, **Rasmussen HE**, Forsyth C, Keshavarzian, A. The *In Vivo* Foundations for *In Vitro* Testing of Functional Foods: The Gastrointestinal System. Wiley-IFT Press. 2018;15-41.
3. **Rasmussen HE**, Piazza BR, Forsyth CB, Keshavarzian A. In: Pharma-nutrition. Springer. Chapter: Nutrition and Gastrointestinal Health as Modulators of Parkinson's Disease. 2014;213-242.
4. Ehlers SJ, **Rasmussen HE**, Lee JY. Lipids. In: Driskell J, editor. Nutrition and Exercise Concerns of Middle Age. Boca Raton: CRC Press; 2008;53-85.
5. **Rasmussen HE**, Lee JY. Total Fats, Saturated Fats and Cholesterol. In: Driskell J, editor. Sports Nutrition: Fats and Proteins. Boca Raton: CRC Press; 2008;15-36.

Outreach Publications

1. **Rasmussen HE**. Heart-Healthy Eating Latino Style. National Lipid Association Patient Tear Sheet. May 2017.
2. Sikand G, **Rasmussen HE**. Heart-Healthy Eating Asian Indian Style. National Lipid Association Patient Tear Sheet. May 2017.
3. **Rasmussen HE**, Bolick JP. Plant Sterols in Foods-Sterol Supplements. National Lipid Association Patient Tear Sheet. June 2016.
4. Bolick JP, **Rasmussen HE**. A Heart-Healthy Eating Pattern- Mediterranean Style. National Lipid Association Patient Tear Sheet. June 2016.
5. Bolick JP, **Rasmussen HE**. Lipid Luminations: Coconut Oil Supplementation and Lipids. LipidSpin, National Lipid Association. June 2016.
6. **Rasmussen HE**, Holland S. Reference Guide to Clinical Nutrition. Chapter 3: Condition Specific Guidelines: Cardiovascular, Heart Transplant & Hypertension. Department of Food and Nutrition, Rush University Medical Center. Updated 2012, 2014, 2016.
7. **Rasmussen HE**. Saturated fat. Men's Health. February 2015. Interview for online publication.

8. **Rasmussen HE.** Stealth Health Foods. Rush Discover Health. December 2014. Interview for online publication.
9. **Rasmussen HE.** Saturated fat: Not So Bad or Just Bad Science? Today's Dietitian. November 2014. Interview for publication.
10. **Rasmussen HE.** Change your pantry for heart-healthy living. Heart Insight. November 2013. Interview for print publication.
11. **Rasmussen HE.** To your health: Eating for a Healthy Colon. Discover Rush Online. March 2013. Interview for print publication.
12. **Rasmussen HE.** The Sleep-Eating Connection. Discover Rush Online. March 2012. Interview for print publication.
13. **Rasmussen HE.** Ask the Expert: How Can I Improve My Heart Health with Dietary Supplements? Today's Chicago Woman. 2009;27.
14. **Rasmussen HE.** Aromatherapy and Neurological Disorders. Nutrition in Complementary Care Newsletter. 2003;6:2.

PROFESSIONAL PRESENTATIONS

Invited Presentations, National and International

- *Heart Healthy Eating and Cultural Differences: Latino/Hispanic Diet.* National Lipid Association Annual Scientific Sessions, May 2019
- *Probiotics and Prebiotics: What is the evidence for consumption by WIC participants?* Webinar sponsored by New York Women, Infants and Children, March 2018
- *Lessons Learned in Research and Patient Care in a Multidisciplinary Allergy, Gastroenterology, and Nutrition Clinic,* Food & Nutrition Conference & Expo, October 2016
- *Beyond Fat: The Influence of Individual Fatty Acids on Health,* Food & Nutrition Conference & Expo, October 2014
- *Gut Microbiota: Impact on Obesity and Metabolic Disease,* American Society for Clinical Laboratory Science Annual Meeting, August 2014
- *Gut Health: Local and Systemic Impact,* Institute of Food Technology Annual Meeting, June 2012
- Oral Presentation, Experimental Biology Conference, 2008
- Poster Presentation, Experimental Biology Conference, 2006, 2007, 2012

Invited Presentations, Local and Regional

- *Circadian Rhythms and Food Timing: Health Implications,* North Suburban Dietetics Association, March 2017
- *Lipid Metabolism,* Chicago Area Society for Parenteral and Enteral Nutrition, Nutrition Support Seminar 2016, November 2016
- *Health Benefits of Vitamin D Sufficiency and Recommendations for Intake,* Illinois Academy of Nutrition and Dietetics Spring Assembly, April 2016
- *Career Opportunities in Nutrition Science and Dietetics,* lecture for biology seminar class, Mount St Joseph, Cincinnati, OH, November 2015

- *Gut Microbiota & Dietary Intake*, lecture for Microbiology class, Mount St Joseph, Cincinnati, OH, February 2015
- *Dietary Patterns for Cardiovascular Disease*, Stroger Cardiology Fellows, Chicago, IL, December 2014
- *Circadian Rhythms and Metabolism: Impact of Nutrition*, Updates in Clinical Nutrition, Chicago, IL, September 2014
- *Circadian Rhythms and Metabolism: Impact of Nutrition*, Nutritional Medicine Workshop, Chicago, IL, October 2012
- *Dietary Modulation of Gut Microbiota: Impact on Metabolic Disease*, Nutritional Medicine Workshop Series and Certificate Program, Chicago, IL, October 2011
- *Impact of Microbiota Modulation by Probiotics and Prebiotics in Obesity*, Updates in Clinical Nutrition, Chicago, IL, October 2010

Internal Presentations

- *Modulation of Gastrointestinal Health through Dietary Manipulation*, Guest speaker, NUTR 990, UNL, 2019
- *Probiotics, Prebiotics and Dietary Fiber for Gastrointestinal Health*, Guest lecturer NTR 622, RUMC (2 hours), 2017
- *Fuel Utilization in Response to Fuel Intake; Cellular and Whole-Animal Energetics*, Guest lecturer NUTR 522, RUMC (4 hours), 2017
- *Health Benefits of Vitamin D Sufficiency and Recommendations for Intake*, Guest Lecturer NUTR 523, RUMC (2 hrs), 2016
- *Intestinal Permeability is Associated with Metabolic Syndrome and Dietary Intake in Obese Adults*, Rush Research Mentoring Program Symposium, 2015
- *Benefit of the Mediterranean Diet on Intestinal Health*, RUMC Women's Mentoring Program, 2015
- *Gut Health: What is it and how do we change it?*, RUMC, 3ELM Attention Control Presentation, 2015
- *Fuel Utilization in Response to Fuel Intake; Dietary Fiber and Prebiotics*, Guest lecturer NTR 522, RUMC, (4 hours), 2015, 2016
- *How CHS Pilot Grants Contributed to Success as a New "Independent Researcher,"* RUMC, 2014
- *Modulation of Intestinal Microbiota and Permeability through Dietary Intervention*, College of Health Sciences representative at Rush Forum for Research and Clinical Investigation, 2014
- *Influence of the Microbiome on Anxiety and Depression*, Psychiatry Grand Rounds, RUMC, 2014
- *Fuel Utilization in Response to Fuel Intake; Cellular & Whole Animal Energetics*, Guest lecturer NUTR 522, RUMC (4 hours), 2014
- *Fad Diets*, RUMC Roundtable, 2013
- *Heart Healthy Nutrition*, RUMC Cardiology Fellows, 2012, 2013
- *Cardioprotective Diet Case Study*, Guest Lecturer, RUMC Medical Students, 2012-2016
- *Heart Healthy Diet*, Guest Lecturer for RUMC Medical Student Class, 2010-2012
- *Cardioprotective Diet*, RUMC Resident Lecture Series, 2012
- *Dietary Modulation of Gut Microbiota: Impact on Metabolic Disease*, Preventative Medicine Grand Rounds, RUMC, 2012
- *Protein Metabolism*, Guest Lecturer, Physician's Assistant Class, RUMC, 2010

GRANTS

Funded Grants

External Grants

United States Highbush Blueberry Council

- Title: Impact of Blueberry Consumption on Intestinal Permeability, Gut Microbiota, and Gut-Derived Inflammation in Individuals with Elevated Risk of a Pro-Inflammatory Gut Milieu
- PI: **Heather Rasmussen, PhD, RD**; Co-I: Ali Keshavarzian, MD, Robert Hutkins, PhD
- \$182,160
- June 2018-December 2019

Tate and Lyle

- Title: Evaluation of a Prebiotic Fiber for Obesity and Metabolic Syndrome
- PI: **Heather Rasmussen, PhD, RD**; Ali Keshavarzian, MD
- \$150,000
- January 2017

NIH National Institute of Diabetes and Digestive and Kidney Diseases SBIR Phase II

- Title: Use of a Novel Prebiotic Fiber for Targeted Dietary Management of Irritable Bowel
- PI: Mark Cisneros, PhD; Ece Mutlu, MD; Co-I: **Heather Rasmussen, PhD, RD**, Ali Keshavarzian, MD
- \$2,563,560 (\$651,090 to RUMC)
- July 2013-July 2015 (NCI to July 2016)

USDA National Institute of Food and Agriculture, Agriculture and Food Research Initiative

- Title: Enhancing Persistence, Metabolic Activity, and Functionality of Probiotic Bifidobacteria by a Rational Synbiotic Approach
- PI: Jens Walter, PhD; Co-PI: Robert Hutkins, PhD; **Heather Rasmussen, PhD, RD**; Ali Keshavarzian, MD
- \$499,669 (\$299,000 to RUMC)
 - Supplemental Funds from the University of Nebraska-Lincoln (\$150,000)
- January 2012-January 2015

Philanthropy: Grateful patient

- Title: Impact of a Low-Carbohydrate Diet on Epileptic Seizures, Gut Milieu, and Metabolic Health
- PI: Antoaneta Balabanov, MD; Co-I: Michael Smith, MD, Ali Keshavarzian, MD, **Heather Rasmussen, PhD, RD**, Kelly Roehl, MS, RD
- \$50,000
- November 2014-November 2016

Internal Grants

Swim Across America (RUMC)

- Title: Abnormal Food Timing in Alcohol Induced Colon Carcinogenesis
- PI: Faraz Bishehsari, MD, PhD; Co-I: **Heather Rasmussen, PhD, RD**; Ali Keshavarzian, MD
- \$50,000
- July 2016-June 2017

Rush Internal Medicine ECOR (RUMC)

- Title: Role of Short Chain Fatty Acids for Prevention of CIMP Positive Colorectal Cancer
- PI: Joshua Melson, MD
- Role: Consultant: \$0
- \$50,000
- July 2015-June 2016

Title: Effect of Circadian Disruption on CD4 Counts in HIV (RUMC)

- PI: Brett Williams, MD
- Role: Consultant: \$5,000
- \$143,550
- July 2015-July 2017

Rush Research Mentoring Program Award 2013 (RUMC)

- Awarded for outstanding research productivity and participation in RRMP
- PI: **Heather Rasmussen, PhD, RD**
- \$9,719
- 2013

College of Health Sciences Seed Grant 2012-2013 (RUMC)

- Title: Alterations in Lipid Metabolism Mediated by Circadian Rhythm Disruption
- PI: **Heather Rasmussen PhD, RD**
- \$9,800
- July 2012-June 2013

College of Health Sciences Seed Grant 2010-2011(RUMC)

- Title: Impact of Alginate-Entrapped Microspheres on Gut Microbiota and Lipid Metabolism
- PI: **Heather Rasmussen PhD, RD**
- \$6,950
- July 2010-June 2011

College of Health Sciences Seed Grant 2009-2010 (RUMC)

- Title: The Role of Gut Microbiota in the LDL Cholesterol-Lowering Effect of Plant Sterol Esters
- PI: **Heather Rasmussen PhD, RD**
- \$9,980
- July 2009-June 2010

Grants Submitted but Not Funded

UO1 NIH National Institute of Allergy and Infectious Disease

- Title: Circadian Microbiota Axis in Mucosal Immune Regulation
- PI: Ali Keshavarzian, MD; Rafick-Pierre Sekaly, PhD; Co-I: Helen Burgess, PhD; Edward Barker, PhD; Khazaie Khashayarsha, PhD
- Role: Consultant, \$5,000 over 5 years
- \$6,601,699
- July 2016-June 2021

RTSC Schweppe/Armour Pilot Award

- Title: Food Timing and Colorectal Neoplasia
- PI: Faraz Bishehsari, MD; Co-PI: **Heather Rasmussen, PhD, RD**
- \$49,139
- August 2015-July 2016

American Institute of Cancer Research

- Title: Role of Short Chain Fatty Acids for Prevention of CIMP Positive Colorectal Cancer
- PI: Joshua Melson, MD
- Role: Consultant, \$1,000
- \$165,000
- January 2016-December 2017

RTSC Schweppe/Armour Pilot Award

- Title: Role of Short Chain Fatty Acids for Prevention of CIMP Positive Colorectal Cancer
- PI: Joshua Melson, MD; Co-PI: **Heather Rasmussen, PhD, RD**, Lela Buckingham, PhD, Ali Keshavarzian, MD
- \$50,000
- August 2015-July 2016

NIH National Institute of Allergy and Infectious Diseases

- Title: Circadian Disruption, Gut-Derived Inflammation, and Immune Fate in HIV
- PI: Ali Keshavarzian, MD; Alan Landay, MD; Co I: Helen Burgess, PhD, Edward Barker, PhD
- Role: Consultant, \$5,000 over 5 years
- \$3,486,405
- December 2015-November 2020

US Highbush Blueberry Council

- Title: Impact of Blueberry Consumption on Blood Pressure and Intestinal Permeability in Obese, Pre-Hypertensive and Hypertensive Adults: Examination of 2 Doses
- PI: **Heather Rasmussen, PhD, RD**, Christy Tangney, PhD; Co-I: Ali Keshavarzian, PhD
- \$225,935
- 2015-2017

USDA National Institute of Food and Agriculture SBIR

- Title: Prebiotic Fibers to Promote Health in People Following Low-Fermentable Carbohydrate Diets
- PI: Akiva Gross, PhD; Co-I: Ali Keshavarzian, MD, **Heather Rasmussen, PhD, RD**, Bruce Hamaker, PhD, Stefan Green, PhD
- \$99,979
- 2015-2016

NIH National Institute of Diabetes and Digestive and Kidney Diseases SBIR Phase II

- Title: Prebiotic Fiber for Targeted Dietary Management of Parkinson's Disease
- PI: Mark Cisneros, PhD; Co-I: Akiva Gross, PhD, Bruce Hamaker, PhD, Ali Keshavarzian, MD, Kumar Rajan, PhD, **Heather Rasmussen, PhD, RD**, Kathleen Shannon, PhD, Jeffery Kordower, PhD, Stefan Green, PhD
- \$2,467,513
- 2014-2015

National Center for Complementary and Alternative Medicine (NCCAM) R01

- Title: Prebiotic Mechanisms: Modulation of Gut Microbiota, Metabolism, and Inflammation
- PI: Ali Keshavarzian, MD; Co-I: Bruce Hamaker, PhD, **Heather Rasmussen, PhD, RD**, Kumar Rajan, PhD, Ece Mutlu, MD
- \$2,294,445 (2/2012), \$2,311,181 (6/2012)
- 2012-2017

Broad Foundation

- Title: Identification of High-density Lipoproteins in Inflammatory Bowel Disease as a Clinical Biomarker of Disease Course
- PI: **Heather Rasmussen, PhD, RD**; Co-I: Ali Keshavarzian, MD
- \$120,000
- 2012

Rush Research Mentoring Program

- Title: Identification of High-density Lipoproteins in Inflammatory Bowel Disease as a Clinical Biomarker of Disease Course
- PI: **Heather Rasmussen, PhD, RD**; Co-I: Ali Keshavarzian, MD, Christopher Forsyth, PhD
- \$21,950
- 2012

NIH National Institute of Diabetes and Digestive and Kidney Diseases SBIR

- Title: Slowly Fermentable Soluble Arabinoxylan Fiber (NutraBiotix Soluble Fiber) for Gut Health
- PI: Mark Cisneros, PhD; Co-I: **Heather Rasmussen, PhD, RD**; Co-I: Ali Keshavarzian, MD, Bruce Hamaker, PhD
- \$553,463
- 2012-2013

Western Pistachio Association

- Title: Impact of Pistachio Consumption on Endothelial Function in Women with Cardiovascular Disease
- PI: Christy Tangney, PhD; Co-I: **Heather Rasmussen, PhD, RD**
- \$95,579
- 2011

RUMC New Investigator Award

- Title: Impact of Alginate-Entrapped Microspheres on Gut Microbiota and Lipid Metabolism
- PI: **Heather Rasmussen, PhD, RD**; Co-I: Mike Brown, MD, Ali Keshavarzian, MD
- \$24,817
- 2011

Rush Translational Science Consortium

- Title: The Role of Gut Microbiota in the LDL Cholesterol-Lowering Effect of Plant Sterol Esters
- PI: **Heather Rasmussen, PhD, RD**; Co-I: Timothy Carr, PhD, Jens Walter, PhD
- \$24,960
- 2010

Grants under Review

NIH National Institute of Diabetes and Digestive and Kidney Diseases SBIR

Title: Impact of a Microbiota-directed Multi-prong Intervention on Systemic Inflammation

- PI: Adam Strange, Ece Mutlu MD; Co-I: Ali Keshavarzian MD, Bruce Hamaker PhD, Lou Fogg PhD, Stefan Green PhD, **Heather Rasmussen, PhD, RD**
- Role: Co-Investigator; \$10,000
- \$252,131
- July 2020-June 2021

UNL Collaboration Initiative Planning Grant

Title: Maternal Microbiome Collaborative

- PI: Tiffany Moore PhD, Alyson Hanish PhD, Therese Mathews PhD, Gurudutt Pendnyala MD, Jonathan Clayton PhD, Danae Dinkel PhD, **Heather Rasmussen PhD, RD**
- Role: Co-Investigator
- \$20,000
- March 2020-March 2021

Grant Reviews

- Swim Across America RUMC Grant Review, 2016
- College of Health Sciences Seed Grant, 2013, 2014, 2015, 2017

TEACHING EXPERIENCE

Academic Year	Institution	Course	Student Evaluation Scores (out of 5)
2018-2019	University of Nebraska-Lincoln	NUTR 859: Nutrition: A Focus on Life Stages	Overall Course Rating: -Section 700: 4.58 -Section 992: 4.31
2017-2018	Rush University Medical Center	NTR 621: Macronutrient and Energy Metabolism (3 credits)	Excellent Teacher: 4.6 Excellent Course: 4.5 Summary: 4.5
	Rush University Medical Center	NTR 692: Seminar (1 credit)	N/A
2016-2017	Rush University Medical Center	NTR 521: Macronutrient Metabolism (4 credits)	Excellent Teacher: 4.2 Excellent Course: 4.6 Summary: 4.3
2015-2016	Rush University Medical Center	NTR 521: Macronutrient Metabolism (4 credits)	Excellent Teacher: 4.9 Excellent Course: 4.8 Summary Evaluation: 4.8

		NTR 541: Integrating Nutrition in Disease Prevention and Treatment I; co-instructor, Cardiovascular disease section (4 credits)	Excellent Teacher: 3.8 Excellent Course: 4.0 Summary Evaluation: 4.3
2014-2015	Rush University Medical Center	NTR 521: Macronutrient Metabolism (4 credits)	Excellent Teacher: 4.2 Excellent Course: 4.1 Summary Evaluation: 4.3
		NTR 566: Seminar (1 credit), co-instructor	N/A
2013-2014	Rush University Medical Center	NTR 521: Macronutrient Metabolism (4 credits)	Excellent Teacher: 4.8 Excellent Course: 4.6 Summary Evaluation: 4.6
2012-2013	Rush University Medical Center	NTR 521: Macronutrient Metabolism (4 credits)	Excellent Teacher: 4.6 Excellent Course: 4.5 Summary Evaluation: 4.4
2011-2012	Rush University Medical Center	NTR 521: Macronutrient Metabolism (4 credits)	Excellent Teacher: 4.9 Excellent Course: 4.9 Summary Evaluation: 4.8
	Rush University Medical Center	NTR 566: Seminar (1 credit)	N/A
2010-2011	Rush University Medical Center	NTR 521: Macronutrient Metabolism (4 credits)	Excellent Teacher: 4.6 Excellent Course: 4.6 Summary Evaluation: 4.6
		NTR 522: Energy Metabolism and Bioactive Compounds (2 credits)	Excellent Teacher: 4.8 Excellent Course: 4.5 Summary Evaluation: 4.5
		NTR 523: Vitamins and Minerals (2 credits)	Excellent Teacher: 4.3 Excellent Course: 4.1 Summary Evaluation: 4.1
2009-2010	Rush University Medical Center	NTR 521: Human Metabolism I (4 credits)	Excellent Teacher: 4.1 Excellent Course: 3.8 Summary Evaluation: 3.8
		NTR 522: Human Metabolism II (4 credits)	Excellent Teacher: 4.5 Excellent Course: 4.1 Summary Evaluation: 4.1
2009	University of Nebraska-Lincoln	NUTR 250: Human Nutrition and Metabolism (3 credits)	N/A
2008	University of Nebraska-Lincoln	NUTR 344: Food and Nutrition for Healthy Living (3 credits)	N/A

2008	University of Pusan, South Korea	Food, Nutrition, and Diseases (3 credits)	N/A
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MENTORING EXPERIENCE

Thesis Research Primary Advisor

- Victoria Teixeira-Reis: *Impact of Blueberry Consumption on Intestinal Permeability, Gut Microbiota, and Gut-Derived Inflammation in Individuals with Elevated Risk of a Pro-Inflammatory Gut Milieu*, 2018-current
- Lauren Fieldhouse: *Impact of a Modified Ketogenic Diet on Anthropometrics, Biochemical Markers, and Gastrointestinal Symptoms Among Adults with Epilepsy*, 2016-2018
- Julia Kulik: *Seizure Frequency, Severity, and Quality of Life in Patients in Patients with Epilepsy Receiving a Modified Ketogenic Diet Therapy*, 2016-2018
- Sara Rosenblum: *Registered Dietitian Nutritionists' Awareness, Attitudes, and Experiences with Cannabis use in Oncology Patients*, 2016-2018
- Melanie Battaglia: *Development of FODMAP Protocol and Assessment of Protocol Feasibility in IBS Patients on the Low-FODMAP Diet and FODMAP Reintroduction Phase Educated by a Registered Dietitian at Rush University Medical Center*, 2015-2017
- Ilana Nurko: *Impact of Ketogenic Diet Treatments on Biochemical Markers, Anthropometrics, and Gastrointestinal Symptoms*, 2015-2017
- Courtney Schuchmann: *The Impact of Ketogenic Diet Therapy on Seizure Activity and Quality of Life Among Patients with Epilepsy*, 2015-2017
- Allison Wood: *Development and Testing of a Questionnaire to Assess Knowledge and Stage of Change Related to a Low-Sodium Diet in Heart Failure Patients*, 2014-2016
- Sarah Steinmetz: *Effects of a Registered Dietitian-Administered FODMAP Elimination Diet Intervention on Changes in Nutrient Intake, Gastrointestinal Symptoms, and Quality of Life in Subjects with Symptoms of Irritable Bowel Syndrome*, 2014-2016
- Emily Rohan: *The Agreement Between a Skin Prick Test and a Food and Symptom Frequency Questionnaire in Adult Patients with Adverse Food Reactions*, 2014-2016
- Stephanie Send: *The Impact of a Low-Carbohydrate, High-Fat Modified Ketogenic Diet on Seizure Severity, Seizure Frequency, and Quality of Life in Adult Patients with Epilepsy*, 2014-2016
- Krista Maruschak: *Impact of a Low-Carbohydrate, High-Fat Modified Ketogenic Diet on Anthropometrics, Biochemical Values, and Gastrointestinal Symptoms in Adult Patients with Epilepsy*, 2014-2016
- Olivia Moss: *Relationship between Dietary Intake, Gut Health, and the Interplay with Systemic Health*, 2013-2015
- Candice Tan: *Knowledge of and Adherence to Dietary Sodium Restrictions in Heart Failure Patients*, 2013-2015
- Bryana Piazza: *Intestinal Permeability is Associated with Diet Composition and Metabolic Markers in Obese Adults*, 2012-2014
- Kerry Clifford: *Lipopolysaccharide Binding Protein is Associated with Diet Composition and Metabolic Markers in Obese Adults*, 2012-2014
- Marisa Mozer: *Knowledge of and Accordance to Dietary Sodium Restrictions in Heart Failure Patients*, 2012-2014
- Kali Sarcinella: *Change in Knowledge of and Adherence to the Low-Sodium Diet after Nutrition Education with a Registered Dietitian*, 2012-2014
- Elyse Marriott: *The Effect of Prebiotics, Probiotics, and Synbiotics on Barrier Function in an Intestinal Permeability in vitro Model: An Optimization Study*, 2012-2013

- Megan Thomas: *Evaluation of Dietary Knowledge and Accordance to the Academy of Nutrition and Dietetics Evidence-Based Nutrition Practice Guideline for Disorders of Lipid Metabolism*, 2011-2013
- Abigail Mutert: *Impact of Starch-Entrapped Microspheres on Markers of Metabolic Disease and Gut Milieu*, 2011-2013
- Elizabeth Anderson: *The Impact of Starch-Entrapped Microspheres on Lipid Metabolism*, 2010-2013
- Laura Oliver: *Knowledge, Perceptions and Use of Probiotics and Prebiotics in Rush University Medical Center Healthcare Providers*, 2010-2012
- Megan Dubenetsky: *The Role of Gut Microbiota in the LDL Cholesterol-Lowering Effects of Plant Sterol Esters*, 2009-2010
- Melanie Betz: *Knowledge, Use and Perceptions of Probiotics and Prebiotics in Rush University Medical Center Patients*, 2009-2010
- Anne VanVossen: *Probiotics & Prebiotics: Knowledge, Use and Perceptions in Adult Patients at Advocate Christ Medical Center*, 2009-2010

Thesis Research Committee Member

- Lydia Chau: *Outcomes Among Patients Receiving Diet Therapy for the Management of Epilepsy*, 2017-present
- Neli Ribbens: *Feasibility of a Dietary Intervention (MEPA) in Patients with Parkinson's Disease*, 2017-present
- Katie Weaver: *Acceptability and Validity of the Online MEPA-III Screener in Patients with Parkinson's Disease*, 2016-2018
- Elisha Reichling: *Infant Feeding Practices and Food Allergy Development*, 2016-2018
- Danielle Hom: *Prevalence of Computed Tomography-defined Sarcopenia and Sarcopenic Obesity in Patients with and without Colorectal Cancer*, 2016-2018
- Mari Miller: *Monitoring Ketones in Patients with Refractory Epilepsy*, MLS student, 2016-2017
- Alyssa Specht: *Feasibility of a Dietary Intervention in Patients with Parkinson's Disease*, 2015-2017
- Kathryn Holbrook: *Comparison of MeDi and MedDiet Scoring of FFQs: Different Diet Tools, Different Samples*, 2015-2017
- Jane Petr: *Variation of Carbohydrate Intake, Temporal Distribution of Food Intake in Persons with Type 2 Diabetes Mellitus and Association with Glycemic Control*, 2015-2017
- Sabrina Bierman: *Infant feeding practice knowledge and recommendations made by obstetricians and their office medical staff*, 2014-2016
- Leah Cerwinske: *Validity of the Mediterranean Diet Intervention for Neurodegenerative Delay (MIND) Tool*, 2013-2015
- Michelle Li: *Determining the Validity of the Mediterranean Diet Intervention for Neurodegenerative Delay (MIND) Screener as Assessed by Registered Dietitians*, 2013-2015
- Candace Richards: *Determining the Validity of the Mediterranean Diet Intervention for Neurodegenerative Delay (MIND) Screener as Assessed by Registered Dietitians*, 2013-2015
- Courtney Weiss: *Diet, Activity, and Lifestyle (DiAL) Study: Beliefs, Risk Perception, Awareness and Current Diet Behaviors of Breast Cancer Survivors and Their Daughters*, 2012-2014
- Christina Steinmetz: *Dietary Intake and Perceptions of Health Benefits of Functional Foods in an Urban Hospitalized Population*, 2011-2013
- Meredith McLean: *Mediterranean Diet Scores and BMI of Young Adults with and Without a History of Childhood Cancer*, 2011-2013
- Florencia Brioni: *Impact of Foodservice Operational Practices on Patient Satisfaction*, 2011-2013

- Ashley Anderson: *Comparison of Recycling Outcomes in Three Types of Recycling Collection Units*, 2011-2012
- Mary Habschmidt: *Medical Nutrition Therapy Provided to Adult Hematopoietic Stem Cell Transplantation Patients*, 2010-2012
- Rachel Winston: *The Diet Activity and Lifestyle (DiAL) Study: Risk perception for recurrence and dietary intake of breast cancer survivors*, 2010-2012
- Janna Nelinson: *Vitamin B12 Intakes and Main Food Sources of Older White and Black Adults in National Health and Nutrition Examination Survey 2003-2006*, 2009-2010
- Kristin Lynn: *Accuracy and Failure Rate of the Yamax Digiwalker 651 Pedometer and Omron Hj-112 Pedometer in Two Samples*, 2009-2010
- Julia Buka: *Stage of Change and Health Belief Model Constructs Related to Fluid Restriction in Maintenance Hemodialysis Subjects*, 2009
- Breanna Oberlin: *Vitamin B12 Deficiency and Functional Disabilities in Older Age*, 2009

Dissertation Research Committee Member

- Alexandra Martin: *TBD*, 2018-present
- Tyler Martin: *Development of a tool to assess nutrition-specific quality of life*, 2018-present
- Prachi Chakradeo: *Validation of a Food Timing Questionnaire*, 2016-2018

Other Student Mentoring

- Stephanie Russell: *Quantification of dietary polyphenols in a sample of obese adults*, undergraduate honor's thesis, 2018-present
- Raelyn Haubensak: *Low-FODMAP diet for Irritable Bowel Syndrome: A Literature Review*, undergraduate honor's thesis, 2018-present

SERVICE

Service to the University, College and Department

- Nutrition and Health Sciences Internship Selection Committee, UNL
 - Chair, 2018-present
- Nutrition and Health Sciences Graduate Faculty Member, UNL, 2018-present
- College of Health Sciences Committee on Faculty Appointments and Promotions, RUMC, 2016-2017
- Clinical Nutrition Scholarship/Awards Committee, RUMC, 2015-2017
 - Chair, 2015-2017
- Rush Research Mentoring Program Mentee, RUMC, 2010-2015
 - Retreat Planning Committee, 2012-2016
 - Mentee Writing Group Leader, Fall 2013, 2014
- Rush Research Mentoring Program Junior Mentor, RUMC, 2015-2017
- University Council, RUMC, 2011-2012
- College of Health Sciences Faculty Council, RUMC, 2010-2013
 - Vice Chair, September 2011-2012
- Rush Research Forum committee, RUMC, 2010-2012
- College of Health Sciences Faculty Research Development Committee, RUMC, 2009-2017
 - Chair, July 2012-2013
- Clinical Nutrition Academic Progress and Promotion Committee, RUMC, 2009-2017
- Clinical Nutrition Admissions Committee, RUMC, 2009-2017
- Clinical Nutrition Advisory Committee, RUMC, 2009-2017

- Clinical Nutrition Curriculum Committee, RUMC, 2009-2016
- Clinical Nutrition Research Committee, RUMC, 2009-2017
 - Co-chair, 2014-2017

Service to the Profession

Activities

- American Society for Nutrition Scientific Sessions at Experimental Biology Reviewer, 2016-2018
- The Academy of Nutrition and Dietetics Disorders of Lipid Metabolism Nutrition Care Manual Peer Reviewer, 2016
- Circadian Rhythms in GI health and Diseases Conference Planner, Rush University Medical Center, 2016
- Experimental Biology Co-chair, Microbiota and Obesity session, 2015
- Go Red for Women Health Advisory Task Force, 2011-2012
- American Dietetic Association Dietary Fatty Acids Evidence Analysis Workgroup Member, 2010-2011

Editorial Boards

- Diabesity, August 2019-present
- PharmaNutrition, May 2016-present

Journal Reviews

- Ad hoc reviewer, *Antioxidants*
- Ad hoc reviewer, *Nutrients*
- Ad hoc reviewer, *PLOS ONE*
- Ad hoc reviewer, *PharmaNutrition*
- Ad hoc reviewer, *Journal of Biological Rhythms*
- Ad hoc reviewer, *Food & Function*
- Ad hoc reviewer, *Journal of Nutrition*
- Ad hoc reviewer, *Nutrition Journal*
- Ad hoc reviewer, *Journal of Leukocyte Biology*
- Ad hoc reviewer, *Lipids in Health and Disease*
- Ad hoc reviewer, *Journal of Alternative and Complementary Medicine*
- Ad hoc reviewer, *Journal of Nutrition in Gerontology and Geriatrics*

Service to the Community

Activities

- Expert Panel Member, Deloitte wellness/heart health event, 2016
- Go Red Heart Expo Volunteer, 2015
- *Super Foods of the Mediterranean Diet*, Woman's Athletic Club, 2014
- *Heart Healthy Nutrition*, RUMC Heart Health Community Event, 2013
- *What to Eat to Promote Gut Health*, RUMC Community Event, 2013
- *Heart Healthy Diet*, St. Vincent's Health Benefit Fair, 2012
- *Heart Health: What should you know?*, Crown Imports, American Heart Association Representative, 2012
- *Understanding Nutrition for Diabetes and Obesity*, Take Your Health to Heart Community Event, 2012
- Speaker, *Heart Health for Women: What should you know?*, Fleet Feet women's running group, American Heart Association Representative, 2012

- *Take Charge of Your Heart*, Keynote speaker for Take Charge of Your Heart Community Event, 2011
- *Heart Healthy Nutrition*, Women Heart Regional Patient Education Symposium, 2010
- Go Red for Women Event volunteer, 2010-2012
- Culture of a Woman's Heart Expert Panel, 2010
- RU Caring Volunteer, 2009-2012

Public Relations

- FOX TV interview, Food Labeling/Expiration Dates, September 2013
- CBS TV interview, Vitamin Water, July 2012
- WGN TV interview, Juicing and Raw Foods, May 2012
- Evidence Analysis Library Representative, ADA EAL Video, March 2011
- WBBM radio interview, charred meats, June 2011
- Expert, iVillage.com Guilt-Free BBQ Foods, May 28, 2010
- Guest Expert, Supplement Segment, WGN Nightly News, October, 2009

HONORS AND AWARDS

- Graduate of the Summer Institute for Online Teaching, UNL, 2018
- Nominated for Mentor of the Year, RUMC, 2017
- Graduate of the RUMC Foundations of Leadership Academy, 2016
- Graduate of the RUMC Teaching Excellence course, 2016
- Rush University College of Health Sciences Faculty Award, Excellence in Research and Scholarship, 2015
- Rush Research Mentoring Program Mentee of the Year Award, 2014
- Graduate degree recipient hooder, RUMC graduation, 2011, 2013, 2015

MEMBERSHIPS

- American Society for Nutrition member, 2004-present
- Academy of Nutrition and Dietetics, 1999-2006, 2008-present
 - Dietitians in Integrative and Functional Medicine Practice Group, 2004-2007, 2009-2015, 2017-present
 - Research Practice Group, 2014-present
- Chicago Dietetic Association Member, 2010-2012
- National Lipid Association Member, 2010-present
- American Botanical Council, 2003-2006