

SHERRI NORDSTROM STASTNY, Ph.D., R.D., C.S.S.D., L.R.D.

North Dakota State University
NDSU Dept #2620
P.O. Box 6050
Fargo, ND
58108-6050
(701) 231-7479, voice
(701) 231-7174, fax
Sherri.Stastny@ndsu.edu

EDUCATION

Ph.D. (2007) Human Development and Education, Gerontology Track, College of Human Development and Education (HDE).
North Dakota State University (NDSU), Fargo, ND

MBA, BS (1989, 1987) Masters of Business Administration; BS, Food and Nutrition, NDSU

REGISTRATIONS/CERTIFICATIONS

Registered Dietitian (2000) Academy of Nutrition and Dietetics, Commission on Dietetic Registration: ND License #568; AND/CDR member #717004.

Certified Specialist (2009, 2014, 2019) Academy of Nutrition and Dietetics, Commission on Dietetic In Sports Dietetics Registration (recertification every 5 years).

2019 Licensed Bone Densitometry Technician

PROFESSIONAL EXPERIENCE

2018 – Present **Professor**, Department of Health, Nutrition, and Exercise Sciences (HNES), College of Human Sciences and Education (HSE), NDSU, Fargo, ND.

2013 – 2018 **Associate Professor**, HNES, HDE, NDSU, Fargo, ND.

2007 – 2013 **Assistant Professor**, Department of HNES, HDE, NDSU, Fargo, ND.

2002 – 2007 **Lecturer**, HNES, HDE, NDSU, Fargo, ND.

2002 and 2003 **Clinical dietitian consultant**, Spectrum Comprehensive Care Hospital, Mandan, ND.

1996 – 2002 **Director of Food and Nutrition Services**, Dakota Heartland Healthcare System, Fargo, ND.
Supervised \$2m budget and 43 FTE's, 2000+ meals per day;
precepted NDSU dietetic students 1996-2001;
precepted Concordia dietetic students 1999-2001;
served on NDSU CADE accreditation review 1998-1999.

1995 – 1996 **Manager of Dining Services**, Meritcare Health System, Fargo, ND.
Oversaw \$4m remodel of food production and service with team

1993 – 1995 **Director of Food and Nutrition Services**, Heartland Healthcare System, Fargo, ND.
Closed one hospital and helped reorganize another;

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1990 - 1992 precepted NDSU dietetic students 1993-1994.
Director of Food and Nutrition Services, Scottsdale Healthcare System, Scottsdale, AZ.
Administrator-in-training and became licensed long-term-care Administrator in AZ.

1986 – 1989 **Dietetic Technician, Dietary Supervisor, and Dietary Aide**, St. Ansgar and St. Johns Hospitals, Fargo, ND and Moorhead, MN.

TEACHING AND ADVISING

TEACHING AREAS/COURSES/SYLLABUS ADMINISTRATION

CURRENT

HNES 261 Food principles and preparation
HNES 261 Food principles and preparation (online)
HNES 261L Food principles and preparation lab
HNES 361 Foodservice systems management I (formerly Food production management)
HNES 361L Foodservice systems management I lab
HNES735 Nutrition and Human Performance

COURSES DEVELOPED

HNES 455/655 Sports nutrition (online)
HNES 490/690 Obesity Across the Lifespan (online)
HNES496 Study trip foodservice management (Minneapolis area)
ADFH 411 Food in world culture
HNES 141 Food safety and sanitation (online)
HNES 270 Consumer issues in nutrition
HNES 452/652 Nutrition, health and aging (hybrid)
HNES 455/655 Sports nutrition (classroom)
HNES 460 Foodservice systems management II
HNES 460L Foodservice systems management II lab

CURRENT LAB MANUALS DEVELOPED/MAINTAINED/UPDATED 2002 to present

Stastny, S., Asperin, A., Safe operating procedures for food production lab, 2015 and annually
HNES 261L Food principles and preparation lab (2014 major revision)
HNES 361L Foodservice systems management I lab (2014 major revision)

LAB MANUAL and CURRICULUM DEVELOPED AND UPDATED 2000-2012; and 2019

HNES 460L Foodservice systems management II

SCHOLARLY ACTIVITIES

RESEARCH THEMES/AREAS

Nutrition for prevention of chronic disease associated with older adults.

REFEREED JOURNAL ARTICLES

Johnson, N., Bradley, A., Klawitter, L., Johnson, J., Johnson, L., Tomkinson, G., Hackney, K., **Stastny**, S., Ehlers, D., & McGrath, R. (2021). The impact of a telehealth intervention on activity profiles in older adults during the Covid-19 pandemic: a pilot study" *Geriatrics*, 6(3)68. <https://doi.org/10.3390/geriatrics6030068>

Young, S., **Stastny**, S., Wen, Q. (2021). Comparison of runners' hydration practices during an intended training run, an intended event, and the Hyannis Massachusetts Marathon, *Journal of Exercise Physiology online*, 23 (4), 82-96. [JEPonlineJUNE2021_Young.pdf \(asep.org\)](#)

Johnson, N.R., Stone, K., **Stastny**, S.N., McGrath, R., & Hackney, K.J. (2021). Beef consumption and functional performance in middle-aged and older adults: A narrative review. *Journal of Food and Nutritional Sciences*, 3(1), 18-31.

Schimek, R. L., Blodgett Salafia, E., & **Stastny**, S.N. (2021). Relative energy deficiency in sport among a collegiate cross-country team. *Open Journal of Internal Medicine*, 11(2).

Kotarsky, C.J., Johnson, N.R., Mahoney, S., Mitchell, S., Schimek, R., **Stastny**, S.N., & Hackney, K.J. (2021). Time-restricted eating and concurrent exercise training reduces fat mass and increases lean mass in overweight and obese adults. *Physiological Reports*. 9:e14868, 1-17. doi.org/10.14814/phy2.14868

Johnson, N.R., Kotarsky, C.J., Hackney, K.J., Trautman, K.A., Dicks, N.D., Byun, W., Keith, J.F., David, S.L., & **Stastny**, S.N. (2021). Measures derived from panoramic ultrasonography and animal-based protein intake are related to muscular performance in middle-aged adults. *Journal of Clinical Medicine*, 10(5), 988. <https://www.mdpi.com/2077-0383/10/5/988>

Nawarathna, K., Jayasooriya, V., Velmanickam, L., Kotarsky, C., Johnson, N., **Stastny**, S. and Hackney, K., (2020) MiRNA testing to identify candidates for individualized weight loss. IEEE Research and Applications of Photonics in Defense Conference (RAPID) *IEEE Xplore*

Collins, K., Johnson, N., Klawitter, L., Waldera, R., **Stastny**, S., Kraemer, W., Christensen, B, McGrath, R. (2020). Handgrip strength asymmetry and weakness are associated with functional limitations in older Americans. *International Journal of Environmental Research and Public Health*.

Blake, M., Johnson, N., Trautman, K., Grier, J., **Stastny**, S., & Hackney, K (2020). Neither a multi-ingredient pre-workout supplement nor caffeine were effective at improving markers of blood flow or upper-body resistance exercise performance. *International Journal of Exercise Science*, 13(2), 167–182.

Dicks, N., Kotarsky, C., Trautman, K., Barry, A, Keith, J., Mitchell, S., Byun, W., **Stastny**, S., Hackney, K. (2020). Full contribution of protein intake and concurrent exercise to skeletal muscle quality with Aging. *Journal of Frailty and Aging*, 9(1), 51-56.

Hackney, K., Trautman, K., Johnson, N., McGrath, R, & **Stastny**, S. (2019). Protein and muscle health

with aging: Benefits and concerns related to animal-based protein. *Animal Frontiers*, 9(4), 13-17.

McGrath, R., **Stastny**, S., Casperson, S., Jahns, L., Roemmich, J., & Hackney, K. (2019). Daily protein intake and distribution of daily protein consumed decreases odds for functional disability in older Americans. *Journal of Aging and Health*. doi.org/10.1177/0898264319881864

Streeter, D. M., Stone, K. A., Bennet, T.W., McIntosh, L.E., Grier, J.W., **Stastny**, S., & Hackney, K.J. (2019). Endothelial, cardiovascular, and performance responses to l-arginine intake and resistance exercise. *International Journal of Exercise Science*, 12(2), 701-713.

Stastny, S., & Keith, J. (2018). Consumers and added sugars: Acceptability and ability to process nutrition information using traffic light, report card, and current nutrition facts label format. *Food Studies: An Interdisciplinary Journal*, 8(2), 15-30. doi.org/10.18848/2160-1933/CGP/v08i02/15-30

Stastny, S., Keith, J., Vasichek, N. & Garden-Robinson (2018). Dietary fat recommendations: Registered dietitian nutritionists' practices and guidance vary. *Pulse*, 37(1), 8-15. scandpg.org/nutrition-info/pulse/

Keith, J., **Stastny**, S., Brunt, A., & Agnew, W. (2018). Barriers and strategies for healthy food choices among American Indian tribal college students: A qualitative analysis. *Journal of the Academy of Nutrition and Dietetics* 118(6), 1017-1026. doi.org/10.1016/j.jand.2017.08.003

Geiger, J., Rhee, Y., **Stastny**, S., Brunt, A. Blodgett, E. (2017). Celiac disease and the gluten-free diet: Registered dietitian nutritionists' self-reported knowledge varies. *International Journal of Celiac Disease* 5(2). sciepub.com/journal/ijcd

Keith, J., **Stastny**, S., Brunt, A., Agnew, W., & Aune, P. (2017). Life skills at a tribal college: a culturally relevant educational intervention to improve college retention and self-efficacy for healthy choices among American Indian tribal college students. *Journal of Extension* 55(5). joe.org/joe/2017october/iw5.php

Keith, J., **Stastny**, S., Brunt, A., & Agnew, W. (2017). Effects of a culturally relevant educational intervention on college retention among American Indian tribal college students. *Tribal College Journal*, 29(1). tribalcollegejournal.org/effects-of-a-culturally-relevant-educational-intervention-on-college-retention-among-a-american-indian-tribal-college-students/

Kourajian, J., **Stastny**, S., & Brunt, A. (2017). Relationships among diet quality, BMI, cooking skills and frequency of food preparation: a pilot study. *American Journal of Educational Research*, 5(1), 36-42. pubs.sciepub.com/education/5/1/6/index.html

Keith, J., **Stastny**, S., & Brunt, A. (2016). Barriers and strategies for success for American Indian college students: A review. *Journal of College Student Development*, 57(6), 698-714. eric.ed.gov/?id=EJ1113356

Stastny, S., Christensen, B., Hilgers Greterman, S. Okamatsu, H., Manikowske, T., Youd, L., & Champa, J. (2015). The effect of creatine supplementation with milk combined with resistance training

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on strength and power in women. *Gazzetta Medica Italiana*, 174(5).

Keith, J., **Stastny**, S., Brunt, A., & Bezbaruah, N. (2015). Accompanying the primary grocery shopper increases requests for purchase of fruits & vegetables in third & fourth grade students. *Open Journal of Preventive Medicine*, 5(8), 340-347. doi.org/10.4236/ojpm.2015.58038

Stastny, S., Keith, J., & Hall, C. (2014). Lipid and moisture content of commercial reduced-fat deep-fried potatoes compared to advertised claim. *Journal of Food Research*, 3(5), 45-48. doi.org/10.5539/jfr.v3n5p45

Tande, D., Niemeier, B., Hwang, J., **Stastny**, S., Bezbaruah, N., Hektner, J., & Habedank, D. (2014). Introducing preschool children to novel fruits and vegetables: a pilot study. *The Journal of Child Nutrition and Management*, 38(1). schoolnutrition.org/5--News-and-Publications/4--The-Journal-of-Child-Nutrition-and-Management/Spring-2014/Volume-38,-Issue-1,-Spring-2014---Tande,-Niemeier,-Hwang,-Stastny,-Bezbaruah,-Hektner,-Habedank/

Stastny, S., Keith, J., Hall, C., Garden-Robinson, J. (2014). Flash frying vs. deep-fat frying: Fat content and sensory evaluation of fish fried using two methods. *Food Studies: An Interdisciplinary Journal*, 3(1).

Bezbaruah, N., **Stastny**, S., & Brunt, A. (2013). Does positioning of a spokes-character improve selection and consumption of vegetables among fourth grade school lunch participants? *Journal of Human Nutrition & Food Science*, 1(2). jscimedcentral.com/Nutrition/vol1issue1.php

Stastny, S., & Garden-Robinson, J. (2013). The prize is healthy eyes: Using games to educate about diabetic retinopathy. *Journal of Extension*. 51(5). joe.org/joe/2013october/a9.php

Beseler Thompson, E., Heley, F., Oster-Aaland, L, **Stastny**, S., & Crawford, E. (2013). The impact of a student-driven social marketing campaign on college student alcohol-related beliefs and behaviors. *Social Marketing Quarterly*, 19(1), 52 – 64. doi.org/10.1177/02F1524500412472668

Stastny, S. (2011). Becoming an online teacher of food production management. *Journal of Culinary Education*, 1, 6-20.

Stastny, S., Evanson, A., & Mozumdar, A. (2011). Effect of Nutrition Facts panel and ingredient declaration on customer satisfaction and perception of nutrition. *Journal of Foodservice Business Research*, 14(4), 310-333. doi.org/10.1080/15378020.2011.624051

Stastny, S., & Garden-Robinson, J. (2011). Eating for your eyes. *Journal of Nutrition Education and Behavior*, 43, 137-139. doi.org/10.1016/j.jneb.2010.02.017

Niemeier, B., Tande, D., Hwang, J., & **Stastny**, S., & Hektner, J. (2010). Using education, exposure and environments to increase preschool children's knowledge about fruits and vegetables. *Journal of Extension*, 48(1), 11AW6. joe.org/joe/2010february/iw6.php

Stastny, S. (2009). Assessing a preferred method of learning for university students using a whole

grains lesson in the classroom. *Journal of Culinary Science and Technology*, 7(1), 65-72.
doi.org/10.1080/15428050902788360

Terbizan, D., Rhee, Y., & **Stastny**, S. (2009). A comparison of different body composition assessment techniques. *Missouri Journal of Health, Physical Education, Recreation, and Dance*, 19, 104-111.

OTHER REFEREED ARTICLES

Young, S., & **Stastny**, S. (forthcoming). The hydration practices of long-distance trail runners competing in Connecticut (CT) during COVID-19. American Society of Nutrition Conference Online, June 2021.

Kotarsky, C.J., Johnson, N., Trautman, K.A., Bradley, A., Byun, W., Mitchell, S., Hackney, K.J., and **Stastny**, S. (2020). Greater protein intakes are associated with improved body composition in women. [Abstract]. *Journal of Frailty and Aging*, 9(S1).

Johnson, N., Kotarsky, C.J., Trautman, K.A., Bradley, A., Byun, W., Mitchell, S., Hackney, K.J., and **Stastny**, S. (2020). Dietary protein quality predicts muscle quality in women. [Abstract]. *Journal of Frailty and Aging*, 9(S1).

Johnson, T., Trautman, K.A., Kotarsky, C.J., Dicks, N., Hackney, K.J., & **Stastny**, S. (2019). Differences in amino acid composition between various types of protein supplements. [Abstract]. *Journal of Frailty and Aging*, 8(S1), C7, S8.

Sawyer, B., Trautman, K., Kotarsky, C., Scheffert, R., Rockstad, E., Weber, J., Johnson, L, Hackney, K., Byun, W., & **Stastny**, S. (2019). Is total animal- or plant-based protein intake correlated with strength and endurance in middle-aged men and women? [Abstract]. *Journal of the Academy of Nutrition and Dietetics*, 119(10), A96.
Role: PI, Co-wrote submission.

Sherrard, A., Stone, K., Kotarsky, C., Dicks, N., Mitchell, S., **Stastny**, S., & Hackney, K. (2018). Comparison of subcutaneous adipose tissue in sedentary and active adults. [Abstract]. *Journal of the Academy of Nutrition and Dietetics*, 118(9), A85.

Stone, K.A., Kotarsky, C.J., Dicks, N.D., Streeter, D.M., Barry, A.M., Keith, J.F., Iverson, R., **Stastny**, S., David, S., Byun, W., Mitchell, S., & Hackney, K.J. (2018). Dietary protein intake and muscular health with aging: countermeasures for sarcopenia and dynapenia. [Abstract]. *Medicine and Science in Sports and Exercise* 49(5), 674.

Terbizan, D.J., David, S., Hackney, K.J., **Stastny**, S., Hilliard, E., Christensen B., Rhee, Y., & Mitchell, S. (2018). Body fat differences between skinfold, impedance, and DEXA measurements. [Abstract]. *Medicine and Science in Sports and Exercise* 49(5), 755.

Hackney, K.J., Dicks, N.D., Stone, K.A., Kotarsky, C.J., Barry, A.M., Keith, J.F., Mitchell, S., Byun, W., & **Stastny**, S. (2018). Contribution of exercise, physical activity, and protein to functional cross-sectional area and intramuscular adipose tissue. [Abstract]. *Medicine and Science in Sports and*

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Exercise 49(5), 671.

Hackney, K.J., Kotarsky, C.J., Stone, K.A., & **Stastny**, S. (2018). Panoramic ultrasound muscle cross-sectional area normalized to echo intensity as a marker for the loss of muscle quality with aging. [Abstract]. *Journal of Frailty and Aging* 7(1), 172.

Kotarsky, C.J., Stone, K.A., Iverson, R., Byun, W., Hackney, K.J., and **Stastny**, S. (2018). Influence of grip strength, physical activity, and dietary protein intake on muscle strength and cross-sectional area in middle aged women [Abstract]. *Journal of Frailty and Aging* 7(1), 155.

Stastny, S. (2017). How much leucine is in your food? [Abstract]. *Journal of Frailty and Aging*, 6(S1), P126.

Stastny, S., Kotarsky, C.J., Hackney, K.J., Iverson Dewey, R., (2017). Influence of beef protein intake and hand grip strength on muscle strength and cross sectional area in middle aged-women [Abstract]. *Journal of Frailty and Aging*, 6(S1), OC55.

Stastny, S., & Clark, A (2017). Sodium: you need it, just a lot less [Fact sheet]. Available for purchase (or free with membership) from the Sports, Cardiovascular, and Wellness Nutrition subgroup of the Academy of Nutrition and Dietetics.

Stastny, S., & Clark, A (2017). Heart health for women [Fact sheet]. Available for purchase (or free with membership) from the Sports, Cardiovascular, and Wellness Nutrition subgroup of the Academy of Nutrition and Dietetics.

Stastny, S., & Clark, A (2017). Every step counts [Fact sheet]. Available for purchase (or free with membership) from the Sports, Cardiovascular, and Wellness Nutrition subgroup of the Academy of Nutrition and Dietetics.

Streeter, D. M., Stone, K. A., Bennet, T.W., McIntosh, L.E., **Stastny**, S., Ewert, D.L., & Hackney, K.J. (2017). The acute effects of l-arginine supplementation on flow-mediated dilation after resistance training to fatigue. Northland Chapter American College of Sports Medicine Student Research Abstracts, northlandacsm.org/images/2017Abstracts.pdf

Keith, J., **Stastny**, S., Brunt, A., Agnew, W., & Millner, J. (2016). Effects of a culturally relevant educational intervention on healthy food choices among American Indian college students. [Abstract]. Conference booklet for First Annual Conference on Native American Nutrition: Seeds of Native Health, 39.

Keith, J., Vasichek, N., & **Stastny**, S. (2016). Dietary fat and consumer confusion: do RDN perception, knowledge, and practice play a part? [Abstract]. *Journal of the Academy of Nutrition and Dietetics*, 116(9), A15.

Keith, J., & **Stastny**, S. (2016). Accuracy of nutrient information provided by popular smart phone apps: impact of user differences [Abstract]. Conference booklet for 6th International Food Studies Conference, 59.

Keith, J., & **Stastny**, S. (2016). The healthy benefits of spices and herbs [Fact sheet]. Available for purchase (or free with membership) from the Sports, Cardiovascular, and Wellness Nutrition subgroup of the Academy of Nutrition and Dietetics.

Stastny, S., & Keith, J. (2016). Spice things up [Fact sheet]. Available for purchase (or free with membership) from the Sports, Cardiovascular, and Wellness Nutrition subgroup of the Academy of Nutrition and Dietetics.

Stastny, S., & Keith, J. (2016). Nutritious quick lunch options [Fact sheet]. Available for purchase (or free with membership) from the Sports, Cardiovascular, and Wellness Nutrition subgroup of the Academy of Nutrition and Dietetics.

Keith, J., **Stastny**, S., Brunt, A., Agnew, W., & Aune, P. (2015). Effects of a culturally-relevant educational intervention on college retention and self-efficacy for healthy choices among American Indian college students. [Abstract] First Americans Land Grant Consortium (FALCON) annual Conference.

Stastny, S., Chaffee, S., Clark, A., Kester, K., & Gonzalez, R. (2015). SCAN Fact Sheets: Current, accurate, evidence-based, and relevant information now and in the future. [Abstract]. *Journal of the Academy of Nutrition and Dietetics*, 115(9), A54.

Keith, J., & **Stastny**, S. (2015). Consumer response to information about added sugar: preferred format and impact on food choices [Abstract]. *Journal of the Academy of Nutrition and Dietetics*, 115(9), A91.

Keith, J., **Stastny**, S., Brunt, A., Agnew, W., & Aune, P. (2015). Effects of a culturally-relevant educational intervention on college retention and self-efficacy for healthy choices among American Indian college students [Abstract]. *Journal of the Academy of Nutrition and Dietetics*, 115(9), A9.

Stastny, S., & Garden-Robinson, J. (2015). Teaching RDs to teach to individuals with Low Vision [Abstract]. *Journal of the Academy of Nutrition and Dietetics*, 115(9), A54.

Brunt, A., Grinaker, H. & **Stastny**, S. (2015). Are there differences in effectiveness of ferrous sulfate compared to ferrous fumarate to raise serum ferritin levels among collegiate athletes with compromised levels? [Abstract]. *Journal of the Academy of Nutrition and Dietetics*, 115(9), A72.

Kourajian, J., & **Stastny**, S. (2015). Relationships among diet quality and cooking skills in a group of college students [Abstract]. *Journal of the Academy of Nutrition and Dietetics*, 115(9), A57.

Stastny, S., Brunt, A.R., Garden-Robinson, J., Johnson, M. (2015). Eye clinic nutrition: Nutrition education and lutein supplements for individuals diagnosed with age-related macular degeneration. Proceedings from Hawaii International Conference on Education, Honolulu HI. [Conference proceedings] #92 available at http://www.hiceducation.org/proceedings_edu.php, 273-301.

Keith, J., & **Stastny**, S. (2015). Added sugars in foods: Identification and education to consumers [Abstract]. North Dakota Academy of Nutrition and Dietetics (NDAND).

Keith, J., **Stastny**, S., & Brunt, A. (2015). Life Skills at a Tribal College: Addressing college retention and self-efficacy for healthy choices for American Indian college students [Abstract]. North Dakota Academy of Nutrition and Dietetics (NDAND).

Keith, J., **Stastny**, S., & Brunt, A. (2014). Life skills at a tribal college: addressing college retention and self-efficacy for healthy choices for American Indian college students [Abstract]. *Journal of the Academy of Nutrition and Dietetics*, 114(9), A18.

Rhee, Y., & **Stastny**, S. (2014). Polyphenols decreased DNA methyltransferase expression in hydroxyl radical treated murine adipocytes [Abstract]. *Nutrients*, 6, 4125.

Stastny, S., & Keith, J. (2014). Added sugars in foods: Identification and education to consumers [Abstract]. *Journal of the Academy of Nutrition and Dietetics*, 114(9), A68.

Brunt, A., Berdal, L., & **Stastny**, S. (2014). The relationships of eating mindfulness and demographic characteristics, physical activity, and focus of academic major among college students [Abstract]. North Dakota Academy of Nutrition and Dietetics (NDAND) and the North Dakota Nutrition Council (NDNC).

Brunt, A., Keith, J., **Stastny**, S., & Bezbaruah, N. (2014). Does accompanying the primary grocery shopper increase requests for purchase of fruits and vegetables among third and fourth grade students? [Abstract]. North Dakota Academy of Nutrition and Dietetics (NDAND) and the North Dakota Nutrition Council (NDNC).

Stastny, S., Keith, J., Garden-Robinson, J., & Hall, C. (2014). Flash-frying vs. deep-fat frying: Fat content and sensory evaluation of fish fried using two methods [Abstract]. North Dakota Academy of Nutrition and Dietetics (NDAND) and the North Dakota Nutrition Council (NDNC).

Stastny, S., & Garden-Robinson, J. (2013). Important lifestyle changes identified by participants of Nourish Your Brain program [Abstract]. North Dakota Academy of Nutrition and Dietetics (NDAND).

Tande, D., Niemeier, B., Hwang, J., **Stastny**, S., & Hektner, J. (2013). Intervention Changes Fruit and Vegetable Intake among Preschoolers in Pilot Study [Abstract]. *Journal of Nutrition Education and Behavior* 45(4), S58-S59.

Stastny, S., & Keith, J. (2013). Differences in fat absorption in deep fat compared to flash frying [Abstract]. Conference booklet for Third International Conference on Food Studies, 27.

Garden-Robinson, J., & **Stastny**, S. (2013). Important lifestyle changes identified by participants of Nourish Your Brain program [Abstract]. Conference booklet for Food and Nutrition Extension Educators Division Pre-Conference Workshop, Society for Nutrition Education Annual Conference.

Brunt, A., Berdal, L., & **Stastny**, S. (2013). The relationships of eating mindfulness and demographic characteristics, physical activity, and focus of academic major among college students [Abstract]. *Journal of the Academy of Nutrition and Dietetics*, 113(9), A23.

Brunt, A., Keith, J., **Stastny**, S., & Bezbaruah, N. (2013). Does accompanying the primary grocery shopper increase requests for purchase of fruits and vegetables among third and fourth grade students? [Abstract]. *Journal of the Academy of Nutrition and Dietetics*, 113(9), A23.

Stastny, S., Asperin, A., & Ragan, A. (2012). Changing an academic classroom into a campus restaurant [Abstract]. *Journal of the Academy of Nutrition and Dietetics* (formerly *Academy of Nutrition and Dietetics*), 112, A-65.

Brunt, A., Bezbaruah, N., & **Stastny**, S. (2012). Factors influencing parental purchase of fruits and vegetables [Abstract]. *Journal of Nutrition Education and Behavior*, 44(4), S23.

Brunt, A., Bezbaruah, N., & **Stastny**, S. (2012). Do spokes-characters improve consumption of vegetables among children? [Abstract]. *Journal of Nutrition Education and Behavior*, 44(4), S77-78.

Stastny, S., Garden-Robinson, J., & Seaberg, N. (2012). The prize is healthy eyes: Using games to educate about diabetic retinopathy [Abstract]. Conference booklet for Food and Nutrition Extension Educators Division Pre-Conference Workshop, Society for Nutrition Education Annual Conference.

Seaberg, N., **Stastny**, S., & Garden-Robinson, J. (2012). Game playing helps American Indians and older adults learn about diabetic retinopathy [Abstract]. North Dakota Dietetic Association.

Christensen, B., Bruns, L., & **Stastny**, S. (2012). Improved flexibility and core strength in four different levels of acute Pilates [Abstract]. *Medicine and Science in Sports and Exercise*, 44(5), S708.

Stastny, S. (2012). Eating for your eyes II: Diabetic retinopathy [Abstract]. Aging in America National Council on Aging, Conference booklet SA339.

Tande, D., Niemeier, B., Hwang, J., **Stastny**, S., & Hektner, J. (2011). BMI percentile is related to learning outcomes among preschool children following exposure to additional fruits and vegetables at meals and snacks in pilot study [Abstract]. *Journal of the Academy of Nutrition and Dietetics*, 111(9), A105.

Stastny, S., Garden-Robinson, J., & Youd, L. (2011). Effect of diabetic retinopathy education on knowledge and planned lifestyle activities: A pilot study [Abstract]. *Diabetes, June supplement 71st Scientific sessions* 2155—PO.

Christensen, B., **Stastny**, S., Hilgers, S., Okamatsu, H., Manikowske, T., Youd, L., & Champa, J. (2011). Does creatine supplementation along with a resistance training program improve strength in women? [Abstract]. *Medicine and Science in Sports and Exercise*, 43(5), 844.

Stastny, S., Garden-Robinson, J., & Youd, L. (2011). Effect of diabetic retinopathy education on knowledge and planned lifestyle activities [Abstract]. Conference booklet for the American Society of Nutrition: Advances and Controversies in Clinical Nutrition, 43.

Stastny, S., Youd, L. & Garden-Robinson. (2011). Effect of diabetic retinopathy education on

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knowledge and planned lifestyle activities: A pilot study [Abstract]. North Dakota Dietetic Association.

Stastny, S. (2010). Teaching math online [Abstract]. Conference booklet for the Food Educators Learning Community. Awarded best peer-reviewed proposal at the conference.

Lee, C., Hansen, P. Terbizan, D., Brunt, A., Christensen, B, Rhee, Y., & **Stastny, S.** (2009). The effect of physical training and nutrition education on risk factors of chronic disease [Abstract]. Historically Black Colleges and Universities Undergraduate Program (HBCU-UP) National Research Conference.

Lee, C., Hansen, P. Terbizan, D., Brunt, A., Christensen, B, Rhee, Y. & **Stastny, S.** (2009). The effects of physical activity and nutrition education on risk factors of chronic disease [Abstract]. NDSU Equity, Diversity, and Global Outreach Undergraduate Research STEM Program,

Stastny, S., & Garden-Robinson, J. (2009). Eating for your eye health [Abstract]. Conference booklet for United for Sight, 37.

Stastny, S., & Garden-Robinson, J. (2009). Eating for your eye health [Abstract]. Conference booklet for Aging in America National Council on Aging, Tu105.

Stastny, S., & Hanson, A. (2009). Nutrition Informatics: Development of Nutrition Facts panels in an on-campus restaurant [Abstract]. Academy of Nutrition and Dietetics, Innovation Awards. Abstract available at <http://www.eatright.org/Members/content.aspx?id=429496778&terms=Stastny>.

Stastny, S. (2009). Nutrition Facts panel development for a student led restaurant [Abstract]. The Food Educators Learning Community.

Stastny, S. (2009). Meet the parents: Using PBL to increase learning and decrease student fatigue [Abstract]. Food Educators Network.

Stastny, S. (2008). Assessing a preferred method of learning for university students using a whole grains lesson in the classroom [Abstract]. North Dakota Nutrition Council.

Terbizan, D., Staiger, S., DeBlauw, C., Rhee, Y., & **Stastny, S.** (2005). Body composition measurement in college-age students [Abstract]. *Medicine and Science in Sports and Exercise*, 36(5), S303.

INVITED REVIEW

Johnson, T., Trautman, K., **Stastny, S.**, McGrath, R., & Hackney, K.J., (2019). Beef consumption and functional performance in middle-aged and older adults: a systematic review. Contracted by the National Cattlemen's Beef Association.

EXTENSION PUBLICATIONS

Peer-reviewed extension publications:

Sherri Nordstrom Stastny

Garden-Robinson, **Stastny**, S., & Anderson, S. (2013). Nourish your muscles. NDSU FN 1678.

Garden-Robinson, **Stastny**, S., Kjera, C., McNeal, K., & Wang, S. (2013). Cooking and eating with low vision. NDSU FN 1671.

Garden-Robinson, **Stastny**, S., Kjera, C., McNeal, K., & Wang, S. (2013). How to teach people with low vision. NDSU FN1672.

Garden-Robinson, **Stastny**, S., Kjera, C., McNeal, K., & Wang, S. (2013). Tips for living with low vision. NDSU FN1668.

Garden-Robinson, J., Henning, A, & **Stastny**, S. (2011). Nourish your skin. NDSU FN1572.

Garden-Robinson, J., Jacobs, A, & **Stastny**, S. (2011). Nourish your joints. NDSU FN1489.

Garden-Robinson, J., Jacobs, A, & **Stastny**, S. (2011). Nourish your bones. NDSU FN1488.

Youd, L., **Stastny**, S., & Garden-Robinson, J. (2010). Eating for your eyes II. Diabetic retinopathy: Prevention, treatment and diet. NDSU FN1493.

Garden-Robinson, J., **Stastny**, S., & Ryant, J. (2009). Exercise your brain. NDSU FN1431.

Garden-Robinson, J., **Stastny**, S., & Ryant, J. (2009). Nourish your brain. NDSU FN1414.

Stastny, S., & Garden-Robinson, J. (2008). Eating for your eyes. NDSU FN709.

This comprehensive program includes CD-Rom, Power Point peer-reviewed, literature review based scripted slides, professionally designed hand-outs including pre- and post- plus trainer questionnaires, and a scripted lesson plan for use by Extension agents and other educators.

Stastny, S., & Garden-Robinson, J. (2008). Look after your eyes. NDSU FN710.

Other extension publications:

Stastny, S. (2018-2019). My son and daughter are in sports every season, and they always are looking for snacks. What would be some good snack ideas for growing kids who are in sports? Eat Smart. Play Hard. Together. Magazine, 27, NDSU Extension Service.

Stastny, S. (2016-2017). Eating for heart health. Eat Smart. Play Hard. Together. Magazine, 27, NDSU Extension Service.

Stastny, S. (2014-2015). Strong women finish the race. Eat Smart. Play Hard. Together. Magazine, 14, NDSU Extension Service.

Stastny, S. (2012-2013). Power up pregame. Eat Smart. Play Hard. Together. Magazine, 11-13, NDSU Extension Service,

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Stastny, S. (2011). Dining with diabetes, diabetic retinopathy module. Includes Powerpoint slides, script for presenters, and pre-/post-surveys for participants.

Stastny, S. (2010-2011). Eat for your first 5K. Eat Smart. Play Hard. Together. Magazine, 16-18, NDSU Extension Service.

Stastny, S., & Garden-Robinson, J. (2009). Face the facts about sports nutrition. NDSU FN1401.

Stastny, S. (2009). Sports nutrition for children on the go. Eat Smart. Play Hard. Together. Magazine, 22-23, NDSU Extension Service.

Invited publication:

Stastny, S. (2016) Food safety, security and defense: food security and diet-linked public health challenges conference consensus statement, Institute on Science for Global Policy (ISGP) booklet, 6-10.

Stastny, S. (2012). Eating for your eyes [Abstract]. Conference booklet for dietary factors and long-term health, conference booklet, 17-18. College(s) of Science and Mathematics, Human Development and Education, and others. NDSU, Fargo, ND.

PRESENTATIONS AT PROFESSIONAL MEETINGS

REFEREED PRESENTATIONS

Sawyer, B.C., **Stastny, S.N.**, Hackney, K., Trautman, K., Johnson, N., Bradley, A., Paryzek, R., Kotarsky, C. (forthcoming). Animal-based dietary protein intake not related to risk for metabolic syndrome among young nor middle-aged women. Poster to be presented at the Texas Academy of Nutrition and Dietetics (Virtual).

Nawarathna, K., Hackney, K., and **Stastny, S.** (forthcoming) MiRNA testing to identify candidates for individualized weight loss [Oral presentation]. IEEE Research and Applications of Photonics in Defense Conference (RAPID).

Kotarsky, C.J., Johnson, N., Trautman, K.A., Bradley, A., Byun, W., Mitchell, S., Hackney, K.J., and **Stastny, S.** (2020). Greater protein intakes are associated with improved body composition in women. Poster presented at the meeting of the International Conference on Frailty and Sarcopenia Research, Toulouse, France.

Johnson, N., Kotarsky, C.J., Trautman, K.A., Bradley, A., Byun, W., Mitchell, S., Hackney, K.J., and **Stastny, S.** (2020). Dietary protein quality predicts muscle quality in women. Poster presented at the meeting of the International Conference on Frailty and Sarcopenia Research, Toulouse, France.

Sawyer, B., Trautman, K., Kotarsky, C., Scheffert, R., Rockstad, E., Weber, J., Johnson, L, Hackney, K., Byun, W., & **Stastny, S.** (2019). Is total animal- or plant-based protein intake correlated with strength and endurance in middle-aged men and women? Poster presented at the meeting of the Food

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and Nutrition Conference and Expo, Philadelphia, PA.

Young, S., & **Stastny**, S. (2019). The importance of strength and protein intake in middle-aged men. Poster presented at the Art and Science of Health Promotion Conference, Hilton Head, SC.

Young, S., & **Stastny**, S. (2019). Evaluating protein intake in healthy middle aged-men for sarcopenia prevention. Poster presented at the American Society of Nutrition Conference, Baltimore, MD.

Johnson, T., Trautman, K.A., Kotarsky, C.J., Dicks, N., Hackney, K.J., & **Stastny**, S. (2019). Differences in amino acid composition between various types of protein supplements. [Oral presentation]. International Conference on Frailty and Sarcopenia Research, Miami Beach, USA.

Trautman, K.A., Kotarsky, C.J., Dicks, N., Sawyer, B., Mitchell, S., **Stastny**, S. & Hackney, K.J. (2019). The role of biological sex on nutritional habits and muscular health among middle-aged, healthy adults. Poster presented at the International Conference on Frailty and Sarcopenia Research, Miami Beach, USA.

Sherrard, A., Stone, K., Kotarsky, C., Dicks, N., Mitchell, S., **Stastny**, S., & Hackney, K. (2018). Comparison of subcutaneous adipose tissue in sedentary and active adults. Poster presented at the meeting of the Food and Nutrition Conference and Expo, Washington, DC.

Stastny, S. (2017). How much leucine is in your food? Poster presented at the International Conference on Frailty and Sarcopenia Research, Barcelona, Spain.

Stastny, S., Kotarsky, C.J., Hackney, K.J., Iverson Dewey, R., (2017). Influence of beef protein intake and hand grip strength on muscle strength and cross sectional area in middle aged-women [Oral presentation]. International Conference on Frailty and Sarcopenia Research, Barcelona, Spain.

Streeter, D. M., Stone, K. A., Bennet, T.W., McIntosh, L.E., **Stastny**, S., Ewert, D.L., & Hackney, K.J. (2017). The acute effects of l-arginine supplementation on flow-mediated dilation after resistance training to fatigue. Poster presented at the American College of Sports Medicine Northwest regional meeting, St. Paul, MN.

Keith, J., Vasichek, N., & **Stastny**, S. (2016). Dietary fat and consumer confusion: do RDN perception, knowledge, and practice play a part? Poster presented at the meeting of the Food and Nutrition Conference and Expo, Boston, Mass.

Sherrard, A., Iverson Dewey, R., Vigdal, K., Keith, J., & **Stastny**, S., (2016). Accuracy of nutrient information provided by popular smart phone apps: impact of user differences. Poster presentation at NDSU Explore.

Keith, J., & **Stastny**, S. (2016). Accuracy of nutrient information provided by popular smart phone apps: impact of user differences. Poster presented at the meeting of International Food Studies, University of California, Berkeley.

Stastny, S., Brunt, A.R., Garden-Robinson, J., Johnson, M. (2015). Eye clinic nutrition: Nutrition

education and lutein supplements for individuals diagnosed with age-related macular degeneration [Oral presentation and discussant]. Proceedings from Hawaii International Conference on Education, Honolulu HI.

Keith, J., **Stastny**, S., Brunt, A., Agnew, W., & Aune, P. (2015). Effects of a culturally-relevant educational intervention on college retention and self-efficacy for healthy choices among American Indian college students. Poster presented at the First Americans Land Grant Consortium (FALCON) annual conference, Denver, CO.

Stastny, S., Chaffee, S., Clark, A., Kester, K., & Gonzalez, R. (2015). SCAN Fact Sheets: Current, accurate, evidence-based, and relevant information now and in the future.

Poster presented at the meeting of the Food and Nutrition Conference and Expo, Nashville, TN.

Keith, J., & **Stastny**, S. (2015). Consumer Response to Information about Added Sugar: Preferred Format and Impact on Food Choices. Poster presented at the meeting of the Food and Nutrition Conference and Expo, Nashville, TN.

Keith, J., **Stastny**, S., Brunt, A., Agnew, W., & Aune, P. (2015). Effects of a culturally-relevant educational intervention on college retention and self-efficacy for healthy choices among American Indian college students. Poster presented at the meeting of the Food and Nutrition Conference and Expo, Nashville, TN.

Stastny, S., & Garden-Robinson, J. (2015). Teaching RDs to teach to individuals with Low Vision.

Poster presented at the meeting of the Food and Nutrition Conference and Expo, Nashville, TN.

Brunt, A., Grinaker, H. & **Stastny**, S. (2015). Are there differences in effectiveness of ferrous sulfate compared to ferrous fumarate to raise serum ferritin levels among collegiate athletes with compromised levels? Poster presented at the meeting of the Food and Nutrition Conference and Expo, Nashville, TN.

Kourajian, J., & **Stastny**, S. (2015). Relationships among diet quality and cooking skills in a group of college students. Poster presented at the meeting of the Food and Nutrition Conference and Expo, Nashville, TN

Keith, J., & **Stastny**, S. (2015). Added sugars in foods: Identification and education to consumers. Poster session presented at the North Dakota Academy of Nutrition and Dietetics (NDAND) Annual Conference, Bismarck, ND.

Keith, J., **Stastny**, S., & Brunt, A. (2015). Life Skills at a Tribal College: Addressing College Retention and Self-Efficacy for Healthy Choices for American Indian College Students. Poster session presented at the North Dakota Academy of Nutrition and Dietetics (NDAND) Annual Conference, Bismarck, ND.

Stastny, S., & Keith, J. (2014). Added sugars in foods: Identification and education to consumers.

Poster presented at the meeting of the Food and Nutrition Conference and Expo, Atlanta, GA.

Keith, J., **Stastny**, S., & Brunt, A. (2014). Life skills at a tribal college: addressing college retention and self-efficacy for healthy choices for American Indian college students. Poster presented at the meeting

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of the Food and Nutrition Conference and Expo, Atlanta, GA.

Rhee, Y., & **Stastny**, S. (2014). Polyphenols decreased DNA methyltransferase expression in hydroxyl radical treated murine adipocytes [Oral presentation]. The 5th International Conference on Natural Products conference proceedings.

Brunt, A., Berdal, L., & **Stastny**, S. (2014). The relationships of eating mindfulness and demographic characteristics, physical activity, and focus of academic major among college students [Abstract]. North Dakota Academy of Nutrition and Dietetics (NDAND) and the North Dakota Nutrition Council (NDNC).

Brunt, A., Keith, J., **Stastny**, S., & Bezbaruah, N. (2014). Does accompanying the primary grocery shopper increase requests for purchase of fruits and vegetables among third and fourth grade students? [Abstract]. North Dakota Academy of Nutrition and Dietetics (NDAND) and the North Dakota Nutrition Council (NDNC).

Stastny, S., Keith, J., Garden-Robinson, J., & Hall, C. (2014). Flash-frying vs. deep-fat frying: Fat content and sensory evaluation of fish fried using two methods [Abstract]. North Dakota Academy of Nutrition and Dietetics (NDAND) and the North Dakota Nutrition Council (NDNC).

Stastny, S., & Garden-Robinson, J. (2013). Important lifestyle changes identified by participants of Nourish Your Brain program. Poster presented at the North Dakota Academy of Nutrition and Dietetics, Bismarck, ND.

Brunt, A., Berdal, L., & **Stastny**, S. (2013). The relationships of eating mindfulness and demographic characteristics, physical activity, and focus of academic major among college students. Poster presented at the meeting of the Food and Nutrition Conference and Expo, Houston, TX.

Brunt, A., Keith, J., **Stastny**, S., & Bezbaruah, N. (2013). Does accompanying the primary grocery shopper increase requests for purchase of fruits and vegetables among third and fourth grade students? Poster presented at the meeting of the Food and Nutrition Conference and Expo, Houston, TX.

Garden-Robinson, J., & **Stastny**, S. (2013). Important lifestyle changes identified by participants of Nourish Your Brain program. Poster presented at the Food and Nutrition Extension Educators Division Pre-Conference Workshop, Society for Nutrition Education Annual Conference, Portland, OR.

Stastny, S., & Keith, J. (2013). Differences in fat absorption in deep fat compared to flash frying of breaded fish [Oral presentation]. The Third Food Studies: An Interdisciplinary Conference. Austin, TX.

Tande, D., Niemeier, B., Hwang, J., **Stastny**, S., & Hektner, J. (2013). Intervention Changes Fruit and Vegetable Intake among Preschoolers in Pilot Study. Poster presented at the Society of Nutrition Education, Portland, OR.

Stastny, S., Asperin, A., & Ragan, A. (2012). Changing an academic classroom into a campus restaurant. Poster session presented at the meeting of the Academy of Nutrition and Dietetics (formerly

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Academy of Nutrition and Dietetics) Food and Nutrition Conference and Expo, Philadelphia, PA.
Journal of the Academy of Nutrition and Dietetics.

Brunt, A., Bezbaruah, N., & **Stastny**, S. (2012). Factors influencing parental purchase of fruits and vegetables [Oral presentation]. Society for Nutrition Education Annual Conference, Washington, D.C.

Brunt, A., Bezbaruah, N., & **Stastny**, S. (2012). Do spokes-characters improve consumption of vegetables among children? [Oral presentation]. Society for Nutrition Education Annual Conference, Washington, D.C.

Christensen, B., Bruns, L., & **Stastny**, S. (2012). Improved flexibility and core strength in four different levels of acute Pilates. Poster session presented at the meeting of the American College of Sports Medicine, San Francisco, CA.

Stastny, S. (2012). Eating for your eyes II: Diabetic retinopathy. Poster session presented at the meeting of Aging in America National Council on Aging conference, Washington, DC

Seaberg, N., **Stastny**, S., & Garden-Robinson, J. (2012). Game playing helps American Indians and older adults learn about diabetic retinopathy. Poster session presented at the meeting of the North Dakota Dietetic Association, Fargo, ND.

Stastny, S., Garden-Robinson, J., & Seaberg, N. (2012). The prize is healthy eyes: Using games to educate about diabetic retinopathy. Poster session presented at the meeting of the Food and Nutrition Extension Educators Division Pre-Conference Workshop, Society for Nutrition Education Annual Conference, Washington, D.C.

Stastny, S., Youd, L. & Garden-Robinson. (2011). Eating for your eyes II: Diabetic retinopathy. [Oral presentation]. North Dakota Dietetic Association annual meeting, Grand Forks, ND.

Stastny, S., Youd, L., & Garden-Robinson. (2011). Effect of diabetic retinopathy education on knowledge and planned lifestyle activities: A pilot study. Poster session presented at the meeting of the North Dakota Dietetic Association annual meeting. Grand Forks, ND.

Christensen, B., **Stastny**, S., Hilgers, S., Okamatsu, H., Manikowske, T., Youd, L., & Champa, J. (2011). Does creatine supplementation along with a resistance training program improve strength in women? Poster session presented at the meeting of the American College of Sports Medicine, Denver, CO.

Stastny, S., Garden-Robinson, J., & Youd, L. (2011). Effect of diabetic retinopathy education on knowledge and planned lifestyle activities. Poster session presented at the meeting of the American Society of Nutrition: Advances and Controversies in Clinical Nutrition. San Francisco, CA.

Tande, D., Niemeier, B., Hwang, J., **Stastny**, S., & Hektner, J. (2011). BMI percentile is related to learning outcomes among preschool children following exposure to additional fruits and vegetables at meals and snacks in pilot study. Poster session presented at the meeting of the Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo, San Diego, CA.

Stastny, S. (2010). Teaching math online. Food Educators Learning Community [Oral presentation], Charleston, SC.

Stastny, S. (2009). From honey to beet sugar: The food science behind natural sweeteners [Oral presentation]. Food Educators Learning Community Ultimate Teaching Competition, Charleston, SC.

Stastny, S., & Garden-Robinson, J. (2009). Eating for your eye health. Poster session presented at the meeting of Aging in America National Council on Aging, Las Vegas, NV.

Stastny, S., & Garden-Robinson, J. (2009). Eating for your eye health. Poster session presented at the meeting of United for Sight, Yale Campus, New Haven, CT.

Stastny, S. (2009). Nutrition Facts panel development for a student led restaurant. Poster session presented at the meeting of The Food Educators Learning Community, Charleston, SC.

Stastny, S. (2009). Meet the parents: Using PBL to increase learning and decrease student fatigue. Poster session presented at the meeting of The Food Educators Network International, Las Vegas, NV.

Lee, C., Hansen, P. Terbizan, D., Brunt, A., Christensen, B, Rhee, Y., & **Stastny, S.** (2009). The effect of physical training and nutrition education on risk factors of chronic disease [Oral Presentation]. Historically Black Colleges and Universities Undergraduate Program (HBCU-UP) National Research Conference, Washington, DC.

Lee, C., Hansen, P. Terbizan, D., Brunt, A., Christensen, B, Rhee, Y., & **Stastny, S.** (2009). The effects of physical activity and nutrition education on risk factors of chronic disease. Poster session presented at the NDSU Equity, Diversity, and Global Outreach Undergraduate Research STEM Program, Fargo, ND.

Stastny, S., & Hanson, A. (2009). Nutrition Informatics: Development of Nutrition Facts panels in an on-campus restaurant. Poster session presented at the meeting of the Academy of Nutrition and Dietetics. Denver, CO.

Stastny, S. (2008). Assessing a preferred method of learning for university students using a whole grains lesson in the classroom. Poster session presented at the meeting of the North Dakota Nutrition Council, Grand Forks, ND.

Stastny, S. (2008). Assessing a preferred method of learning for university students using a whole grains lesson in the classroom. Poster session presented at the meeting of the Food Educators Network, Las Vegas, NV.

Terbizan, D., Staiger, S., DeBlauw, C., Rhee, Y., & **Stastny, S.** (2005). Body composition measurement in college-age students. Poster session presented at the meeting of the American College of Sports Medicine, Nashville, TN.

INVITED PRESENTATIONS

Sherri Nordstrom Stastny

Stastny, S. (2021). Greater protein intakes are associated with improved body composition [Invited webinar]. Healthy Aging series, Extension Family and Consumer Sciences consortium (University of Florida, Virginia Cooperative Extension and NDSU Extension).

Stastny, S. (2021). Greater protein intakes are associated with improved body composition in women. North Dakota Nutrition Council [Invited speaker].

Relative energy deficiency in sports [RED-S] syndrome—who is at risk and why we need to know (2020). North Dakota Athletic Trainers' Association Virtual CE Meeting [Invited speaker].

Hackney, K., Kotarsky, C.J., **Stastny, S.**, David, S.L., & Mitchell, S. (2019). Effects of eight weeks of concurrent exercise training and time-restricted feeding (16/8 hr) on body composition, muscle endurance, metabolism, cardiovascular risk factors, and dietary intake in overweight, males and females. GPIDeA-CTR Annual Scientific Meeting, Omaha, NE.

Stastny, S. (2018). Research and human nutrition in North Dakota using North Dakota Checkoff. North Dakota Stockmen's Association. [Invited speaker] Fargo, ND.

Stastny, S. (2018). Latest trends and opportunities for RDNs in sports nutrition. Fargo Moorhead Academy of Nutrition and Dietetics [Invited keynote speaker] Fargo, ND.

Stastny, S. (2017). Nutrition facts and mythical hot topics [Oral presentation]. South Eastern North Dakota Community Action Agency (SENDCAA), Dakota Medical Foundation ballroom, Fargo, ND.

Stastny, S. (2017). A continued focus on protein: a look at leucine [Oral presentation]. Sanford POWER strength and conditioning clinic, Cambria Suites and Sanford POWER Center, Fargo, ND.

Stastny, S. (2016). Sports nutrition for “peek” performance [Oral presentation]. The North Dakota High School Coaches Association, Fargo, ND.

Stastny, S. (2016). Supplements and energy drinks [Oral presentation]. The North Dakota High School Coaches Association, Fargo, ND.

Stastny, S. (2016). Sports nutrition for “peek” performance [Oral presentation]. ND Shape North Dakota Association of Health, Physical Education, Recreation and Dance), Fargo, ND.

Stastny, S. (2016). Finally: the new USDA Dietary Guidelines for Americans are released [Oral presentation]. North Dakota Nutrition Council, Bismarck, ND.

Stastny, S. (2015) Food Security and Diet-Linked Public Health Challenges conference. Institute on Science for Global Policy (ISGP) in partnership with North Dakota State University. Purpose: Write consensus statement. Invited scientist/subject-matter expert.

Stastny, S. (2015). Sports nutrition [Oral presentation]. Summer physical education teacher workshop. Fargo Public Schools, Fargo, ND.

Stastny, S. (2015). Wheying the evidence for leucine [Oral presentation]. Sanford POWER strength and conditioning clinic, Ramada Plaza Suites and Sanford POWER Center, Fargo, ND.

Stastny, S. (2013). “Whey-ing” the benefits of a new focus on protein [Oral presentation]. EFNEP/FNP conference. Jamestown, ND.

Stastny, S., Garden-Robinson, J., Kjera, C., & McNeal, K. (2012). Living with low vision [Oral presentation]. Research Extension Center (REC) Fall Conference, Fargo, ND.

Stastny, S. (2012). Eating for your eyes. [Oral presentation]. Dietary factors and long-term health. College(s) of Science and Mathematics, Human Development and Education, NDSU, Fargo, ND.

Stastny, S., & Garden-Robinson, J. (2012). Low vision rehabilitation. Poster session presented at the meeting of the North Dakota Optometric Association 109th Annual Congress, Bismarck, ND.

Stastny, S., Youd, L. & Garden-Robinson. (2011). Eating for your eyes II: Diabetic retinopathy. [Oral presentation]. North Dakota Dietetic Association annual meeting, Grand Forks, ND.

Stastny, S. (2011). Misconceptions in nutrition and supplements for lean muscle building. NDSU ROTC. Bentson Bunker Field House.

Stastny, S. (2011). Emerging research on dairy protein sources and recovery [Oral presentation]. 36th annual meeting of the Northland Regional Chapter of the American College of Sports Medicine. Fargo, ND.

Stastny, S. (2011). Healthy Vision Community Grant Activities on North Dakota American Indian reservations [Oral presentation]. North Dakota Optometric Association 108th Annual Congress, Member meeting, Fargo, ND.

Stastny, S., & Seaberg, N. (2011). Diabetic retinopathy prevention and detection. Poster session presented at the North Dakota Optometric Association 108th Annual Congress, Fargo, ND.

Stastny, S., Youd, L., & Garden-Robinson, J. (2010). Eating for your eyes II: Diabetic retinopathy. Poster session presented at the North Dakota Optometric Association 107th Annual Congress, Bismarck, ND.

Stastny, S. (2009). Sports Nutrition [Oral presentation]. The Northwest District Dietetic Association annual conference and meeting. Moorhead, MN. Rescheduled and held in Crookston, MN due to flood.

Stastny, S., & Garden-Robinson, J. (2009). Eating for your eye health. Poster session presented at the meeting of the North Dakota Optometric Association 106th Annual Congress, Fargo, ND.

Stastny, S. (2009). Nutrition and eye health [Oral presentation]. The North Dakota Dietetic Association annual conference and meeting. Fargo, ND.

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Stastny, S. (2008). Eating for your eyes [Oral presentation]. North Dakota Optometric Association 105th Annual Congress, Bismarck, ND.

Stastny, S. (2008). Eating for your eyes. Poster session presented at the meeting of the North Dakota Optometric Association 105th Annual Congress, Bismarck, ND.

OTHER PRESENTATIONS

Hartze, G., Kotarsky, C. J., Schimek, R., Hackney, K. J., **Stastny, S.** (2017). Intra-reliability of ImageJ processing of ultrasound-derived cross-sectional area: Upper Leg Subcutaneous Fat. Poster session presented at the HDE Research Showcase.

Keith, J., & **Stastny, S.** (2016). Consumer response to information about added sugar: preferred format and impact on food choices. Poster session presented at the HDE Research Showcase.

Keith, J., **Stastny, S.**, & Brunt, A. (2015). Life skills at a tribal college: addressing college retention and self-efficacy for healthy choices for American Indian college students. Poster session presented at the HDE Research Showcase.

Brunt, A., Keith, J., **Stastny, S.**, & Bezbaruah, N. (2014). Does accompanying the primary grocery shopper increase requests for purchase of fruits and vegetables among third and fourth grade students? Poster session presented at the HDE Research Showcase.

Christensen, B., Bruns, L., & **Stastny, S.** (2013). Improved flexibility and core strength in four different levels of acute Pilates. Poster session presented at the HDE Research Showcase, Fargo, ND.

Stastny, S., & Garden-Robinson, J. (2013). Important lifestyle changes identified by participants of Nourish Your Brain program. Poster session presented at the HDE Research Showcase, Fargo, ND.

Seaberg, N., **Stastny, S.**, Garden-Robinson, J. (2012). Game playing helps American Indians and older adults learn about diabetic retinopathy. Poster session presented at the HDE Research Showcase, Fargo, ND.

Wagner, M., Manikowske, T., Terbizan, D., Rhee, Y., Brunt, A., Hansen, P., Christensen, B., Tucker, J., & **Stastny, S.** (2010). Food intake and risks for chronic diseases: Results from BISON ON THE MOVE. Poster session presented at the HDE Research Showcase, Fargo, ND.

IN-PROGRESS RESEARCH PROJECTS AND GRANTS

McGrath, R., Hackney, K., **Stastny, S.**, Ehlers, D., & Tomkinson, G. (July 1, 2020-June 30, 2021). The Great Plains Internet Wellness for Aging Study: The GP I-WAS Project. GP IdeA-CTR. \$72,500.

Faculty Development to Enhance or Integrate Teaching and Research. Lipid Panel PLUS Disc Reagent discs for Piccolo blood analyzer. College of Human Science and Education, NDSU. \$1,168.

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Gold, A., Jansen, R., Shetty, K., Sarkar, D., Rhee, Y., & **Stastny**, S. (2019) Veggie Meter: Measuring Skin Carotenoid Levels Using Reflection Spectroscopy. EPSCoR Equipment Request. NDSU EPSCoR Internal Funding \$15,500.

Stastny, S. (2019-2020). Validity and reliability of USDA nutrient database-based software for estimated macronutrients and energy among research subjects in cross-sectional and RCT studies. ND EPSCoR: Advancing Science Excellence in ND-Undergraduate Research Award \$5,000.

Hackney, K.J., **Stastny**, S., & Nawarathna, K. (2019-2020). Efficacy of micro RNA testing for identification of personalized weight management strategy in obese and overweight individuals. Sanford Health - North Dakota State University Collaborative Research Seed Grant Program. \$91,742.

Hackney, K.J., **Stastny**, S., & McGrath, R. (2019). The impact of beef consumption on functional performance in middle-aged and older adults. National Cattlemen's Beef Association Beef Checkoff; \$26,106. Ranked "among highest." Nathaniel Johnson, Kara Trautman, graduate student co-authors.

Hackney, K.J., Nawarathna, K., **Stastny**, S., Dorsam, G., & McGrath, R. (2018-2020). Optimizing Detection of Circulating MicroRNAs for Weight Management. HDE Seed Grant, \$3,350.

Hackney, K.J., **Stastny**, S., Kotarsky, C., David, S., & Mitchell, S. (2018-2020). Effects of eight weeks of concurrent exercise training and time-restricted feeding (16/8) on body composition, muscle endurance, metabolism, cardiovascular risk factors, and dietary intake in overweight, sedentary males and females. Sponsored by Great Plains IDEA-CTR Pilot Grant Program and the National Institutes of Health, \$72,469.

Hackney, K. J., Trautman, K., & **Stastny**, S. (2018-2020). Low intensity exercise and blended protein supplementation as a strategy for rapid muscle growth and strength gain in astronaut aged-participants. ND NASA EPSCoR, \$27,150.

Stastny, S., Hackney, K., & Byun, W. (2017-2020). The influence of animal-based protein and beef consumption on ability to perform functional activities, muscle quality and bone mineral density among adolescent to older females. North Dakota Beef Commission; \$208,421. Rated "high" among 25 proposals.

COMPLETED RESEARCH PROJECTS AND GRANTS

Stastny, S., Hackney, K., & Byun, W. (2017-2018). Beef protein intake, physical activity, and muscle quality in middle aged-men. This project received very high rankings from the National Cattlemen's Beef Association as well. Minnesota Beef Council. \$38,827.

Stastny, S., Hackney, K., Byun, W., & David, S. (2016-2017). Beef protein intake, physical activity, and muscle quality in middle-aged women. National Cattlemen's Beef Association Beef Checkoff; \$37,277.

Stastny, S (2017). National Pork Board and Midwest Dairy Council mini grant. \$500.

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Stastny, S. (2017-2018) Analysis of amino acid leucine content. Internal RCA Funding--Research Support Services, VP Kelly Rusch, office of Research and Creative Activity. \$1,000.

Stastny, S. (2016-2017) Analysis of amino acid leucine content. Internal RCA Funding--Research Support Services, VP Kelly Rusch, office of Research and Creative Activity. \$1,000.

Hackney, K., **Stastny, S.**, Byun, W., David, S., & Mitchell, S. (2016-2017). Protein and muscular health with aging: effect of increased physical activity. Sanford Health/North Dakota State University Collaborative Seed Grant; \$76,000.

Hackney, K., **Stastny, S.**, & David, S., & Mitchell, S. (2015-2016). Protein and muscular health with aging. Sanford Health/North Dakota State University Collaborative Seed Grant; \$77,277.

Agnew, W., **Stastny, S.**, Aune, P., Wolf, C., Keith, J., & Brunt, A. (2012-2015). Lifeskills at a Tribal College. USDA NIFA Institute of Youth, Family and Community, Division of Community and Education, Tribal Colleges Research Grants Program. \$85,000. Agnew, project director/PI; Aune, Co-PI with United Tribes Technical College; \$11,532 to fund NDSU Graduate Assistantship and travel.

Stastny S., Kopp, N., & Garden-Robinson, J. (2011-2012). Eating for your eyes II: Diabetic Retinopathy. National Eye Institute, National Institute of Health, Healthy Vision Community Award (2012). \$10,000. Portions of the grant used for stipends for undergraduate student Casey Kjera.

Garden-Robinson, J. **Stastny, S.**, & Jacobs, A. (2010) Bones and joints. Mini-grant USDA extension used for project supplies. \$3,450.

Stastny, S., Garden-Robinson, J., Kopp, N., & Youd, L. (2009-2010). Diabetic retinopathy. National Optometric Association Healthy Eyes Healthy People. \$1,810.

Stastny, S. (2009). Creatine, resistance training, carbohydrate, and protein affects on muscle strength and power. Creatine donation from Vitamin World. \$700. Cheese donation from Tillamook Country Creamery. \$175.

Garden-Robinson, J., & **Stastny, S.** (2009). Nourish your brain. Mini-grant USDA extension. \$3,450.

Stastny, S., & Christensen, B. (2009). Creatine, resistance training, carbohydrate, and protein effects on muscle strength and power. ND EpsCor program \$2,500. HNES \$2,500 and HDE \$700 with \$700 match from HNES. Total: \$6,400 for supplies for research participants.

Stastny, S., & Garden-Robison., J., & Kopp, N. (2008). Eating for your eyes. National Optometric Association Healthy Eyes Healthy People. \$2,500.

Stastny, S. (2008). Research, Creative Activities and Technology Transfer (RCATT) travel award. Used to travel to conference for presentation. \$300.

Stastny, S. (2008). National Continuing Education Program in Sustainable Agriculture. The Sustainable Agriculture Research and Education (SARE) Program. USDA. \$500.

Stastny, S., & Garden-Robinson, J. (2008) Eating for your eye health. Mini-grant USDA extension. \$4,432.

Tande, D., **Stastny, S., & Hwang, J. (2007)**. Preschool fruit and vegetable curriculum effect on intake. Mini-grant USDA extension. \$2,800.

MAJOR ADVISOR FOR GRADUATE STUDENTS

Regina Schimek	MS	Does Relative Energy Deficiency in Sport Undermine Bone Health?	Defended, Spring, 2020
Hannah Ledeboer	MS	Great Plains dietetics program, Didactic plan of study	New Fall, 2018
Courtney Gault	MS	Great Plains dietetics program, Didactic plan of study	New Fall, 2018
Joelle Dunklin	MS	Great Plains dietetics program, Didactic plan of study	New Fall, 2018
Abby McWaters	MS	Great Plains dietetics program, Didactic plan of study	New Fall, 2018; LOA 2019
Nathaniel Johnson	PhD		3 rd year
Bailee Sawyer	PhD	Barriers and strategies to optimize blood glucose control in emerging adult individuals with type 1 diabetes	3 rd year
Amy Peick	MS	Great Plains dietetics program, Didactic plan of study	New Summer, 2017
Suzanne Young	PhD, HNES	Identification and comparison of hydration patterns in marathon runners during training and race days to assess the possible risk for exercise associated hyponatremia	Completed comps May 2019
Rachel Iverson Dewey	MS, HNES	High school coaches nutritional knowledge	Completed 2017
Jessica Bryan	MS	Great Plains dietetics program, Didactic plan of study	Completed 2017
Michael Blake	MS, HNES	Acute exercise response of caffeine and nitric oxide stimulating pre-workout supplement among healthy male recreational athletes	Completed 2017
Nicole Vasichek	MS, HNES	Is it time to reevaluate our dietary fat recommendations?	Completed 2016
Jill Keith	PhD, HNES	Life skills at a tribal college: effect of an educational intervention on college retention and self-efficacy for healthy choices among American Indian college students.	Completed 2016

Shayna Banks Griffiths	MS	Great Plains dietetics program	withdrew
Jenna Kourajian	MS, HNES	Relationships among diet quality, BMI and cooking skills in a group of college students	Completed 2015
Lindsay Youd	MS, HNES	Effect of diabetic retinopathy education on knowledge and planned lifestyle activities	Completed 2011

Committee member

Student name	Degree	Department and Title of thesis paper, if determined	Status/Stage
Jose Romero	DMA		New 2019-2020
Shane McCullough	MS	HNES	New 2018 LOA 2019
Heather Brinkerhoff	MS	Great Plains Dietetics Plan C	New 2018-2019
Alyssa Reau	MS	Great Plains Dietetics Plan C	New 2018-2019
Hannah Russell	MS	Great Plains Dietetics Plan C	New 2018-2019
Pradeepika Chintha	PhD	Cereal Science, Functional bioactive compounds from sweet potato for human health benefits	Proposed 2018
Leigh Benko	MS	Great Plains Dietetics Plan C	New 2017-2018
Eyada Khalaf	MS	Cereal Science, Pseudo-cereal phenolic-bioactive linked anti-hyperglycemia	Completed 2019
Jill Kinsey	MS	Great Plains Dietetics Plan C	New 2017-2018
Kara (Stone) Trautman	PhD	Protein supplements and restricted blood flow in RT	Proposed Fall 2018
Chris Kotarsky	PhD	Intermittent fasting	Defended Spring 2020
Rachelle Dizon	DMA	Clarinet	Graduate lecture recital held December, 2017
Anne Pavel	MS	Great Plains Dietetics Plan C	New 2015-2016
Dan Streeter	MS, HNES	The acute effects of L-arginine supplementation on flow mediated dilation after resistance training to fatigue	Completed, 2017
Erin Marie Heine	MSAT	Effects of caffeine on neurocognitive function	Completed 2016
Rebecca Berg	MS, HNES	Faith communities alive: an evaluation of the impact of a faith-based nutrition and physical activity initiative	Proposed April, 2015
Samantha Fuhrmann	MS, HNES	Intake of fat-soluble vitamins among undergraduate college students attending North Dakota State	Completed 2015

		University	
Kayla Brakke Posch	MS	Great Plains Dietetics program, Pregnancy and vitamin D	Completed, 2017
Rose Prissel	MS	Great Plains Dietetics program, A cross-sectional study identifying the potential impacts of nutrition education courses accepted by the parent aware program on nutritional-related knowledge, attitudes, and dietary behaviors among preschoolers' parents and child care providers and on preschooler weight trajectories.	Completed 2016
Desirae Kraska	MS, HNES	Dietary intake of college students	Completed 2014
Elizabeth Hilliard	PhD, HNES	The association between workplace lactation accommodations and corporate lactation programs on breastfeeding duration in working women	Completed 2017
Hanna Grinaker	MS, HNES	Are there differences in effectiveness of ferrous sulfate compared to ferrous fumarate to raise serum ferritin levels among collegiate athletes with compromised levels?	Completed 2015
Bradley Miedema	DMA	Music	Completed 2014
Jeremy Frost	MS	Home eating patterns relate to BMI	unknown
Brandy Buro	MS	ES and Nut, Parent perspectives of the built environment as it relates to their preschool-aged child's dietary intake and physical activity	Completed 2014
Alexandra Drayton	MSAT	Cramp threshold frequency	Completed 2014
Lisa Berdal	MS	ES and Nut, Mindful eating: Is there a relationship between gender, age, physical activity, and grade level and eating mindfulness among college students	Completed 2013
Brandon Knutson	MS	Genomics and bioinformatics	unknown
Phil Faught	MS	HNES, Kinematic, neuromuscular, and performance changes due to overspeed training for ice hockey	Completed 2013
Joanne Powell	MS	Gerontology The role of three factors in community mobility for rural older adults	Completed 2013

Adam Hollingsworth	DMA	Music	Completed 2015
Nick Meyers	DMA	Music	Completed 2014
Kara Muske Welk	MS	Gerontology	unknown
Ergin Erdem	PhD	Manufacturing engineering. Application of RFID and sensing technology for improving frozen food quality management.	Completed 2014
Nandita Bezbaruah	PhD	Wellness (HNES), Cartoon characters and consumption of vegetables in elementary school-aged children	Completed 2009
Carlie Froemke	MS	HNES, Go Red North Dakota impacts meals eaten outside the home.	Completed 2009
Lori Olen (Bruns)	MS	HNES, An examination of the changes in flexibility and core strength after a five-week Pilates class.	Completed 2009
Nicole Vos	MS	HNES, Internship option, College world series, Omaha, NE	Completed 2009
Julie Zaruba	MS	HNES, Binge eating and drinking in college students	Completed 2009
Rachel Bergeson	MS	HNES, Paper option, Concordia Athletics	Completed 2010
Dan Weiler	MS	HNES, Field experience Copenhagen, Denmark	Completed 2012

SUPERVISION OF GRADUATE STUDENT PUBLISHED THESES

Rachel Iverson Dewey

MS, Health, Nutrition, & Exercise Sciences

Completed 2017

Thesis Title: Nutrition skills among high school coaches

Michael Blake

MS, Health, Nutrition, & Exercise Sciences

Completed 2017

Thesis Title: Acute exercise response of caffeine and nitric oxide stimulating pre-workout supplement among healthy male recreational athletes

Nicole Vasichek

MS, Health, Nutrition, & Exercise Sciences

Completed 2016

Thesis Title: Is it time to reevaluate our dietary fat recommendations?

Jill Keith, MS, LRD

PhD, Health, Nutrition, & Exercise Sciences

Completed 2016

Thesis Title: Life Skills at a Tribal College: Effect of an

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educational intervention on college retention and self-efficacy for healthy choices among American Indian college students

Jenna Kourajian, LRD

MS, Health, Nutrition, & Exercise Sciences

Completed 2015

Thesis Title: Relationships among diet quality, BMI and cooking skills in a group of college students

Lindsay Youd, LRD

MS, Health, Nutrition, & Exercise Sciences

Completed 2011

Thesis Title: Effect of diabetic retinopathy education on knowledge and planned lifestyle activities

SUPERVISION OF UNDERGRADUATE STUDENT RESEARCH ASSISTANTS

2019-2020: Rachel Scheffert, Rachel Warner, Jenna Rachey, Madison Patten, Brittney Schmidt, Isabella Lamere, Johanna Weber, Lihn Tran

2018-2019: Rachel Scheffert, Johanna Weber, Lindsey Johnson, Lihn Tran, Ella Rockstad, Caroline Carlson

2017-2018: Gina Schimek, Rachel Scheffert, Johanna Weber, Ella Rockstad

2016-2017: Alexandra Sherrard, Gina Schimek, Gabbie Hartzel

2015-2016: Michael Blake, Rachel Iverson, Gabbie Hartzel

ABSTRACT/MANUSCRIPT REVIEW

Academy of Nutrition and Dietetics Abstract Reviewer (2003-2018).

Reviewer for Position of the Academy of Nutrition and Dietetics: Benchmarks for Nutrition in Child Care (2018). Author: Benjamin-Neelon, Sara E. *Journal of the Academy of Nutrition and Dietetics*, 118(7), 1291 – 1300.

International Journal of Hospitality Management (2012-2017).

Journal of Cereal Science (2012-2016).

European Journal of Public Health, (2011-2015).

The Food Service Institute, White Paper Reviewer (2008).

Journal of Nutrition Education and Behavior, (2008-present).

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International Journal of Exercise Science, (2008-2015).

Journal of Foodservice, (2007-2009) (no longer published).

TEXTBOOK REVIEW

Bennion, M., & Scheule, B. (2015). *Introductory foods*, 14th Ed. Upper Saddle River, NJ: Pearson Education.

McArdle, W., Katch, F., & Katch, V. (2013). *Sports and exercise nutrition*, 4th ed. Philadelphia, PA: Lippincott, Williams & Wilkins.

Fink, H., & Mikesky A. (2012). *Practical applications in sports nutrition*, 4th ed. Burlington, MA: Jones and Bartlett Learning.

Marcus, J. (2011). *Culinary nutrition: The science and practice of healthy cooking*, Boca Raton, FL: Taylor and Francis.

Bennion, M., & Scheule, B (2010). *Introductory foods*, 13th Ed. Upper Saddle River, NJ: Pearson Education.

Brown, A. (2009). *Understanding food*. 4th. Ed. Belmont, CA: Cengage Learning.

McArdle, W., Katch, F., & Katch, V. (2009). *Sports and exercise nutrition*, 3rd ed. Philadelphia, PA: Lippincott, Williams & Wilkins.

McWilliams, M. (2007). *Illustrated guide to food preparation* Upper Saddle River, NJ: Pearson/Prentice Hall.

SERVICE

SERVICE TO THE UNIVERSITY

Department

Assistant Professor, Dietetics, committee chair (2019-2020).

Assistant Professor of Practice Search committee, chair (2018-2019).

Assistant/Associate Professor search committee, chair (2018-2019).

Lecturer, dietetics, search committee, member (2018).

PTE committee (2007 to present).

Dietetics Accreditation Work Group, member (2002 to present).

Dietetics Advisory Board, member (2002 to present).

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Graduate Committee, member (2007 to present).

PhD Wellness/Exercise Science and Nutrition. Core Committee, member (2009-2011).

Merit raise evaluation committee, chairperson (2010-2011).

Search committee for instructor/coordinator for dietetics, member (2010-2011).

Assessment of Student Learning Committee, member, HNES, (2010-2011).

Department Head Review Committee, member (2007-2008), (2003-2004).

HNES Mission Statement Committee (2003) and (2009-2010).

Coordinator for Food Production and Service Lab (2013-present). Responsibilities include coordinating safe and sanitary lab use; equipment inventory.

College

HDE Associate Dean and New Faculty meeting invited speaker (2015). Advising graduate students.

HDE Leadership Group led by Jill Nelson, Associate Dean (2014-2016)

Coordinator for Food Production and Service Lab (2003-2013). Responsibilities include coordinating safe and sanitary lab use; equipment inventory.

College Research Committee, member (2010-2018).

-Evaluation of Associate Dean Committee, member (2011-2012).

Gerontology Doctoral Committee, member (2007-present).

Dean's advisory board (2002-2007)

University

Provost funded Innovation Alliance, member (2013 to 2016).

Research Park funded Innovation Alliance, member (2016 to 2018).

-Microgrant committee, member (2013 to 2018).

-lead (2015 to present).

-CGIU forming committee, student advisor, faculty (national) member (2014 to 2017).

-faculty representative national meeting 2016, 2017.

President's Council on Alcohol and Other Drugs (2010-2018) appointment.

Changed name and mission to President's Council for Campus Well-being (2018-present) appointment.

-President's Council on Alcohol and Other Drugs, Chairperson (2010-2013), Academics and Education

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subcommittee.

- President's Council on Alcohol and Other Drugs, Teaching, learning, and research subcommittee, member (2013 to 2018).

School of nursing PTE committee, outside member (2016).

Department of Residence Life. Faculty in residence life program faculty mentor (2008 to present).

-Faculty mentor Weible Hall (2008-2009), Seim Hall Wellness Floors (2009 to present).

Residence Life Advisory Board (2011-2014).

North Dakota University Numbering System, Common course numbering committee for articulation and transfer, Allied health, (2008), Chair (2009, member).

NDSU Gold Star Band, Alumni Band (2002-2016). Executive Board member.

NDSU cycling club (2007-2009). Faculty advisor.

Expanding your horizons workshop leader (2008).

University Presentations

Stastny, S., & Byun, W. (2017). Board of visitors invited speaker. Protein intake, physical activity and muscular health with aging.

HDE Saturday series (2015 and 2016). Lead tours for potential HNES students.

NDSU University Honors Program's project Cooking Up Leadership (2017), University Honors Matthew Salafia, advisor. Role: consultant, supervisor.

Stastny, S. and Keith, J. Benefits of attending graduate school at North Dakota State University. NDSU Graduate School, College of Human Development & Education, and Department of Health, Nutrition Exercise Sciences promotion and recruitment [Video] (2015).

Staff Senate, invited speaker (2015). 800 café: What's it about?

Live real mentor training (2010-2012), President's Council on Alcohol and Other Drugs, Room of Nations [Numerous oral presentations].

LIVE REAL Mentors, Train the Trainer program (2010) attendee.

Extension

The function and purpose of the Food Production Laboratory (2015). Family and consumer science Extension state agents [Invited speaker].

Physical Wellness (2015), Overscheduled series. NDSU Extension [Recorded audio education].

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FNP 2013 Calendar. Reviewed pp 1-11 for nutritional, culinary, and family consumer science content.

SERVICE TO THE PUBLIC

Media interviews

Hydration important part of sports activities (2016). Interview Bismarck Tribune, Marnie Walth.

In England, socially conscious fried chicken takes flight. NPR, “the Salt” (2015). [interview]. London, England.

Trans fat in the American diet: A response to the FDA report on elimination of hydrogenated vegetable oils from foods (2015). Live interview with Sandy Buttweiler, WDAY 970 [radio], Fargo, ND.

Hilliard, E., & Stastny, S. (2015). Spring clean your health: renew the mind and body with a review of habits. Lead story by reporter Anna G. Larson, Fargo Forum, Fargo, ND.

Oodles of zoodles: Zucchini “noodles” replace pasta (2014). Story in “variety” section by reported Anny Larson, Fargo, Forum, Fargo, ND.

Sugar and corn syrup: differences (2014). Lead story by reporter Kia Farhang, Fargo Forum, Fargo, ND.

Meal replacement shakes provide convenient dose of nutrition, but some people wary of claims (2013). Fargo Forum, Fargo, ND

Grab and go: Quick, delicious ideas for a satisfying breakfast (2012) She Says section lead story, Curing the holiday hangover (2011), Fargo Forum Fargo, ND.

How to enjoy ribfest without the guilt (2012). Lead story WDAY 10:00 Evening News [Interview]. Fargo, ND.

WDAY Cooking for the holidays (2011). [Interview available via podcast].

Strategies to reduce sodium intake in the United States: A response to the IOM report from nutrition expert (2010). Valley News Live, WDAY, Fargo, ND.

Presentations

Nutrient-rich foods for bone, gut health, and endurance (2019). Multiple myeloma focus group. Bismarck, ND.

Passport to better health (2009). Healthfair at First Lutheran Church. Chaired.

The “huh”? and “aha” parts of the Daniel Plan for a healthier life, food chapter (2016). Presentation(s) to members of First Lutheran Church, Fargo, ND.

Touchmark Chef’s “Chopped” competition (2015). Touchmark Retirement Community invited judge and speaker. Fargo, ND.

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Gold, A., **Stastny**, S., & Ness, M. (2014) Fargo chapter of the American Chef Federation FPLC tour and squash demonstration.

Nourish your bones and muscles (2014). Touchmark Retirement Community invited lecture. Fargo, ND.

21st Annual Traditional Woodlands and High Plains Pow wow (2012). Diabetic retinopathy detection and prevention [Booth presenter]. Fargo, ND.

United Tribes 42nd Annual International Pow wow and Summit (2011). Diabetic retinopathy detection and prevention [Exhibitor booth]. Bismarck, ND.

Turtle Mountain Wellness Fair (2011). Diabetic retinopathy detection and prevention [Exhibitor booth]. Belcourt, ND.

Stastny, S., Renier, G., & Hilmer, J. (2010, 2009). Nutrition for fall prevention, Eating for your eyes. Waterford Retirement Community, Fargo, ND.

Power up to compete (2010). Fargo Public Schools. Fargo South High School Gymnastics program.

Sports nutrition (2010). Fargo Public Schools Coaching Association. Fargo South High School.

KFGO Saturday mornings: KFGO Wellness Hour. (2007-2009) Eating for your eyes; Stay healthy over the holidays; National nutrition month; Healthy aging. AM790. Sponsored by Swanson Health Products.

First Lutheran Church, Health Committee (2008-2010). Member and health expert for congregation. Write articles for First in Focus, weekly newsletter, such as First on the Move, health tips.

Faithfully Fit Forever, Leader training and subsequent leadership (4-hour workshop) (2008 to 2010). Department of Cardiovascular Rehabilitation, MeritCare Medical Center (program developed by Jim White in partial fulfillment of HDE PhD). Lead weekly fitness classes for older adults. Weekly nutrition lesson.

Consultation

Good Samaritan Retirement Home (2010-2012) and Riverview Retirement home (2009). Consultant for food service menus and recipes. Fargo, ND.

Mexico mission trip (2011). Consultant for First Lutheran Church remote mission trip to rural Mexico. Planned 8 days menus for 25 builders in remote area with lack of potable water.

Consultation for Fargo South boy's hockey team (2009) and San Diego Padres with athletic trainer Charlie Woida (was NDSU graduate student) (2008). Menu and snack development for traveling team.

Cass County Correctional Facility (2006-2008). Consultant for selection of new foodservice contract and operator based on RFP's. Fargo, ND.

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Other

Rebuilding Together, Fargo (2011). Coordinated NDSU team to remove several years of brush from home of individual with disabilities.

United Way Day of Caring (2010). Coordinated NDSU team to rake and clean gutters for older adults.

OTHER COMMITTEES AND ORGANIZATIONAL INVOLVEMENT

Academy of Nutrition and Dietetics, abstract reviewer, member (2002-present).

-Grant reviewer (2017). McCormick Science Institute Research Award, Academy Foundation.

-Food and Culinary Professionals, dietetic practice group (DPG) of the Academy, member (2015-present)

-Academy response to “In-Home Food Safety Behaviors and Consumer Education: Annual Observational Study” From FDA to DPG/MIG Regulatory Comment Response. Contributing writer (2017). (FCP); federal register link <https://www.federalregister.gov/d/2016-30599>; FCP is a dietetics practice group (DPG) of the Academy. Role: Content expert, collaborator.

-Academy response to “Consumer knowledge, attitude and beliefs about food safety, with particular focus on emerging consumer food safety issues. (preparation for consumer survey)” From FDA to DPG/MIG Regulatory Comment Response. Contributing writer (2017). FCP is a dietetics practice group (DPG) of the Academy. Role: Content expert, collaborator.

-Academy work group member (2017). Policy recommendation on food and beverage taxes. Contributing writer and member. Role: Content expert, collaborator.

-Academy response to “nonbinding recommendations use of the term “healthy” in the labeling of human food products: guidance for industry, Office of Nutrition and Food Labeling Nutrition Program Staff., HFS-830, Center for Food Safety and Applied Nutrition Food and Drug Administration. Contributing writer (2016). (FCP); FCP is a dietetics practice group (DPG) of the Academy. Role: Content expert, collaborator.

-Academy response to *Use of the term “natural”: in the labeling of human food products; request for information and comments*, contributing writer (2016). (FCP); FCP is a dietetics practice group (DPG) of the Academy. Role: Content expert, collaborator.

-Reviewer for select chapters 6th Edition *Sports Nutrition: A practice manual for professionals* (2016). Proteins, ergogenic aids and dietary supplements. Protein chapter co-authored by Stuart Phillips (leading authority on protein).

Academy response to *The FDA Food Labeling Experimental Study on Consumer Responses to Nutrition Facts Labels With Various Footnotes and Declaration of Amount of Added Sugars*, contributing write (2015). Telephone consultation with Academy legal representative (Pippen Tuma, JDA) before final copy. Role: Content expert, collaborator.

Academy response to The FDA Food Labeling Experimental Study on Consumer Responses to Nutrition Facts Labels With Various Footnotes and Declaration of Amount of Added Sugars (FCP); FCP is a dietetics practice group (DPG) of the Academy (2015). Role: Content expert, collaborator.

Academy response to The FDA Food Labeling Experimental Study on Consumer Responses to Nutrition Facts Labels With Various Footnotes and Declaration of Amount of Added Sugars (SCAN); SCAN is a dietetics practice group (DPG) of the Academy (2015). Role: Content expert, collaborator.

Academy response to US Dept of HHS regarding menu labeling requirements representing the Food and Culinary Professionals (FCP); FCP is a dietetics practice group (DPG) of the Academy (2015). Role: Content expert, collaborator.

- Sports and Cardiovascular Nutritionists Practice Group (SCAN), member (2008-present).
 - includes Wellness/Cardiovascular specialized group for the Academy of Nutrition and Dietetics.
 - Executive Committee, Secretary (2017-2019).
 - Trainee, Events Director (2018-2019).
 - Symposium committee (2017-2019).
 - Website update committee (2018-2019).
 - Managing Editor, Fact Sheets, Wellness/CV (2014-2018).
 - Nutrition for polycystic ovary disease (2017). Complete revision.
 - Healthy snacking (2016). Complete revision.
 - Achieving and maintaining a healthy weight (2016). Complete revision.
- Reviewer for select chapters 6th Edition *Sports Nutrition: A practice manual for professionals* (2015). Proteins, dietary fats, fluids, electrolytes, ergogenic aids and dietary supplements.
- North Dakota Dietetic Association, member, board of directors, media chairperson eastern North Dakota (2009-2013) and Finance liaison (2006-2008).
 - In charge of National Nutrition Month media campaign for North Dakota.
 - Produced and implemented television commercials on ABC and CBS throughout ND, advocating for dietetics (2011, 2012)
- Fargo-Moorhead Dietetic Association Media spokesperson (2002-2013).
- Foodservice Management Education Council, member (2015-2017).
- International Society of Sports Nutrition, member (2013-2015).
- International Carotenoid Society, member (2009-2016).
- The Association for Research in Vision and Ophthalmology, member (2010-2012).
- Food Educators Learning Community (2003 to 2009).
- National Society of Healthcare Food Service Managers. Board of Directors. Education committee member (1999-2002).
- Real Food Challenge, North Dakota State University student group, faculty advisor (2015 to 2016).

RECENT PROFESSIONAL DEVELOPMENT ACTIVITIES

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External Development Activities

Completed second 5-year Board Certification for Sports Dietetics (CSSD) with the Academy of Nutrition and Dietetics, administered by the Commission on Dietetic Registration (passing of test = 75 CPEUs 2019-2024).

Nutrition and Dietetics, administered by the Commission on Dietetic Registration (passing of test = 75 CPEUs 2014-2019).

enCORE operator training for DXA scan operation (dual energy x-ray absorptiometry) diploma (2016). Held at NDSU by GE Healthcare.

Antiracist Multiculturalism Across the Curriculum (ARMAC)—40 hours training (2016). Added new modules/lesson plans to HNES460L, 261, 261L, and 361.

ACEND forum-quality nutrition and dietetics education: present realities, future innovations. This session was an update on the development of the new MS degree in dietetics. Presented as part of the Academy of Nutrition and Dietetics Conference (2015). Nashville, TN, Attendee.

The future of food and nutrition: the intersection of business, diversity and philanthropy, presented by Marcus Samuelsson and Lucille Beseler for the Academy of Nutrition and Dietetics Conference (2015). Samuelsson is world-famous chef; Beseler is 2014 president of the Academy. Nashville, TN, Attendee.

Supplement savvy: playing safe, smart and legal. Ellen Coleman, supplement expert and featured speaker for the Academy of Nutrition and Dietetics Conference (2015). Nashville, TN, Attendee.

The cognitive principles of effective teaching video series (2015). Dr. Stephen Chew, researcher in cognitive learning, Stanford University [Online], Attendee.

Open [Venturewell] (2015). VentureWell is dedicated to fostering an emerging generation of young inventors and entrepreneurs driven to improve life for people and the planet. Open conferences gather together engaged faculty and university students from across multiple disciplines to share stories, start new collaborations and learn best practices in technology entrepreneurship education. Washington, DC, Attendee.

Completed 5-year Board Certification for Sports Dietetics (CSSD) with the Academy of Nutrition and Dietetics, administered by the Commission on Dietetic Registration (passing of test = 75 CPEUs 2009-2014).

AWARDS AND HONORS

TEACHING

Recognized by the College of Human Development and Education as “people on campus” that made a difference to students (2018-2019), (2017-2018), (2016-2017), (2015-2016), (2014-2015), (2013-2014).

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Recognized by the 2018 graduating class for efforts in creating a terrific NDSU experience (Spectrum).

Outstanding Dietetic Educator representing a Dietetic Education Program (NDEP) Area 2 North Dakota, South Dakota, Minnesota, Missouri, Indiana, Illinois, Michigan, Ohio (2017). Dietetic Educators of Practitioners, Dietetic Practice Group of the American Academy of Nutrition and Dietetics, Indianapolis, IN.

Brunt, A., Rhee, Y., & **Stastny, S.** (2016). Program Excellence Award, Great Plains Interactive Distance Education Alliance presented to the faculty of the MS in Dietetics at NDSU.

Keith, J., & Stastny, S. (2016). HNES Graduate Faculty Ranked Research Showcase Poster Award. Consumer response to information about added sugar: preferred format and impact on food choices.

Nominated for Faculty Row (2015).

Recognized by NDSU Athletics as “staff” that made a difference to students (2014).

Outstanding Educator in a Dietetics Program (2011). Area 2 (North Dakota, South Dakota, Minnesota, Missouri, Iowa, Wisconsin). Academy of Nutrition and Dietetics. DEP meeting, Indianapolis, IN.

Outstanding Educator in a Dietetics Program (2011). State of North Dakota. North Dakota Dietetic Association. Grand Forks, ND.

Identified as one of the most helpful faculty members in their time at NDSU by graduating seniors (2003, 2004, 2006, 2008, 2009, 2011, 2012).

ADVISING

Nomination for the Outstanding Faculty Academic Advising Award (2017), NDSU, Provost office.

Graduate student mentor award (2014). College of Human Development and Education.

“Of the Month” (2013). National Residence Hall Honorary (NRHH) nominee for faculty mentor of the month.

Faculty mentor of the year (2010). Awarded by Residence Life. NDSU.

STUDENT ADVISEE AWARDS

Jill Keith, Francis E. Fischer Memorial Scholarship, Academy of Nutrition & Dietetics Foundation (2015-2016). Role: Major advisor and faculty mentor.

Jill Keith, Graduate Research Assistant Award. College of Human Development & Education, North Dakota State University, Fargo, ND (2014-2015). Role: Major advisor and faculty mentor. Wrote nomination.

Jill Keith, Commission on Dietetic Registration Doctoral Scholarship (2014-2015). Role: Major advisor

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and faculty mentor.

Jill Keith, Academy of Nutrition and Dietetics Foundation E. Neige Todhunter Memorial Doctoral Fellowship (2013-2014). Role: Major advisor and faculty mentor. Wrote letter of recommendation.

Jill Keith, Graduate Teaching Assistant Award. College of Human Development & Education, North Dakota State University, Fargo, ND (2012-2013). Role: Major advisor and faculty mentor. Wrote nomination.

Jill Keith, Academy of Nutrition & Dietetics Foundation Scholarship (2012-2013). Role: Major advisor and faculty mentor. Wrote letter of recommendation.

Alexa Hanson, NDSU HD&E College/Graduate Research Award (2009-2010).

Role: Major advisor and faculty mentor. Wrote nomination.

Alexa Hanson, NDSU HD&E College/Graduate Teaching Award (2008-2009).

Role: Major advisor and faculty mentor. Wrote nomination.

Brooke Fredrickson, North Dakota Dietetic Association Emerging Dietitian Award (2008).

Role: Wrote nomination.

RESEARCH AWARDS

RCA researcher of the month (2018, December). Research and creative activity. NDSU.

Exceptional contributions to research (2018). College of Human Development and Education, NDSU.

Hackney, K., & **Stastny**, S. (2018). Nominated for exceptional contributions for collaborative efforts for the College of Human Development and Education, NDSU.

McIntosh, L.E., Bennett, T.W., Streeter, D. M., Stone, K. A., Grier, J.W., **Stastny**, S., & Hackney, K.J. (2018). Effects of L-arginine and Exercise on Heart Rate Variability. Poster presented at the American College of Sports Medicine Northland regional meeting, St. Paul, MN. 1st place Undergraduate research award.

James Lebedeff Endowed Professorship Development Award (2017). College of Human Development and Education, NDSU.

Sherrard, A., Stone, K.A., Kotarsky, C., Dicks, N.D., Mitchell, S., **Stastny**, S., & Hackney, K.J. (2017). Comparison of subcutaneous adipose tissue in sedentary and active older and younger adults. Poster presentation at NDSU Explore. 3rd place poster presentation winner.

Exceptional contributions to research (2016). College of Human Development and Education, NDSU.

Nominated for HDE Exceptional Contributions to Research (2015, 2011, 2010).

Keith, J., & **Stastny**, S. (2016). HNES Graduate Faculty Ranked Research Showcase Poster Award. Consumer response to information about added sugar: preferred format and impact on food choices.

Sherri Nordstrom Stastny

Seaberg, N, **Stastny, S.**, Garden-Robinson, J. (2012). Game playing helps American Indians and older adults learn about diabetic retinopathy. Poster session presented at the HDE Research Showcase. Fargo, ND. Honorable mention

Nominated for HDE Emerging Researcher (2009, 2008).

Stastny, S. & Hanson, A. (2009). Nutrition Informatics: Development of Nutrition Facts panels in an on-campus restaurant [Abstract and Poster presentation]. Academy of Nutrition and Dietetics. Denver, CO. Abstract and award listing available at <http://www.eatright.org/Members/content.aspx?id=4294967788&terms=Stastny>. Awarded 2nd place top innovator for the session.

OTHER AWARDS

Honored alumni (2018). NDSU Gold Star Alumni Band, to recognize service to the Gold Star and other bands.

Hackney, K., Byun, W., David, S., & **Stastny, S.** (2017). Nominated for exceptional contributions for collaborative efforts for the College of Human Development and Education, NDSU.

Nominated by SCAN to the Academy of Nutrition and Dietetics, Secretary (nomination 2016 for 2017-2019 term)

Asperin, A., Ragan, A., & **Stastny, S.** (2015). Exceptional contributions for collaborative efforts for the College of Human Development and Education, NDSU.

Advance FORWARD travel program award recipient. (2011-2012, 2009). National Science Foundation Grant # HRD-0811239 to the NDSU Advance FORWARD program. Aging in America, Washington, DC. Aging in America National Council on Aging presenter, Las Vegas, NV. \$700.

Advance FORWARD course release program award recipient. (2011-2012). National Science Foundation Grant # HRD-0811239 to the NDSU Advance FORWARD program. \$3,000.

Teaching math online (2010). Food Educators Learning Community. [Oral presentation and abstract]. Charleston, SC. Best proposal award.

Stastny, S. (2009). From honey to beet sugar: The food science behind natural sweeteners [Oral presentation]. Food Educators Learning Community Ultimate Teaching Competition. 3rd place and \$500 and complimentary 2010 conference.

Stastny, S., & Garden Outstanding education award, of the North Dakota Dietetic Association. Nomination written by Williams, Burke and Divide county (N.D.) extension agents.-Robinson, J. (2009). Eating for your eyes. Pyramid Power Award, Nutrition

Meet the parents: Using PBL to increase learning and decrease student fatigue (2009). Food Educators

Sherri Nordstrom Stastny

Network International, Las Vegas, NV. People's Choice: Best Poster Presentation.

North Dakota Wheat commission award winning recipe published in ND Wheat cookbook (2005).

Fellow in Educational Leadership, Bush Grant, NDSU (2002-2003).

Tyson award winning recipe published in Taste of the Times (2000), Full-color hard cover cookbook, Library of Congress Catalog Card Number: 98-61123.

SCHOLARSHIP AWARDS

Barbara B. North and Mary Hadley Graduate Dietetics Award. College of Human Development and Education, North Dakota State University, Fargo, ND (2006, 2005).

Mavis Nymon Graduate Award. College of Human Development and Education, North Dakota State University, Fargo, ND (2004).

Mead Johnson Graduate Student Award, Academy of Nutrition and Dietetics Foundation (2004).

Academy of Nutrition and Dietetics Foundation Graduate Student Award (2007, 2006, 2005).