

# Allison A. Childress PhD, RDN, CSSD, LD

## Registered and Licensed Dietitian

Lubbock, TX

Allison.childress@ttu.edu

### Education

2017

**Ph.D. in Nutritional Sciences**

**Specialization: Addictive Disorders & Recovery, Marriage and Family Therapy**

*Texas Tech University, Lubbock, TX*

Dissertation Title: Gastric Myoelectrical Activity and Satiety in Food Addiction

2010

**M.S. Nutritional Sciences and Dietetic Internship**

*Texas Tech University, Lubbock, TX*

Thesis Title: Home Availability of Fruits and Vegetables and Body Mass Index In Hispanic Children, Kindergarten to Second Grade

1999

**B.S. Degree in Food and Nutrition**

*Texas Tech University, Lubbock, TX.*

Minor: Restaurant, Hotel and Institutional Management

### Academic Work Experience

2017-Present

Assistant Professor, Texas Tech University

Director of Online MS in Nutrition and Dietetics, Texas Tech University

Chief Clinical Dietitian, Texas Tech University

*Nutrition and Metabolic Health Initiative*

Faculty-Led Study Abroad

*Led program/taught courses in Barcelona, Spain for 14 students*

*Led program/taught courses in Munich, Germany for 16 students*

*Led program/taught courses in South Africa for 10 students (2018 and 2022)*

2020-Present

Adjunct Instructor

*Framingham State University (FSU), Arkansas State University (ASU) and South Plains College (SPC)*

*FSU - NUTR 960-Sports Nutrition (graduate, online)*

*ASU – NS 4463 Sports Nutrition (undergraduate coordinated program (CP), hybrid)*

*NS 3113 Lifecycle Nutrition*

*NS 4553 Nutrition Counseling*

*NS 3263 The Nutrition Care Process*

*SPC – HECO 1322-Personal Nutrition (undergraduate, face-to-face and online)*

2015-2017

Director of Didactic Program in Dietetics, Texas Tech University.

*Texas Tech University, Academy of Nutrition and Dietetics, Accreditation Council for Education in Nutrition and Dietetics*

2013-2015

**Nutrition Instructor**

*Texas Tech University Department of Nutritional Sciences*

2012-2013

**Adjunct Instructor**

*Texas Tech University*

**Courses Taught at Texas Tech University**

- NS 1325 Nutrition Food and Healthy Living (developed and taught)
- NS 2380 Cultural Aspects of Food (F2F and Online)
- NS 2330 Nutrition for Health, Fitness and Sport (developed and taught, online only)
- NS 3340 Nutrition in the Lifecycle (F2F and Online)
- NS 3310 Intro to Medical Nutrition Therapy (F2F only)
- NS 3325 Sports Nutrition (F2F and Online)
- NS 4201 Professional Issues in Dietetics (F2F only)
- NS 4350 Emerging Issues in Food Science and Nutrition (F2F and Online)
- NS 5330 Introduction to Nutrition Research (Online only)
- NS 5335 Issues in Sports Nutrition (developed and taught, online only)
- NS 6325 Nutrition, Exercise and Sport (developed and taught, online only)
- NS 6330 Nutritional Supplements and Ergogenic Aids (developed and taught, online only)
- NS 6318 Maternal and Child Nutrition (online only)
- NS 6365 Obesity Management for the Clinical Practitioner (online only)

**University, College and Departmental Committees**

- Texas Tech University Faculty Senate
- Academic Integrity Faculty Hearing Panelist
- College of Human Sciences Scholarship Committee
- College of Human Sciences Teaching Effectiveness Committee
- College of Human Sciences Grade Appeals Committee
- College of Human Sciences Online Learning Committee
- Department of Nutritional Sciences Scholarship Committee
- Department of Nutritional Sciences Undergraduate Curriculum Committee
- Department of Nutritional Sciences Graduate Curriculum Committee
- Dietetic Internship Selection Committee
- Department of Nutritional Sciences Social Media Committee (Chair)
- Department of Nutritional Sciences Graduate Application Committee
- Department of Nutritional Sciences Online MS Admission Committee (Chair)

**Non-Academic Work Experience**

2021-Present

**CEO, 3 CulinaryMed Docs**

- CEO and Co-Founder of healthcare technology start up
- Responsible for the vision and strategic direction of the company, product design and

- testing
- Manage and oversee business development, legal affairs, marketing and advertising and product management

2010-Present

**Consultant Dietitian, Texas and New Mexico**

- Responsible for nutrition care of patients in hospitals, long-term care facilities, bariatric clinics, drug and alcohol facilities and outpatient clinics.
- Responsible for sanitation and safety of the kitchen and foodservice operation in hospitals, long-term care facilities and drug and alcohol rehabilitation facilities.
- Responsible for the education of dietary staff and other medical staff upon request

2010-2015

**Dietetic Internship Preceptor**

*Texas Tech University*

2012-2014

**Director of Nutrition, Wellness Today**

- Established new nutrition practice in a physical therapy company
- Established new nutrition practice within a physical therapy company
- Served as manager of three nutrition staff including three registered dietitians
- Designed and implemented a specialized weight loss program.
- Practiced as outpatient dietitian in pediatrics, adults, geriatrics and athletics

2010-2012

**Clinical Dietitian**

*Lubbock Heart Hospital*

2010-2012

**High-Risk Dietitian**

*USDA Women, Infants and Children*

**Honors and Awards**

- 2023 President's Excellence in Teaching Award Nominee – *Texas Tech University Department of Nutritional Sciences*
- 2023 Teaching Academy Member – *Texas Tech University*
- 2022 Historically Underutilized Business (HUB) Certification - *State of Texas Comptroller of Public Accounts*
- 2022 Texas Tech University President's Innovative Start Up Award – *Texas Tech University Office of the President*
- 2022 Texas Tech University Innovation Hub Accelerator Program Cohort 6 Competition Winner – *Texas Tech University Innovation Hub*
- 2022 Accelerator Competition People's Choice Award-*Texas Tech University Innovation Hub*
- 2021 iLaunch Competition People's Choice Award – *Texas Tech University Innovation Hub*
- 2021 Texas Tech University Innovation Hub Prototype Award – *Texas Tech University Innovation Hub*
- 2021 Spencer A. Wells Award for Creativity in Teaching – *College of Human Sciences, Texas Tech University*
- 2021 Nutrition in Media Award – *Texas Academy of Nutrition and Dietetics*

- 2018 Distinguished Scientist Award – *Texas Academy of Nutrition and Dietetics*
- 2018 Mortar Board Apple Polishing Award - *Texas Tech University Mortar Board*
- 2016 Emerging Dietetic Leader – *Texas Academy of Nutrition and Dietetics*
- 2016 Mortar Board Apple Polishing Award – *Texas Tech University Mortar Board*
- 2015 Professing Excellence Award - *Texas Tech University*
- 2015 Emerging Dietetic Leader - *Lubbock Academy of Nutrition and Dietetics*
- 2015 Obesity Research Cluster Pilot and Feasibility Grant – *Texas Tech University*
- 2013 Outstanding Preceptor Newcomer - *Lubbock Academy of Nutrition and Dietetics*
- 2013 Kids Eat Right Mini Grant (2) - *Academy of Nutrition and Dietetics*
- 2013 Everyday Hero – *Academy of Nutrition and Dietetics*
- 2013 Public Policy Workshop Trip Contest Winner – *Kids Eat Right*

## Professional Associations and Activities

- 2018-Present **Collegiate and Professional Sports Dietitians of America**
- 2018-Present **American Society of Nutrition**
- 2016-Present **The Obesity Society**
- 2008-Present **Academy of Nutrition and Dietetics**
- Nutrition and Dietetic Educators and Preceptors Practice Group
  - Weight Management Practice Group
  - Sports, Cardiovascular and Wellness Nutrition Practice Group
- 2008-Present **Texas Academy of Nutrition and Dietetics**
- **Director of Communications 2020-2022**
  - Media Representative 2017-Present
  - Board of Directors-Treasurer 2014-2017
  - Let’s Move Coordinator for Lubbock District 2012-2013
- 2008-Present **Lubbock Academy of Nutrition and Dietetics**
- President – 2013-2014
  - President Elect – 2012-2013
  - Treasurer – 2011-2012
  - Treasurer Elect – 2010-2011

## Service Activities

- 2010-Present Nutrition in the Media – *numerous live, recorded & print broadcasts/publications, [samples below](#)*
- Forbes Health – Your Guide to Gluten Free Diets  
<https://www.forbes.com/health/body/gluten-free-diets/>

- WebMD – Diabetes Basics  
<https://www.webmd.com/diabetes/guide/diabetes-basics>
- InStyle Magazine – What is Jackfruit Anyway?  
<https://www.instyle.com/lifestyle/food-drink/what-is-jackfruit>
- MyFitnessPal – 9 Ways to Combat Stress Eating  
<https://blog.myfitnesspal.com/9-smart-ways-to-combat-stress-eating/>
- Born to Be Breastfed (Podcast)– Your Quick Guide to Breastfeeding and Bariatric Surgery  
<https://www.voiceamerica.com/episode/114474/your-quick-guide-to-breastfeeding-and-bariatric-surgery>
- KLBK News Channel 13 and Fox 34 Lubbock – Regular live broadcast nutrition expert  
<https://www.everythinglubbock.com/news/trends-and-friends/allison-childress-breaks-down-nutrition-myths/>

2018	The Ultimate New Mom’s Cookbook – Co-author
2014	Nutrition in the Lifecycle 6 <sup>th</sup> Ed. Reviewer
2010-2012	Lubbock Coalition for Better Nutrition
2009	Science, It’s a Girl Thing – <i>Texas Tech University</i>

## Academic Publications

Chrisman, M., **Childress, A.**, Bailey, D., Klobodu, S., Kerin, A., Benavides, M. Obesity education may not be sufficient in US dietetic internship programs. (2022) *Nutrition Today*. Accepted for publication Oct. 13, 2022.

Salas-Groves, E., Galyean, S., Alcorn, M., & **Childress, A.** Behavior Change Effectiveness using Nutrition Apps in People with Chronic Disease: A Scoping Review. (2022) [Manuscript submitted for publication] *JMIR mHealth and uHealth Journal*. Preprint <http://doi.org/10.2196/preprints.41235>.

Zhu, Y., Bailey, D., **Childress, A.**, Dawson, JA, Binks, M., Dhurandhar, N. (2022) Greater protein quality of an egg breakfast may be inadequate to induce satiety during weight loss, compared with a cereal breakfast of equal protein quantity. *International Journal of Food Sciences and Nutrition* 73(8), 1096-1103.  
<https://doi.org/10.1080/09637486.2022.2133097>.

Peng L, **Childress A**, Dawson JA, Jai TM, Punyanunt-Carter N, Oldewage-Theron W. (2021) Food Safety Education for Elementary Students Worldwide. *International Journal of School Health*, 8(1), 3-13. doi: 10.30476/intjsh.2021.88232.1107. [https://intjsh.sums.ac.ir/article\\_47338.html](https://intjsh.sums.ac.ir/article_47338.html).

**Childress A**, Dawson JA, George J, Dhurandhar NV. Accuracy of a 24-Hour Recall Following a Measured Highly Palatable Snack. (2021) *Diabetes & Metabolic Syndrome: Clinical Research & Reviews*, 15(2), 637-638. doi: <https://doi.org/10.1016/j.dsx.2021.02.028>. <https://pubmed.ncbi.nlm.nih.gov/33685847/>.

Moyo G, Jackson S, **Childress A**, Dawson JA, Thompson L, Oldewage-Theron W. Chrononutrition and Breastmilk: A review of circadian variation in breastmilk nutrient composition (2021) *Clinical Lactation*. 12 (2), 74-82. doi: 10.1891/CLINLACT-D-20-00027. <https://connect.springerpub.com/content/sgrcl/12/2/74.abstract>.

Moyo G, Jackson S, **Childress A**, Dawson JA, Thompson L, Oldewage-Theron W. (2021) Chrononutrition and

Breastmilk: A review of circadian variation of hormones in breastmilk. *Clinical Lactation*. 12(3), 114-123. doi: 10.1891/CLINLACT-D-20-0003. <https://connect.springerpub.com/content/sgrcl/12/3/114.abstract>.

Moyo G, Jackson S, **Childress A**, Dawson JA, Thompson L, Oldewage-Theron W. (2021) Chrononutrition and Breastmilk: A review of circadian variation observed in human milk immune factors. *Clinical Lactation*. 13(1), 7-17. doi: 10.1891/CL.2021-0003.

Dhanasekara C, Dawson JA, **Childress A**, Dhurandhar NV. Egg and Saturated Fat-Containing Breakfasts Have No Acute Effect on Glycemic Control in Health Adults: A Randomized Partial Crossover Trial. (2021) *Nutrition and Diabetes*. Nov 9;11(1):34. doi: 10.1038/s41387-021-00176-x. PMID: 34753900.

Gonzalez E, **Childress A**, Dawson JA, McCutchin, D. Prevalence of Eating Disorders and Their Association with a Previously Suffered Concussion Among Student-Athletes at a Power Five Conference University. *Current Developments in Nutrition*. 2020; 4(2) 1753.

Zhu Y, Bailey D, **Childress A**, Dawson JA, Binks M, Dhurandhar NV. Greater Protein Quality Without Greater Protein Quantity May Not Be Adequate to Induce Satiety or Reduce Energy Intake in a Weight Loss Setting. (2021) *Journal of the American College of Nutrition*. Under review. Submitted 29 November 2021.

Content Advisor: Cheng FW, Garay JL, Handu D. Weight Management Interventions for Adults With Overweight or Obesity: An Evidence Analysis Center Scoping Review. *Journal of the Academy of Nutrition and Dietetics*. 2020; <https://www.sciencedirect.com/science/article/pii/S2212267220309709?via%3Dihub>.

Reed DB, **Bray Childress A**. Service learning extends academic learning in critical area of childhood overweight. *Journal of Nutrition Education and Behavior*. 2009; 41(4s) S35.

## Invited Presentations at Professional Meetings

Poster Presentation: Benavides M, **Childress A**, Oldewage-Theron W, Dawson JA. 2021. A Needs Assessment Survey to Identify Nutrition Knowledge Deficits in Graduating D1 Collegiate Athletes for Subsequent Development of a Pre-Graduation Nutrition Education Course. Academy of Nutrition and Dietetics Sports Cardiovascular and Wellness National Symposium, Virtual Event.

Poster Presentation: Gonzalez E, **Childress A**, Dawson JA, McCutchin, D. 2020. Prevalence of eating disorders and their association with a previously suffered concussion among student-athletes at a power five conference university Academy of Nutrition and Dietetics Sports Cardiovascular and Wellness National Symposium, Virtual Conference American Society for Nutrition June 1-4.

Invited talk: **Childress A**. 2019. The Power of Protein: New Research and Recommendations. US Foodservice Seminar. Lubbock, TX.

Poster Presentation: **Childress A**, Dawson JA, George J, Dhurandhar NV. 2019. Accuracy of a 24-Hour Recall of a Measured Snack. American Society of Nutrition, Baltimore, MD.

Poster Presentation: Macias J, Oldewage-Theron W, Dawson JA, **Childress A**. 2019. Retention of nutrition knowledge and changes in fruit and vegetable preferences in 4<sup>th</sup>-5<sup>th</sup> grade students. Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo, Philadelphia, PA.

Invited talk: **Childress A**, Goodson A, Susie C. 2018. Go Pro, Get Published! Texas Academy of Nutrition and Dietetics Annual Conference, Houston, TX.

Invited talk: **Childress A**. 2017. Food Fad, Fact or Fiction? US Foodservice Seminar. Lubbock, TX.

Poster Presentation: **Childress A.** 2016. Does higher protein quality breakfast reduce energy intake when following a weight loss diet plan? The Obesity Society, New Orleans, LA.

Invited talk: **Childress A.** 2016. GMO and Organic Foods. US Foodservice Seminar, Lubbock, TX.

Invited talk: **Childress A.** and Ds Souza C. 2016. Biology and Brain Science of Addiction. Texas Panhandle Center for Behavioral and Developmental Health, Amarillo, TX

Invited talk: **Childress A.** 2016. Is Food Addiction Real? Texas Panhandle Center for Behavioral and Developmental Health, Amarillo, TX.

Invited talk: **Childress A.** and Ds Souza C. 2015. Welcome to Your New Addiction: An Overview of Food Addiction. Texas Academy of Nutrition and Dietetics Food and Nutrition Conference and Exhibition, Houston, TX.

Invited talk: **Childress A.** 2015. Welcome to Your New Addiction: An Overview of Food Addiction. US Foodservice Seminar, Lubbock, TX.

Poster Presentation: Bailey D, Dhurandhar NV, Cooper J, Dawson J, **Childress A.** Are eggs a novel dietary aid for the treatment and management of obesity? 2nd Annual TTU Obesity Research Cluster Meeting; 2015 May; Lubbock, TX.-Poster

Invited talk: **Childress A.** 2014. A Tour of Motivation and Behavior Change. US Foodservice Seminar, Lubbock, TX.

Invited talk: **Childress A.** 2013. Let's Move! – Make a Healthy Impact on Your Community. Texas Recreation and Parks Society Annual Conference, Lubbock, TX.

## **Funding Support**

### *Proposed Research Support*

National Institutes of Health (NIH, SBIR). The Development of a Smartphone App Utilizing Culinary Medicine to Promote Nutritional Self-Management of Chronic Disease.

Role: PI, Submitted 12/27/2022

National Institutes of Health (NIH, DHHS). The Role of eCulinary Medicine in the Management of Type 2 Diabetes in a Hispanic Population.

Role: Lead PI, Re-Submitted 11/16/22

National Collegiate Athletic Association. Development and Implementation of an Exit Nutrition Education Program for Graduating NCAA Student-Athletes; A Pilot Study.

Role: Lead PI, Submitted 6/24/2022

Collegiate and Professional Sports Dietitians of America (CPSDA). Development & Implementation of an Exit Nutrition Education Program for Graduating NCAA Student-Athletes.

Role: Lead PI, Submitted 6/17/2022

United States Department of State. OIA: Agro-processing as a Strategy to address Food Insecurity and Malnutrition (ASFIM) among poor rural producers and processors in the Free State province of South Africa.

Role: Lead PI, Submitted 4/30/2022

National Institutes of Health (NIH, DHHS). The Role of eCulinary Medicine in the Management of Type 2

Diabetes in a Hispanic Population.  
Role: Lead PI, Submitted 10/13/21

Department of Health and Human Services. Control And Prevention of Type 2 Diabetes in Patients from for Racial and Ethnic Minority Backgrounds.  
Role: PI, Submitted 7/13/21

National Cattlemen's Beef Association. Culinary medicine to enhance protein intake as part of a Mediterranean diet on muscle quality in older adults.  
Role: PI, Submitted 7/12/21

American Society for Metabolic & Bariatric Surgery. Impact of eCulinary Medicine in Bariatric Surgery Patients with COVID-19 Pandemic Weight Gain.  
Role: Co-PI, Submitted 5/10/21

Lupus Research Alliance. Glutamine Effects Among People with SLE Who Follow Mediterranean Diet for 12 Weeks.  
Role: PI, Submitted 2/16/21

Siggi's Starters. Effects of eCulinary Medicine Emphasizing Yogurt to Increase Calcium Intake in Hispanic Adolescent Females. *Pending*.  
Role: PI, Submitted 5/6/21

Academy of Nutrition and Dietetics Foundation. A Needs Assessment to Identify the Deficits in Nutrition Knowledge that Should be Addressed within an Exit Nutrition Course for Graduating and Retiring Student Athletes.  
Role: PI, Submitted 2/15/21

California Walnut Commission. The Role of Walnuts in Immune Response and Health Quality of Life in Persons With Obesity.  
Role: PI, Submitted 3/8/21

California Walnut Commission. The Impact of a Walnut-enriched Plant-based diet on Total and Regional Body Composition in a Weight Reduction Intervention in Middle-aged Adults.  
Role: Co-PI, Submitted 3/8/21

Almond Board of California. The Impact of Almonds on Immune Biomarkers and Severity of Symptoms of COVID-19 and Influenza in Persons With Obesity.  
Role: PI, Submitted 9/30/2020

National Honey Board. Effect Of Mediterranean Foods Paired With Honey In The Diets Of Adolescents In The United States: Strategies To Improve Nutrient Intake And Food Cost.  
Role: Co-PI, Submitted 11/13/2020

USA Dry Pea and Lentil Council. Culinary Intervention With Pulses to Increase Pulse Intake in a Reduced Energy Diet as Assessed by the Remote Food Photography Method.  
Role: PI, Submitted 12/4/20

USA Dry Pea and Lentil Council. Effects of Pulse Ingestion During Endurance Exercise Versus a Commercial Carbohydrate Gel. *Pending*.  
Role: PI, Submitted 12/6/19

USDA Agricultural Research Service. The Impact of Pulses Consumed at Breakfast on Satiety and Subsequent



Energy Intake.

Role: Co-PI, Submitted 6/17/19

Academy of Nutrition and Dietetics Foundation. The Impact of a Nutrition Education Intervention on the Nutrition Knowledge, Attitude, and Behavior Among Elementary Students in Taiwan.

Role: Investigator, Submitted 2/1/20

Alliance for Potato Research and Education. The Impact of White Potatoes Cooked in an Omega-3 Rich Oil on Health Indices, Cardiovascular and Inflammatory Markers in Healthy Persons.

Role: PI, Submitted 2/21/20

Academy of Nutrition and Dietetics Foundation. Maternal Nutrition Education Intervention on Exclusive Breastfeeding in East Lubbock, Texas; A Theoretical Approach to Promote Optimal Breastfeeding Practices.

Role: Lead PI, Submitted 2/1/20

#### *Funded Research Support*

National Cattlemen's Beef Association. The Effect of Culinary Medicine to Enhance Protein Intake on Muscle Quality in Older Adults. Awarded 3/22/2023 (\$53,731).

Role: Co-PI

American Society for Nutrition Foundation Ajinomoto Young Investigator Pilot Grant. Increasing Vegetable Intake Using Monosodium Glutamate: A Reduced-Effort Intervention. Awarded 5/17/2022 (\$10,000).

Role: Co-Investigator

Texas Tech University President's Innovative Start Up Award. 3 CulinaryMed Docs. Awarded 9/15/2022 (\$25,000).

Role: PI

National Science Foundation (NSF). Innovation Corps National Innovation Network Teams Program. 3 CulinaryMed Docs eCulinary Medicine Program. Awarded 4/1/2022 (\$50,000).

Role: Co-PI

Texas Tech University. Innovation Hub Accelerator Program. 3 CulinaryMed Docs. Awarded 4/1/2022 (\$25,000).

Role: PI

Texas Tech University. Innovation Hub Prototype Fund. 3 CulinaryMed Docs eCulinary Medicine Program. Awarded 10/31/2021 (\$10,000).

Role: PI

McCormick Science Institute. Effects of eCulinary Medicine Emphasizing Herbs and Spices to Increase Vegetable Consumption among Adults with Hypertension. Awarded 5/1/2021 (\$5,000).

Role: Co-PI

American Society for Nutrition Foundation Ajinomoto Young Investigator Pilot Grant. Cooking with Monosodium Glutamate to Increase Vegetable Consumption as Assessed by the Remote Food Photography Method and Resonance Raman Spectroscopy. Awarded 9/1/2020 (\$10,000).

Role: Co-Investigator

Alliance for Potato Research and Education. What are the effects of potatoes, utilizing specific cooking methods, on blood pressure in persons with Type 2 diabetes who follow the DASH diet for 8 weeks? Awarded 9/1/2019 (\$22,000).

Role: Co-PI

American Egg Board. Does higher protein quality breakfast reduce energy intake when following a weight loss diet plan? Awarded 5/22/2015 (\$67,195).

Role: Investigator

Texas Tech University Obesity Research Cluster. The role of gastric motility, body fat distribution, and obesity related markers in obese patients with disordered eating. Awarded 1/31/2015 (\$1,500).

Role: Co-PI

Texas Tech University Worldwide eLearning. Developing a Nutritional Sciences Online Minor. Awarded 3/31/2014 (\$25,000).

Role: Investigator

## Peer Review of Manuscripts

Nutrition Research

Nutrition and Diabetes

Topics in Clinical Nutrition

The Journal of Functional Foods

International Journal of Obesity

## Editorial Boards

Frontiers in Nutrition

## Graduate Research Committees

2017	Jordan George, MS Nutritional Sciences-Committee Member
2018	Eduardo Gonzalez, MS Nutritional Sciences-Chair
2018	Yasaman Jamshidinaeni, PhD Nutritional Sciences-Committee Member
2019	Yaqiong Zhu, PhD Nutritional Sciences-Committee Member
2019	Samudani Dhanasekara, PhD Nutritional Sciences-Committee Member
2019	Gugulethu Moyo, PhD Nutritional Sciences-Committee Member
2019	Jannin Macias, MS Nutrition and Dietetics-Chair
2020	Penny Peng, PhD Nutritional Sciences-Committee Member
2020	Dhanashree Sawant, MS Nutritional Sciences-Committee Member
2020	Carson Maher, PhD Nutritional Sciences-Chair
2020	Christian Munoz, MS Nutrition and Dietetics-Co-Chair
2020	Marqui Benavides, MS Nutrition and Dietetics-Chair
2021	Emily Salas-Groves, PhD Nutritional Sciences-Committee Member
2021	Shin-Shan Cho, MS Nutrition and Dietetics-Committee Member
2021	Tiffany Nguyen, MS Nutritional Sciences-Committee Member
2022	Tanisha Basu, MS Nutritional Sciences-Committee Member
2022	Kerisa Viramontes, MS Interdisciplinary Studies-Committee Member
2022	Marqui Benavides, PhD Nutritional Sciences-Committee Chair
2023	Bhavika Dharavat, MS Nutrition and Dietetics-Committee Member
2023	Zoyanna Dawkins, MS Interdisciplinary Studies-Committee Member

## Formal Continuing Education

- 2021 Certificate in Drugs in Sport - *International Olympic Committee*
- 2015 Professional Certificate in Online Education – *University of Wisconsin-Madison*
- 2013 Certified Specialist in Sports Dietetics – *Commission on Dietetic Registration*
- 2012 Certified Personal Trainer – *Cooper Clinic, Dallas, TX*