

**VITAE**

**CAROL S. JOHNSTON**  
Nutrition Program  
College of Health Solutions  
Arizona State University  
550 North 3<sup>rd</sup> Street Rm 532, Phoenix AZ 85004  
PHONE (602) 496-2539  
E-mail: carol.johnston@asu.edu

**Academic Training**

Biological Sciences, University of Texas, Austin, PhD, 1986  
Nutrition, University of Texas, Austin, MS, 1983  
Nutrition, University of Michigan, Ann Arbor, BS, 1979

**Credentials**

Registered Dietitian, 1988

**Professional Employment Record**

Professor and Associate Dean for Faculty Success (tenured/tenure-track faculty), College of Health Solutions, Arizona State University, 2018-present  
Professor and Associate Director, Nutrition Program, School of Nutrition and Health Promotion, Arizona State University, 2011-2018  
Professor and Director, Nutrition Program, College of Nursing and Health Innovation, Arizona State University, 2009-2011  
Professor and Chair, Department of Nutrition, Arizona State University, 2006-2009  
Professor, Department of Nutrition, Arizona State University, 2000-2006  
Associate Professor, Department of Family Resources & Human Development, Arizona State University, 1993-2000  
Assistant Professor, Department of Family Resources & Human Development, Arizona State University, 1986-1993  
Instructor, Austin Community College, Austin, TX, 1983-1986  
Teaching Assistant/Research Assistant, University of Texas, Austin, 1980-1986  
Statistical Clerk, Bureau of Epidemiology, Texas Department of Health, 1979-1980

**Funded Grants and Gifts**

1. Johnston, Carol S PI Effect of two food supplements palmitoylethanolamide and curcumin, on proinflammatory markers in adults recently diagnosed with COVID-19: Two randomized controlled trials. Gencor Lifestage Solutions (10/1/2020- 09/30/2021) \$264,084
2. Johnston, Carol S Col (PI: Chris Wharton) Food systems and the circular economy: Analyzing sustainable sourcing, food production and health impacts related to plant-based foods. Circular Economy Faculty Projects (4/11/18-9/1/18) \$20,000
3. Johnston, Carol S PI Medical Nutrition Education Initiative for Healthcare Providers- Arizona State University College of Health Solutions. Flinn Foundation (10/1/16 – 9/30/19) \$558,241
4. Johnston, Carol S (PI: Sweazea, Karen) Evaluation of the protective effects of a beet juice energy drink on vascular health. Isagenix Int. (07/01/2015 - 06/30/2016) \$60,726
5. Johnston, Carol S (PI: Tasveska, Natasha) Investigation of Biomarkers for Sugars Intake - A Controlled Feeding Study. HHS-NIH-National Cancer Institute (NCI) (7/1/2015 – 6/30/2020) \$3,168,604
6. Johnston, Carol S PI The Effects of Re-Engineered Carbohydrates on Metabolic Syndrome. Inflammation Foundation (8/4/2014 - 8/3/2015) \$111,850
7. Johnston, Carol S (PI:Sweazea, Karen) Evaluation of the Anti-aging Properties of Product B. Isagenix Int. (8/1/2013 - 11/30/2014) \$107,267
8. Johnston, Carol S (PI:Sweazea, Karen) Almond Ingestion to Reduce Hemoglobin A1C in Individuals with Type 2 Diabetes. Almond Board of CA (7/1/2012 - 12/31/2013) \$151,992
9. Johnston, Carol S, PI Effects of Peanut Products on Satiety and Weight Management in an Overweight Campus Community. Peanut Institute. (12/1/2010 - 11/30/2011) \$100,000

10. Johnston, Carol S (PI:Martin, Keith),Effect of a polysaccharide supplement with Aloe on the bioavailability of dietary antioxidants in healthy adults. Mannatech (2/7/2010 - 12/31/2011) \$62,699
11. Johnston, Carol S (PI:Winham, Donna M) Impact of Daily Navy Bean Consumption on Biomarkers for Heart Disease and Type 2 Diabetes Risk. Bush Brothers (8/1/2005 - 9/30/2006) \$50,000
12. Johnston, Carol S, PI The Impact of Vitamin C Status on Fat Oxidation, Adiponectin Concentrations, and Body Mass. General Mills/Bell Institute of Health (5/1/2005 - 4/30/2006) \$61,200
13. Johnston,Carol S, (PI: Hutchins, Andrea) The Role of Insulin Sensitivity in the Success of Weight Loss Diets. Pfeiffer Research Foundation (8/1/2004 - 7/31/2005) \$74,910
14. Johnston, Carol S, PI Evaluation of the Efficacy and Healthfulness of Two Popular Low Carbohydrate Diets - Atkins versus the Zone. Inflammation Research Foundation (8/1/2004 - 7/31/2005) \$50,827
15. Johnston,Carol S (PI:Winham, Donna M) Impact of Long-Term Chickpea Consumption on Biomarkers for Heat Disease and Type 2 Diabetes Risk. Michigan State University (6/1/2004 - 5/31/2006) \$187,000
16. Johnston, Carol S, PI Vitamin C Metabolism. Inter-Cal Corporation (1992) \$12,000
- Faculty-Grant-in-Aid & Research Incentive Awards (Arizona State University) 1987-2003 \$75,000
- Gifts 1988-2020, Nutrition Research Fund of the ASU Foundation, PI, \$432,000

### Book Chapters

1. Johnston CS. Vitamin C. In: Present Knowledge in Nutrition, 11<sup>th</sup> ed. Elsevier, In Press.
2. Sweazea K, Johnston CS. Cardioprotective Potential of Flaxseeds in Diabetes. In: *Bioactive Foods as Dietary Interventions for Diabetes*, 2<sup>nd</sup> Edition (ed: Watson R, Preedy V) Elsevier; San Diego, CA: Elsevier, ch. 24, 2019.
3. Johnston CS. Vegetarian diet and possible mechanisms for impact on mood. In: *Vegetarian and Plant Based Diets in Health and Disease Prevention*, 1<sup>st</sup> Edition (ed: Mariotti F) Academic Press, 2017.
4. Johnston CS, Steinberg FM, Rucker RB. Ascorbic Acid. In: *Handbook of Vitamins*, 5<sup>th</sup> ed. CRC Press:Boca Raton FL, 2013.
5. Johnston CS. Vitamin C. In: *Present Knowledge in Nutrition*, 10<sup>th</sup> ed. (eds. Erdman JW, MacDonald IA, Zeisel SH) John Wiley and Sons Inc:Hoboken NJ, 2012.
6. Johnston CS. Medicinal Uses of Vinegar. In: *Complementary and Alternative Therapies' and the Aging Population*. (ed. Watson RR) Academic Press, 2008.
7. Benton MJ, Swan PD, Johnston CS. Timing of Post-Exercise Protein Does Not Affect Gains in Lean Mass but May Influence Loss of Fat Mass in Women. In: *Progress in Exercise and Women's Health Research* (ed. Coulter JP) Nova Science Publishers Inc:Hauppauge NY, 2008.
8. Johnston CS, Steinberg FM, Rucker RB. Ascorbic Acid. In: *Handbook of Vitamins*, 4<sup>th</sup> ed. CRC Press:Boca Raton FL, 2007.
9. Johnston CS. Vitamin C. In: *Present Knowledge in Nutrition*, 9<sup>th</sup> ed. (eds. Bowman BA, Russell RM) ILSI Press:Washington, DC, 2006.
10. Johnston CS. Orange juice: Are the health benefits of oranges lost during processing? In: *Beverage Impacts on Health and Nutrition*. (eds. Wilson T, Temple NJ) Humana Press; Totowa NJ. 2003
11. Johnston CS. Potential adverse effects of vitamins C and E. In: *The Antioxidant Vitamins C and E*. (eds Packer L, Traber MG, Kraemer K, Frei B) AOCS Press:Champaign IL. 2002.
12. Johnston CS. Vitamin C. In: *Present Knowledge in Nutrition*, 8<sup>th</sup> ed. (eds. Bowman BA, Russell RM) ILSI Press:Washington, DC, 2001.
13. Johnston CS, Steinberg FM, Rucker RB. Ascorbic Acid. In: *Handbook of Vitamins*, 3<sup>rd</sup> ed. (eds. Rucker RB, Suttie JW, McCormick DB, Machlin LJ) Marcel Dekker, Inc:New York, 2001.
14. Johnston CS. The antihistamine action of ascorbic acid. In: Harris JR, ed. *Subcellular Biochemistry*. Vol 25: Ascorbic Acid: Biochemistry and Biomedical Cell Biology. New York: Plenum Press, 1995.

**Refereed Journal Publications** [corresponding author bolded; asterisk indicates mentored student]  
**h-Index** [Google Scholar as of October 2020] =46; **i10-index**=87; **h-index since 2015**=31 [6517 citations total]

1. **Wardenaar F**, Ortega-Santos C, Vento K, Olzinski S, Olig J, Kavouras S, and Johnston CS. Reliability of three urine specific gravity meters measuring brix and urine solutions at different temperatures. *Journal of Athletic Training*. In Press.
2. **Lynch HM\***, Buman MP, Dickinson JM, Ransdell LB, Johnston CS, Wharton CM. No significant differences in muscle growth and strength development when consuming soy and whey protein supplements matched for leucine following a 12-week resistance-training program in men and women: a randomized trial. *International Journal of Environmental Research and Public Health*. In Press.
3. **Johnston CS**, Lynch H, Wharton C. Reply to "Limitations of the Digestible Indispensable Amino Acid Score (DIAAS) and Choice of Statistical Reporting. Comment on "A Comparison of Dietary Protein Digestibility, Based on DIAAS Scoring, in Vegetarian and Non-Vegetarian Athletes." *Nutrients* 2020, 12, 1184.
4. Ciuris C\*, Lynch H, Wharton C, **Johnston CS**. A comparison of dietary protein digestibility, based on DIAAS scoring, in vegetarian and non-vegetarian athletes. *Nutrients*. 2019, 11(12).
5. Jasbi P\*, Baker O\*, Shi X, Gonzalez L\*, Wang S, Anderson S\*, Xi B, **Gu H, Johnston CS**. Daily Red Wine Vinegar Ingestion for Eight Weeks Improves Glucose Homeostasis and Affects the Metabolome but does not Reduce Adiposity in Adults 2019 *Food Function*. 2019;10(11):7343-7355.
6. Bartholomae E\*, Incollingo A\*, Vizcaino M, Wharton C, **Johnston CS**. Mung bean protein supplement improves muscular strength in healthy, underactive vegetarian adults. 2019 *Nutrients* 2019, 11(10).
7. Olzinski S, Beaumont J, Toledo M, Yudell A, Johnston CS, **Wardenaar FC**. Hydration Status and Fluid Needs of Division I Female Collegiate Athletes Exercising Indoors and Outdoors. *Sports*. 2019;7(7).
8. Mayra S\*, Ugarte N\*, **Johnston CS**. Health Biomarkers in Adults are More Closely Linked to Diet Quality Attributes than to Plant-Based Diet Categorization. *Nutrients* 2019, 11(6).
9. **Berardy A**, Johnston CS, Plukis A, Vizcaino M, Wharton C. Integrating Protein Quality and Quantity with Environmental Impacts in Life Cycle Assessment. *Sustainability* 2019, 11(10), 2747
10. Myra, ST\*, **Johnston CS**, Sweazea KL. High-nitrate salad increased plasma nitrates/nitrites and brachial artery flow-mediated dilation in postmenopausal women: A pilot study. *Nutrition Research*. 2019;65:99-104
11. **Lynch H\***, Johnston C, Wharton C. Plant-based diets: protein considerations and exercise performance implications. *Nutrients* 2018, 10, 1841.
12. **Johnston CS**, Bliss C\*, Knurick JR\*, Scholtz C\*. Rapid Eating Assessment for Participants [shortened version] scores are associated with Healthy Eating Index-2010 scores and other indices of diet quality in healthy adult omnivores and vegetarians. *Nutrition Journal* 2018;17:89.
13. **Sweazea KL**, Johnston CS, Miller B, Gumprich E. Nitrate-rich fruit and vegetable supplement reduces blood pressure in normotensive healthy young males without significantly altering flow-mediated vasodilation: a randomized, double-blinded, controlled trial. *Journal of Nutrition and Metabolism*. 2018 Sep 16;2018:1729653
14. **Johnston CS**, Sears B, Perry M, Knurick JR\*. Use of Novel High-Protein Functional Food Products as Part of a Calorie-Restricted Diet to Reduce Insulin Resistance and Increase Lean Body Mass in Adults: A Randomized Controlled Trial. *Nutrients* 2017, 9, 11.
15. **Johnston CS**, Sweazea KL, Schwab E\*, McElaney EA\*. Almond ingestion contributes to improved cardiovascular health in sedentary older adults participating in a walking intervention: A pilot study. *Journal of Functional Foods*. 2017; 39:58-62.
16. **Johnston CS**, Snyder D\*, Smith C. Commercially available gluten-free pastas elevate postprandial glycemia in comparison to conventional wheat pasta in healthy adults: a double-blind randomized crossover trial. *Food and Function*. 2017; 8:3139-3144.
17. Cosgrove K\*, **Johnston CS**. Examining the impact of adherence to a vegan diet on acid-base balance in healthy adults. *Plant Foods for Human Nutrition* 2017; 72:308-313.
18. Ricklefs-Johnson K\*, Johnston CS, **Sweazea KL**. Ground flaxseed increased nitric oxide levels in adults with type 2 diabetes: A randomized comparative effectiveness study of supplemental flaxseed and psyllium fiber. *Obesity Medicine* 2017; 5:16–24
19. Ipjian ML\*, **Johnston CS**. Smartphone technology facilitates dietary change in healthy adults. *Nutrition* 2016 August 24 [Epub ahead of print] 2017; 33:343–347

20. **Sweazea KL**, Johnston CS, Knurick J\*, Bliss C\*. Plant-based nutraceutical increases plasma catalase activity in healthy participants: A small double-blind, randomized, placebo-controlled, proof of concept trial. *Journal of Dietary Supplements*. 2016 Aug 15 [Epub ahead of print] 2017;14:200-213
21. Thompson-Felty C\*, **Johnston CS**. Adherence to Diet Applications using a Smartphone was associated with Weight Loss in Healthy Overweight Adults Irrespective of the Application. *Journal of Diabetes Science and Technology*. 2016 Jul 9. [Epub ahead of print] 2017;11:184-185.
22. **Lynch H\***, Wharton C, Johnston CS. Cardiorespiratory fitness and peak differences between vegetarian and omnivore endurance athletes: a cross-sectional study. *Nutrients*. 2016, 8, 726.
23. **Miller BJ\***, Whisner CM, Johnston CS. Vitamin D Supplementation Appears to Increase Plasma A $\beta$ 40 in Vitamin D Insufficient Older Adults: A Pilot Randomized Controlled Trial. *Journal of Alzheimer's Disease* 2016;52:843-847.
24. Mayol-Kreiser SN, Garcia-Turner VM\*, **Johnston CS**. Examining the utility of a laser device for measuring height in free-living adults and children. *Nutrition Journal* 2015;14,93.
25. Knurick JR\*, **Johnston CS**, Wherry SJ, Aguayo I\*. Comparison of Correlates of Bone Mineral Density in Individuals Adhering to Lacto-Ovo, Vegan, or Omnivore Diets: A Cross-Sectional Investigation. *Nutrients* 2015, 7, 3416-3426.
26. Arnold TA\*, **Johnston CS**, Lee CD, Garza AM\*. Eating in the absence of hunger in college students. *Appetite*. 2015;92:51–56.
27. **Johnston CS**, Barkyoub GM\*, Schumacher SS\*. Vitamin C supplementation slightly improves physical activity levels and reduces cold incidence in men with marginal vitamin C status: a randomized controlled trial. *Nutrients*. 2014;6:2572-2583
28. **Sweazea KL**, Johnston CS, Ricklefs KD\*, Petersen CN\*. Almond supplementation in the absence of dietary advice significantly reduces C-reactive protein in subjects with type 2 diabetes. *Journal of Functional Foods* 2014; 10:252-259.
29. **Wharton CM**, Johnston CS, Cunningham B\*, Sterner D\*. Dietary self-monitoring, but not dietary quality, improves with use of smartphone app technology in an 8-week weight loss trial. *Journal of Nutrition Education and Behavior* 2014; 46:440–444
30. Bjorge-Schohl B\*, **Johnston CS**, Trier CM\*, Fleming KR\*. Agreement in Participant-Coded and Investigator-Coded Food-Record Analysis in Overweight Research Participants: An Examination of Interpretation Bias. *Journal of the Academy of Nutrition and Dietetics* 2014; 114:796-801.
31. **Beezhold BL**, Johnston CS, Nohta KA\*. Sodium benzoate-rich beverage consumption is associated with Attention Deficit Hyperactivity Disorder in college students: a pilot investigation. *Journal of Attention Disorders* 2014; 18:236-241.
32. **Johnston CS**, Quagliano S\*, White S\*. Vinegar ingestion at mealtime reduced fasting blood glucose concentrations in healthy adults at risk for type 2 diabetes. *Journal of Functional Foods* 2013; 5: 2007–2011
33. **Johnston CS**, Trier CM\*, Fleming KR\*. The effect of peanut and grain bar preloads on postmeal satiety, glycemia, and weight loss in healthy individuals: an acute and a chronic randomized intervention trial. *Nutrition Journal* 2013;12:35.
34. Huck CJ\*, **Johnston CS**, BL Beezhold\*, PD Swan. Vitamin C Status and Perception of Effort during Exercise in Obese Adults Adhering To a Calorie-Reduced Diet *Nutrition* 2013;29:42-45.
35. Trier CM\*, **Johnston CS**. Ingestion of nutrition bars high in protein or carbohydrate does not impact 24-h energy intakes in healthy young adults *Appetite*. 2012;59:778-781
36. **Beezhold BL\***, Johnston CS. Restriction of meat, fish, and poultry in omnivores improves mood: a pilot randomized controlled trial *Nutrition Journal* 2012;11:9.
37. **Gaesser GA**, Angadi SS, Ryan DM, Johnston CS. Lifestyle measures to reduce inflammation. *American Journal of Lifestyle Medicine* 2012;6:1-10.
38. Cohen AE\*, **Johnston CS**. Almond ingestion at meal-time reduces postprandial glycemia and chronic ingestion reduces hemoglobin A1c in individuals with well-controlled type 2 diabetes. *Metabolism – Clinical and Experimental* 2011;60:1312-1317.
39. Schlueter AK\*, **Johnston CS**. Vitamin C: Overview and Update. *Journal of Evidence-Based Complementary & Alternative Medicine* 2011;16:49-57.
40. Kniskern MA\*, **Johnston CS**. Protein dietary reference intakes may be inadequate for vegetarians if low amounts of animal protein are consumed. *Nutrition*. 2011;27:727-730
41. **Beezhold BL\***, Johnston CS, Daigle DR\*. Vegetarian diets are associated with healthy mood states: a cross-sectional study in Seventh Day Adventist adults. *Nutrition Journal* 2010;9:26.

42. **Johnston CS**, Steplewska I\*, Long CA\*, Harris LN\*, Ryals RH\*. An examination of the antiglycemic properties of vinegar in healthy adults. *Annals of Nutrition and Metabolism* 2010;56:74-79.
43. **Salbe AD**, Johnston CS, Buyukbese MA, Tsitouras Pd, Harman SM. Use of an Oral Insulin Suppression Test to Determine the Effects of Vinegar on Carbohydrate Absorption from a Co-Ingested Meal. *Nutrition Research* 2009;29:846-849.
44. **Johnston CS**. Functional foods as modifiers of cardiovascular disease. *American Journal of Lifestyle Medicine* 2009; 3; 39S.
45. **Johnston CS**, White AM\*, and Kent SM\*. Preliminary Evidence that Regular Vinegar Ingestion Favorably Influences Hemoglobin A1c Values in Individuals with Type 2 Diabetes Mellitus. *Diabetes Research and Clinical Practice*. 2009;84:e15-17.
46. **Benyshek DC\***, Johnston CS, Martin JF, Ross WD\*. Insulin sensitivity is normalized in the third generation (F3) offspring of developmentally programmed insulin resistant (F2) rats fed an energy-restricted diet. *Nutrition & Metabolism* 2008; 5:26.
47. **Johnston CS**, White AM\*, Kent SM\*. A preliminary evaluation of the safety and tolerance of medicinally ingested vinegar in individuals with type 2 diabetes. *Journal of Medicinal Foods* 2008;11:179-183.
48. White AM\*, **Johnston CS**. Vinegar ingestion at bedtime moderates waking glucose concentrations in adults with well-controlled type 2 diabetes. *Diabetes Care*. 2007;30:2814-2815.
49. **Johnston CS**, Beezhold BL\*, Mostow B\*, Swan PD. Plasma vitamin C is inversely related to body mass index and waist circumference but not to plasma adiponectin in non-smoking adults *Journal of Nutrition* 2007;137:1757-1762.
50. White AM\*, **Johnston CS**, Swan PD, Tjonn SL\*, Sears B. Blood ketones are directly related to fatigue and perceived effort during exercise in overweight adults adhering to low carbohydrate diets for weight loss: a pilot study. *Journal of the American Dietetic Association*, 2007;107:1792-1796.
51. **Winham D**, Hutchins, AM, Johnston CS. Pinto bean consumption reduces biomarkers for heart disease risk. *Journal of the American College of Nutrition*. 2007;26:243-249.
52. **Johnston CS**, Tjonn SL\*, Swan PD, White AM\*, Hutchins H, Sears B. Benefits of ketogenic diets (letter reply). *American Journal of Clinical Nutrition*. 2007;85:239-40.
53. Kleiner RE\*, **Hutchins AM**, Johnston CS, Swan PD. Effects of an 8-week high protein or high carbohydrate diet in adults with hyperinsulinemia. *Medscape General Medicine*. 2006;8(4).
54. **Johnston CS**, Tjonn SL\*, Swan PD, White AM\*, Sears B. Low-carbohydrate, high-protein diets that restrict potassium-rich fruits and vegetables promote calciuria. *Osteoporosis International*. 2006;17:1820-21.
55. **Johnston CS**. Metabolic advantage of low-carbohydrate diets (letter reply). *Journal of the American College of Nutrition* 2006;25:436
56. **Johnston CS**, Corte C\*, Swan PD. Marginal vitamin C status is associated with reduced fat oxidation during submaximal exercise in young adults. *Nutrition and Metabolism* 2006;3:35
57. **Johnston CS**, Gaas CA\*. Vinegar: Medicinal uses and antiglycemic effect. *Medscape General Medicine*. 2006;8:61.
58. **Johnston CS.**, Tjonn SL\*, Swan PD, White A\*, Hutchins H, Sears B. Ketogenic low-carbohydrate diets have no metabolic advantage as compared to non-ketogenic low-carbohydrate diets. *American Journal of Clinical Nutrition* 2006;83:1055-1061.
59. **Benyshek D\***, Johnston C, Martin J. Glucose metabolism is altered in the adequately-nourished grand-offspring (F3 generation) of rats malnourished in utero. *Diabetologia* 2006;49:1117-1119.
60. **Winham DM**, Johnston CS, Rhoda KM\*. Maternal weight gain is associated with infant insulin concentrations during the first year of life. *Diabetes Care*. 2006;29:949.
61. **Johnston CS**, Buller AJ\*. Vinegar and peanut products as complementary foods to reduce postprandial glycemia. *Journal of the American Dietetic Association*. 2005;105:1939-1942.
62. **Johnston CS**. Uncle Sam's Diet Sensation: MyPyramid -- An Overview and Commentary. *Medscape General Medicine*. 2005;7:78.
63. **Hutchins AM**, McIver IE\*, Johnston CS. Soy isoflavone and ascorbic acid supplementation alone or in combination minimally affect plasma lipid peroxides in healthy postmenopausal women. *Journal of the American Dietetic Association*. 2005;105:1134-1137.

64. **Hutchins AM**, McIver IE\*, Johnston CS. Hypertensive crisis associated with high dose soy isoflavone supplementation in a post-menopausal woman: a case report *BMC Women's Health* 2005; 5:9
65. **Johnston CS**. Strategies for healthy weight loss: from vitamin C to the glycemic index. *Journal of the American College of Nutrition*. 2005;24:158-165.
66. **Hathcock JN**, Dickinson A, Azzi A, Blumberg J, Frei B, Johnston CS, Packer L, Parthasarathy S, Traber MG. Potential harm of vitamin E supplementation (letter reply). *American Journal of Clinical Nutrition*. 2005;81:1142-1143.
67. **Hathcock JN**, Dickinson A, Azzi A, Blumberg J, Bray T, Frei B, Jialal I, Johnston CS, Kelly FJ, Kraemer Klaus, Packer L, Parthasarathy S, Sies H, Traber MG. Vitamins E and C – safe within broad ranges of intakes. *American Journal of Clinical Nutrition*. 2005;81:736-745..
68. **Johnston CS**, Hale JC\*. Oxidation of ascorbic acid in stored orange juice is associated with reduced plasma vitamin C concentrations and elevated lipid peroxides. *Journal of the American Dietetic Association*. 2005;105:106-109.
69. **Hampel JS**, Levinson SL, Garcia LW, Johnston CS. Project GLEAN: Evaluation of a school-based, gleaned-food distribution program. *J Sustain Agr*. 2004;25:5-15.
70. **Hampel JS**, Taylor CA\*, Johnston CS. Vitamin C Deficiency and Depletion in the United States: The Third National Health and Nutrition Examination Survey, 1988 to 1994. *American Journal of Public Health*. 2004;94:870-875.
71. **Benyshek DC\***, Johnston CS, Martin JF. Post-natal diet determines insulin resistance in fetally malnourished, low birthweight rats (F1) but diet does not modify the insulin resistance of their offspring (F2). *Life Sciences*. 2004;74:3033-3041.
72. **Johnston CS**, Tjonn SL\*, Swan PD. High-protein, low-fat diets are effective for weight loss and favorably alter biomarkers in healthy adults. *Journal of Nutrition* 2004; 134:586-91.
73. **Johnston CS**, Kim CM\*, Buller AJ\*. Vinegar improves insulin sensitivity to a high carbohydrate meal in subjects with insulin resistance or type 2 diabetes mellitus. *Diabetes Care* 2004;27:281-282.
74. **Johnston CS**, Dancho CL\*, Strong GM\*. Orange juice ingestion and supplemental vitamin C are equally effective at reducing plasma lipid peroxidation in healthy adult women. *Journal of the American College of Nutrition* 2003;22:519-523.
75. Huso ME\*, **Hampel JS**, Johnston CS, Swan PD. Creatine supplementation influences substrate utilization at rest. *Journal of Applied Physiology*. 2002;93:2018-2022.
76. Venti CA\*, **Johnston CS**. Modified Food Guide Pyramid for Lactovegetarians and vegans. *Journal of Nutrition*. 2002;132:1050-1054.
77. **Johnston CS**, Bowling DL\*. Bioavailability of oxidized vitamin C (dehydroascorbic acid). *Journal of the American Dietetic Association*. (letter) 2002;102:1224-1225.
78. **Johnston CS**, Day CS\*, Swan PD. Post-prandial thermogenesis is increased 100% on a high-protein, low-fat diet versus a high-carbohydrate, low-fat diet in healthy, young women. *Journal of the American College of Nutrition*. 2002;21:55-61.
79. **Johnston CS**, Bowling DL\*. Stability of ascorbic acid in commercially available orange juices. *Journal of the American Dietetic Association*. 2002;102:525-529.
80. **Benyshek DC\***, Martin JF, Johnston CS. A reconsideration of the origins of the type 2 diabetes epidemic among Native Americans and the implications for community-based interventions. *Medical Anthropology* 2001;20:25-64.
81. **Johnston CS**, Cox SK\*. Plasma-saturating intakes of vitamin C confer maximal antioxidant protection to plasma. *Journal of the American College of Nutrition*. 2001;20:623-627.
82. **Hampel JS**, Johnston CS, Mills RA. "And should we die...": Scourge of black-leg (scurvy) on the Mormon Trail. *Nutrition* 2001;17:416-418.
83. **Johnston CS**, Taylor CA\*, Hampel JS. More Americans are eating '5 A Day' but intakes of dark green and cruciferous vegetables remain low. *Journal of Nutrition*. 2000;130:1063-1067.
84. Taylor CA\*, **Hampel JS**, Johnston CS. Low intakes of vegetables and fruits, especially citrus fruits, lead to inadequate vitamin C intakes among adults. *European Journal of Clinical Nutrition*. 2000;54:573-578.
85. **Martin JF**, Johnston CS, Han T\*, Benyshek DC\*. Nutritional origins of insulin resistance: an animal model for diabetes-prone populations. *Journal of Nutrition*. 2000;130:741-744.

86. **Johnston CS**, Monte WC. Infant formula ingestion is associated with the development of diabetes in the BB/Wor rat. *Life Sciences*. 2000;66:1501-1507.
87. **Johnston CS**, Corte C\*. Tissue carnitine fluxes in vitamin C depleted-repleted guinea pigs. *Journal of Nutritional Biochemistry*. 1999;10:696-699.
88. **Hamp J**, Taylor CA\*, Johnston CS. Intakes of vitamin C, vegetables, and fruits: which school children are at risk?. *Journal of the American College of Nutrition*. 1999;18:582-590.
89. **Johnston CS**. Recommendations for vitamin C intake. (Letter) *Journal of the American Medical Association*. 1999;282:2118.
90. **Johnston CS**. Vitamin C deficiency: A reemerging problem? *Mature Medicine Canada* 1999; 2:263-266.
91. **Johnston CS**, Corte C\*. Individuals with marginal vitamin C status are at high risk of developing vitamin C deficiency. *Journal of the American Dietetic Association*. 1999;99:854-856.
92. **Johnston CS**. Biomarkers for establishing a UL for vitamin C. *Nutrition Reviews* 1999;57:71-77.
93. **Johnston CS**, Swan PD, Corte C\*. Substrate utilization and work efficiency during submaximal exercise in vitamin C depleted-repleted adults. *International Journal for Vitamin and Nutrition Research*. 1999;69:41-44.
94. **Johnston CS**, Thompson LL\*. Vitamin C status of an outpatient population. *Journal of the American College of Nutrition*. 1998;17:366-370.
95. **Johnston CS**, Solomon RE\*, Corte C\*. Vitamin C status of a campus population: College students get a C minus. *Journal of American College Health*. 1998;46:209-213.
96. Solomon RE\*, **Johnston CS**. The use of nonrenewable resources in food production needs to be addressed. (Letter) *Journal of the American Dietetic Association*. 1997;97:1249.
97. **Johnston CS**, Thomas JA\*. Holotranscobalamin II levels in elderly with Alzheimer's type dementia and healthy controls. *Journal of the American Geriatrics Society*. 1997;45:779-780.
98. **Johnston CS**, Spear SE\*. Association of exposure to cow's milk protein and  $\beta$ -cell autoimmunity. (Letter) *Journal of the American Medical Association*. 1996;276:1799.
99. **Johnston CS**, Solomon RE\*, Corte C\*. Vitamin C depletion is associated with alterations in blood histamine and plasma free carnitine in adults. *Journal of the American College of Nutrition*. 1996;15:586-591.
100. **Vaughan LA**, Johnston CS. The role of undergraduate dietetic programs in providing nutrition education to premedical students. *Journal of the American Dietetic Association* 1996;96:799-800.
101. **Johnston CS**, Yen MF\*. Megadose of vitamin C delays insulin response to a glucose challenge in normoglycemic adults. *American Journal of Clinical Nutrition* 1994;60:735-8.
102. **Johnston CS**, Monte WC, Bolton RS\*, Chard MH\*. L-ascorbyl 6-palmitate has equal antiscorbutic activity as L-ascorbic acid for guinea pigs. *Nutrition Research* 1994; 14:1465-71.
103. **Johnston CS**, Luo B\*. Comparison of the absorption and excretion of three commercially available sources of vitamin C. *Journal of the American Dietetic Association* 1994;94:314-6.
104. Monte WC, **Johnston CS**, Roll LE\*. Possible trigger for insulin dependent diabetes mellitus, bovine serum albumin, detected in infant formula. *Journal of the American Dietetic Association*. 1994;94:314-6.
105. **Johnston CS**, Srilakshmi JC\*. Vitamin C supplementation and blood pressure in normotensive adults. *Life Sciences Advances* 1993;12:1-15.
106. **Johnston CS**, Meyer CG\*, Srilakshmi JC\*. Vitamin C elevates red cell glutathione in healthy adults. *American Journal of Clinical Nutrition* 1993;58:103-5.
107. **Johnston CS**, Kandell LA\*. Prepregnancy weight and the rate of maternal weight gain in adolescents and young adults. *Journal of the American Dietetic Association* 1992;92:1515-8.
108. **Johnston CS**, Retrum KR\*, Srilakshmi JC\*. Antihistamine effects and complications of supplemental vitamin C. *Journal of the American Dietetic Association* 1992;92:988-9.
109. **Christopher FS**, Johnston CS. Multivariate analysis of the eating disorders inventory: An examination of basic statistical assumptions. *Journal of the American Dietetic Association* 1992;92:605-7.
110. **Johnston CS**, Martin LJ\*, Cai X\*. Antihistamine effect of supplemental ascorbic acid and neutrophil chemotaxis. *Journal of the American College of Nutrition* 1992; 1: 172-6.
111. Strand FT\*, **Johnston CS**. Urinary lactose as an index of lactation. *Journal of the American Dietetic Association* 1992;92:83-4.



112. **Haskell BE**, Johnston CS. Complement component C1q activity and ascorbic acid nutriture in guinea pigs. *American Journal of Clinical Nutrition* 1991;54:1228S-30S.
113. **Johnston CS**. Complement component C1q levels unaltered by ascorbate nutriture. *Journal of Nutritional Biochemistry* 1991;2:499-501.
114. **Johnston CS**, Christopher FS. Anorexic-like behaviors in dietetic majors and other student populations. *Journal of Nutrition Education* 1991;23:148-53.
115. **Johnston CS**, Christopher FS, Kandell LA\*. Pregnancy weight gain in adolescents and young adults. *Journal of the American College of Nutrition* 1991; 10: 185-9.
116. **Johnston CS**, Huang S\*. Effect of ascorbic acid nutriture on blood histamine and neutrophil chemotaxis in the guinea pig. *Journal of Nutrition* 1991;121:126-31.
117. **Johnston CS**. Effect of a single oral dose of ascorbic acid on body temperature and trace mineral fluxes in healthy men and women. *Journal of the American College of Nutrition* 1990;9:150-4.
118. **Johnston CS**. Effect of single oral doses of ascorbic acid on body temperature in healthy guinea pigs. *Journal of Nutrition* 1989;119:425-7.
119. Johnston CS, Kolb WP, **Haskell BE**. The effect of vitamin C nutriture on complement component C1q concentrations in guinea pig plasma. *Journal of Nutrition* 1987; 117:764-8
120. Johnston CS, Cartee GD, **Haskell BE**. Effect of ascorbic acid nutriture on protein-bound hydroxyproline in guinea pig plasma. *Journal of Nutrition* 1985;115:1089-93.

### **Invited Presentations at National/International Conferences**

1. "Vitamin C – the forgotten history of scurvy" AZAND webinar (260 in attendance) April 16, 2020.
2. "Is the Medicinal Use of Vinegar now 'Common Truth'?" Vinegar Institute's 2018 Annual Meeting, Clearwater Beach, FL, March 6, 2018.
3. "Nutritional Management of Insulin Resistance" Science in Nutrition - 4<sup>th</sup> International Congress, Milan, Italy, May 5, 2017.
4. "Vinegar and Health" The Vinegar Institute – Annual Meeting, Palm Beach, FL, 2016
5. "Re-engineered Carbohydrates" Zone Seminar, Mexico City, Mexico, May 15, 2015.
6. "Novel Dietary Approaches to Diabetes Care and Prevention: A Focus on Vinegar" Nutrition & Health Conference, Phoenix, AZ, May 6, 2015.
7. "Vinegar and Health" The Vinegar Institute – Annual Meeting, Coconut Grove, FL, 2014
8. "Clinical studies on dietary interventions for diabetes prevention" Biofortis Clinical Research breakfast, Experimental biology Annual Meeting, Boston, MA, April 22, 2013
9. "Antiglycemic effects of vinegar" Iowa State University food Science and Human Nutrition Seminar Series, Ames, IO March 27, 2013
10. "Almonds and the Management of Type 2 Diabetes", The Almond Board of California Orchard Experience, Lodi, CA, August 13, 2012.
11. "Vinegar and Health", The Vinegar Institute Annual Meeting, San Diego, CA, March 18, 2012.
12. "Antiglycemic Properties of Vinegar in Healthy Adults and Adults with Type 2 Diabetes", Canadian Centre for Agri-Food Research in Health and Medicine Annual Conference, Winnipeg Manitoba May 31, 2011.
13. "Vinegar and Diabetes Update", The Vinegar Institute Annual Meeting, Sanibel Harbour, FL, March 15, 2009.
14. "Anti-inflammatory Diets" 2<sup>nd</sup> International Zone Conference on Anti-Inflammatory Medicine, Cancun, Quintana Roo, Mexico, November 14, 2008.
15. "Organic Foods", Public Health Strategies for the New Millennium, USPHS Scientific and Training Symposium, Tucson AZ, June 10, 2008
16. "Complementary Foods to Stabilize Blood Sugar", A Science/Culinary tour at the Culinary Institute of America at Greystone, The Peanut Institute, Napa Valley CA, May 9-12, 2008
17. "Wellness: The Vitamin C Connection", Science Lecture at the Proctor and Gamble Headquarters, Cincinnati OH, May 2, 2008
18. "Anti-Inflammatory Medicine: Intervention Trials", New Approaches to the Treatment of Chronic Disease, The Inflammation Foundation, Miami FL, February 9, 2008
19. "Peanut Products and Vinegar as Complementary Foods" The Peanut Institute's Science/Culinary Conference, Napa Valley CA, May 4-7, 2007
20. "Vinegar and Glycemia" The Vinegar Institute 2007 Annual Meeting, Marco Island FL, March 10-13, 2007



21. "Peanut consumption and glycemia" The Peanut Nutrition Roundtable: Unlocking the Health Benefits of a Complex Food" The Peanut Institute at the Carter Center, Atlanta GA, September 13-14, 2006
22. "The Efficacy of Diets for Health and Weight Loss: High Protein versus Zone" EnerZona Convention, Milan, Italy May 27, 2006
23. "The efficacy of low-carbohydrate diets for weight loss and health: Atkins versus the Zone" American College of Sports Medicine 25<sup>th</sup> Annual meeting of the South West Chapter, Las Vegas, NV November 11, 2005
24. "Nutritional aspects of childhood obesity and the metabolic syndrome" American College of Sports Medicine 25<sup>th</sup> Annual meeting of the South West Chapter, Las Vegas, NV November 12, 2005
25. "Diet Tricks" National Council of University Research Administrators (NCURA) Region 6 Annual Meeting, Chandler, AZ, April 17, 2005
26. "Strategies for healthy, effective weight loss: from vitamin C to the glycemic response" The Grace Goldsmith Award Lecture, Annual Meeting of the American College of Nutrition, Long Beach, CA, October 1, 2004
27. "Low carbohydrate diets" Meet the Expert Session, Annual Meeting of the American College of Nutrition, Long Beach, CA, October 1, 2004
28. "Vitamin C – Is it beneficial? Is it safe?" Council for Responsible Nutrition, Annual Conference on Dietary Supplements, Tucson, AZ, September 14-17, 2003
29. "Food pyramids" 28<sup>th</sup> Annual Career and Technical Education Conference, Association for Career and Technical Education of Arizona, Tucson, AZ July 20-23 2003.
30. Round Table Discussion: Vitamins C and E: Where do we go from here? Oxygen Club of California and the Linus Pauling Institute, Diet and Optimum Health Annual Conference, Portland, OR, May 21-24, 2003.
31. "Toxicities of vitamins C and E" Oxygen Club of California World Congress, Santa Barbara, CA, March 6-9, 2002
32. "The optimal vitamin C dosage." Linus Pauling Institute, Oregon State University, Corvallis, OR, December 6, 2001.
33. "Antioxidant and prooxidant effects of vitamin C." Annual Summer Toxicology Forum, Given Institute, Aspen, CO, July 15, 1999.
34. "Vitamin C and diabetes." Nutrition & Dietetics Professional Seminar, Indian Health Service, Phoenix, AZ, May 12, 1999.
35. "Vitamin C: a bond between the guinea pig, Indian fruit bat and man." Annual Symposium, American Association for Laboratory Animal Science, Tucson, AZ, August 7, 1998.
36. "Biomarkers for establishing a UL for vitamin C." Workshop on Dietary Antioxidants, National Academy of Sciences, Washington DC, July 28, 1998.

**Recent Abstracts Presented at National Meetings** (past 5 years only – and only first author abstracts listed)

1. Johnston CS, Foley S. Time-Restricted Feeding Improved Mood and Reduced BMI in College Students: a 4-Week Pilot Trial. Obesity Week 2019 Conference, Las Vegas.
2. Johnston CS, Waznik L, Shnowske S. Gluten-free products with non-traditional ingredients favorably impact postprandial glycemia in healthy adults. Nutrition2019 June 2019, Baltimore.
3. Johnston CS, Mayra S, Ugarte N. Diet quality attributes more closely linked to adiposity risk markers than plant-based diet categorization. Obesity Week 2018 Conference, Nashville.
4. Johnston CS, Baker O, Feise N. A comparison of liquid vinegar and commercial vinegar pills for managing insulin resistance and postprandial glucose concentrations. FASEB J April 2018 32:925.10
5. Johnston CS, Baker O. Can daily vinegar ingestion improve insulin resistance and reduce adiposity in healthy adults? Obesity Week 2017 Conference, Washington DC.
6. Johnston CS, Cosgrove K. Consistency of adherence to a vegan diet on acid-base balance: a randomized controlled trial in healthy omnivore college students. FASEB J April 2017 31: 970.12
7. Johnston CS, Mayol-Kreiser SN, Garcia-Turner VM. Comparison of height measurements using a stadiometer versus laser device and impact on body mass index in healthy adults. Obesity Week 2016 Conference New Orleans.

8. Johnston CS, Snyder D, Smith C. Commercially available gluten free pastas elevate postprandial glycemia in comparison to conventional wheat pasta in healthy adults *FASEB J* April 2016 30:597.8
9. Johnston CS, Knurick J. Daily consumption of commercially available high-protein pasta, in comparison to traditional gluten-free pasta, favorably impacted weight loss and retention of lean mass in adults adhering to calorie restricted diets. *Obesity Week 2015 Conference Los Angeles*
10. Johnston CS, Thompson-Felty C. Adherence to Daily Diet Monitoring using One of Three Commercial Diet Apps via Smart Phones was Associated with Significant Weight Loss in Healthy Overweight Adults Irrespective of the Diet App *FASEB J* April 2015 29:597.8
11. Johnston CS, Barkyoumb G, Schumacher S. Vitamin C supplementation (1000 mg/d) increased physical activity and reduced cold symptoms in young men with adequate-to-low vitamin C status *FASEB Journal* 2014 28:828.3

**Chair, Completed Doctoral Dissertation** [Doctoral program in the School of Nutrition and Health Promotion at Arizona State University was initiated in 2005] (student and dissertation topic; asterisk indicates resulting refereed publication(s); first post-graduate employment listed in brackets):

1. \*Selicia Mayra (2020) Meal-time Matters: An 8-week Randomized Control Trial to Examine the Effects of a Daily 18-hour Fast on Diet Quality in College Students. [Assistant Professor, Department of Nutrition and Health Science, Ball State University, IN]
2. \*Cameron Scholtz (2019) The flavor station: a pilot salad bar trial to increase fruit and vegetable consumption in elementary school children. [Systems Analyst-Digital Transformation, Arizona State University]
3. \*Heidi Lynch (2017) [co-chair: C. Wharton] Muscle Growth and Strength Development Following a 12-Week Resistance Training Program: a Comparison Between Consuming Soy and Whey Protein Supplements Matched for Leucine Content [Assistant Professor, Kinesiology Department, Point Loma Nazarene University, San Diego, CA]
4. \*Claudia Thompson-Felty (2017) Adoption and Use of Social Media Among Registered Dietitians Nationwide: Implications for Health Communication [CEO and Cofounder, Connections Continuing Education for Dietitians]
5. Kate Zemek (2017) The use of technology compared to the traditional educational method to improve hydration status of club-level collegiate athletes with a focus on cognitive [Product Development Manager, SmartyPants Vitamins, Marina Del Rey, CA]
6. \*Taylor Arnold (2016) Assessing the Impact of Oral Vitamin B12 Supplementation on Vibration Sensitivity, Dexterity, and Balance in Young Adult Vegetarians and Vegans [Assistant Professor at the Southwest College of Naturopathic Medicine, Tempe, AZ]
7. \*Jessica Knurick (2015) Effects of Postmeal Walking on Postprandial Glucose Control and Oxidative Stress [Assistant Professor, University of Nevada, Las Vegas, NE]
8. Elizabeth Sussman (2013) Selenium Supplementation and Cardiovascular Outcome Markers in Hemodialysis Patients: A Randomized Controlled Trial [Assistant Professor, California State University, Northridge, CA]
9. \*Catherine Trier (2012) Protein Ingestion as a Dietary Strategy for Managing Caloric Intake in Healthy Adults [Medical Sales Representative at Mead Johnson Nutrition, Phoenix, AZ]
10. Christy Appel (2010) Effect of vinegar, pickle juice and supplemental potassium on Urine pH glycemia and substrate oxidation in healthy adults [Assistant Clinical Professor, Arizona State University, Phoenix, AZ]
11. \*Bonnie Beezhold (2008) Does low intake of long-chain omega-3 fats among vegetarians affect their mood state? [Assistant Professor, Benedictine University, Lisle, IL]
12. \*Andrea White (2007) The efficacy of vinegar as adjunct therapy in glucose management in adults with type 2 diabetes [Assistant Professor, Rocky Mountain University, Provo, UT]

**Chair, Completed Master's Theses** (student and thesis topic; asterisk indicates resulting refereed publication):

1. Natalie Kravat (2020) Effect of Intermittent Fasting on Cognitive Acuity in University Students
2. Aaron Rafferty (2020) Effects of a Novel AI Mobile App on Symptom Severity in Subjects with Irritable Bowel Syndrome: A Randomized Controlled Trial
3. Annie Curtin (2019) The Effects of Vitamin B6 Supplementation on Mood States in College Women Taking Oral Contraceptives

4. Kassie Shaw (2019) The Effects of Antiseptic Mouthwash Use and Sodium Intake on Systemic Blood Pressure Regulation and Salivary Nitrate Levels: A Randomized Controlled Crossover Trial
5. Makenna Baum (2019) Nutrition course and culinary demonstrations to increase perceived importance of nutrition in medical students
6. Rachel Manley (2019) Comparing glutathione in the plasma of vegetarian and omnivore populations.
7. Brooke Clifford (2019) The effect of a basic food safety intervention on food safety knowledge in US young adults: an intervention trial.
8. \*Noel Ugarte (2019) Assessing the relationship between cobalamin deficiency and methylation capacity in a vegetarian population.
9. Lauren Waznik (2018) Glycemic Response to Gluten-Free Bread in Healthy Adults
10. \*Lisa Gonzalez (2018) Reduction of Visceral Fat in Response to Consumption of Red Wine Vinegar
11. \*Summer Anderson (2018) The effects of dietary vinegar on salivary pH and dental erosion.
12. \*Paniz Jasbi (2018) Fat as a basic taste: CD36 and its role in fat taste
13. Roni Romash (2018) Matcha tea and its acute effects on postprandial blood glucose.
14. \*Corinne Zuelke (2017) Protein quality, muscle mass, and strength in vegetarian athletes.
15. Kelsi Wildermuth (2017) Water proximity and its effect on consumption: In a corporate setting.
16. \*Olivia Baker (2017) Visceral fat reduction in response to red wine vinegar consumption.
17. Kelly Bell (2017) Evaluation of Arizona State University's Camp CRAVE: Does a week-long cooking camp alter eating behavior, improve nutrition knowledge, and/or promote cooking in young children?
18. Lee Renda (2017) Retrospective case study of one person with cancer who followed the ketogenic diet with standard treatment
19. Lisa Norman (2017) Effects of Coconut Oil Supplementation on Biomarkers of Inflammation and Lipid Peroxidation
20. Rachel Shedden (2016) Effect of a Coconut Oil Supplement (2g/d) on Total Cholesterol to HDL Cholesterol Ratio In Healthy Adults
21. Namrata Oza (2016) Effect of Curcuma Longa (Turmeric) on postprandial glycemia in healthy, non-diabetic adults.
22. \*Elizabeth McElaney (2016) Almond Consumption During a Walking Intervention in Relation to Heart Rate Recovery
23. Amber Bonsall (2016) Developing the optimal vinaigrette dressing for managing blood glucose concentrations.
24. \*Vanessa Garcia-Turner (2016) Validating a Laser for Measuring Supine and Standing Heights against Current Measures in Adults.
25. Zoe Yeh (2015) Is Apple Cider Vinegar Effective for Reducing Heartburn Symptoms Related to Gastroesophageal Reflux disease?
26. \*Cameron Scholtz (2015) A novel 'Food Lists' app to promote weight loss, improve diet quality, and strengthen diet adherence: the Foodmindr Study.
27. \*Brendan Miller (2015) The Effect of Vitamin D Supplementation on Plasma A $\beta$  in an Older Population: A Randomized Control Trial
28. Andrew James (2015) Will the Daily Consumption of Commercially Available High-Protein Pasta and Cereal, in Comparison to Traditional Gluten-Free Pasta and Cereal, Favorably Impact Weight Loss and Satiety in Adults Adhering to Calorie Restricted Diets?
29. \*Kelly Cosgrove (2015) The Impact of Adherence to a Vegan Diet on Acid-Base Balance: A Randomized Controlled Trial in Healthy College Students
30. \*Michelle Ipjian (2015) The Popular Calorie Counter App, MyFitnessPal, Used to Improve Dietary Sodium Intake: A Four-Week Randomized Parallel Trial
31. Jason Pawloski (2015) Hypotensive effects of potassium and magnesium
32. Nia Jarrett (2015) Iron depletion therapy and chromium supplementation for improving insulin sensitivity
33. Kathryn Bratrud Earhart (2015) Vitamin C and the Common Cold in the Asthmatic Population
34. Lindsay Gnant (2014) The Effect of Vitamin C Supplementation on sICAM-1 in Asthmatic Study Participants
35. \*Darren Snyder (2014) Exploring the Benefits of a Gluten Free Diet

36. \*Courtney Bliss (2014) Diet Quality of Omnivores, Vegans and Vegetarians as Measured by the Healthy Eating Index 2010 and the Rapid Eating and Activity Assessment for Participants Short Version
37. Dana Herring (2014) Fish Oil Supplementation and Cardiovascular Disease Risk in Individuals of Blood Type A and Blood Type O
38. Lindsay Obermeyer (2014) Vitamin C is Not Related to Resting Fat Oxidation in Healthy, Non-Obese Adults
39. \*Claudia Thompson-Felty (2014) iPhone Applications and Improvement in Weight and Health Parameters: A Randomized Controlled Trial.
40. Amanda Steinke (2013) Use of a Non-Invasive Acoustical Monitoring System to Predict Ad Libitum Eating
41. Shannon Despino (2013) [applied project] Associations between Picky Eating Behaviors in Children And Mothers with Disordered Eating
42. \*Taylor Goett (2013) Eating in the Absence of Hunger in College Students
43. Emily Medved (2012) Effects of Vinegar on Colonic Fermentation and Glycemia
44. Amy Moore (2012) Can A Vegetarian Diet Affect Resting Metabolic Rate or Satiety: A Pilot Study Utilizing a Metabolic Cart and the SenseWear Armband
45. Rachael Veatch (2012) Validation of the *Rapid Eating and Activity Assessment Shortened Version* for diet quality measurement in young adults.
46. Megan Gutierrez (2012) Fish oil supplements and symptoms of the common cold in healthy young women
47. Diana Kinsfather (2012) Food purchasing behavior: Choice, Change, Challenge
48. Jennifer Brown (2012) Effect of a vegetarian-like diet on blood coagulation and other health parameters in blood types A and O: An evaluation of the "Blood Type Diet"
49. Lauren Fladell (2012) An updated food guide for vegetarians adapted to MyPlate: an evidence based approach
50. \*Katie Fleming (2012) The Effects of Meal Preloads on Glycemia, Insulinemia and Satiety
51. \*Serena Loeb (2012) Colonic fermentation as a byproduct of vinegar consumption: a parallel arm randomized control trial in adults at risk for type 2 diabetes
52. Bianca Teran (2012) Omega-3 supplementation and body weight in healthy young women.
53. \*Samantha Quagliano (2012) Vinegars effects on hemoglobin A1c and postprandial glycemia in individuals at risk for diabetes
54. \*Brooke Schohl (2012) Subject-coded versus investigator-coded diet analysis: A comparison of methods
55. David Kevin Cowan (2011) Evaluation of nutritional quality through a counselor administered weight loss program utilizing a smart phone app
56. \*Gillean Osterday (2011) Vitamin C and Treating the Common Cold
57. \*Sara Schumacher (2011) Plasma Vitamin C Supplementation and Physical Activity in Young Men
58. Marshall Jahns (2011) Almond consumption and dietary compensation in overweight and obese adults
59. Lindsey Wood (2011) Almond consumption and body composition in overweight and obese adults.
60. \*Heidi Netland (2010) Vitamin C supplementation and physical activity levels in young college men
61. Christine Wheeler (2010) Carbohydrate drink improves anxiety in women
62. \*Amanda Schlueter (2010) Diet Quality Index: Relationships to plasma vitamin C and mood states in healthy young adult college-age males
63. \*Ashley Cohen (2010) Effects of chronic almond consumption on hemoglobin A1c in individuals with type 2 diabetes
64. \*Bo Mostow (2009) Plasma vitamin C is inversely related to body mass index and waist circumference but not to plasma adiponectin in non-smoking adults
65. \*Megan Williams (2009) An evaluation of the protein adequacy of typical vegetarian diets
66. \*Dianna Daigle (2009) Polyunsaturated fatty acid intake in vegetarians vs. omnivores
67. \*Romina Ryals (2009) Vinegar ingestion has immediate, but not extended effect on postprandial glucose in subjects with insulin resistance

68. Melissa Paton (2008) The effects of peanuts and tree nuts on postprandial glycemia, insulinemia, and satiety
69. Quinlan Hatch (2008) The relationship between macronutrient intake and respiratory exchange ratio during submaximal exercise
70. \*Lafe Harris (2008) Effects of small concentrations of vinegar on postprandial glycemia, satiety, and taste perception
71. \*Shannon Kent (2007) Effect of chronic vinegar or pickle ingestion on energy and macronutrient intake in people with type 2 diabetes
72. Jennifer Stern (2007) Plasma vitamin C and exercise-induced oxidative stress; a cross-sectional investigation in young adults
73. Christina Appel (2007) Effect of vitamin C on fat oxidation and plasma carnitine in obese adults
74. \*Cindy Gaas (2006) The effects of sodium acetate on insulin sensitivity and satiety in type 2 diabetics
75. Robert Martin (2006) Potassium supplementation does not alter urinary pH and calcium excretion as predicted with diet-induced acidosis
76. \*Iwona Steplewska (2005) Calcium acetate has minimal effect on insulin sensitivity in glucose tolerant adults.
77. Abigail Schock (2005) Vitamin C as adjunct therapy for type 2 diabetic subjects.
78. \*Cindy Kim (2003) Apple cider vinegar as adjunct diet therapy for type 2 diabetic subjects.
79. Christina Menor (2003) Apple cider vinegar lowers the thermic effect of a high-carbohydrate meal in healthy subjects.
80. Lisa Sauby (2003) Effect of ascorbic acid on lipid peroxidation after an oral carbohydrate load in healthy individuals.
81. \*Candice Dancho (2002) Dietary vitamin C versus supplemental vitamin C: effect on lipid peroxidation.
82. \*Amanda Buller (2002) The modification of 'typical American meals' to improve glucose, insulin, and satiety responses.
83. \*Sherrie Tjonn (2002) Effects of hyperglycemia on ascorbic acid recycling in human erythrocytes
84. \*Carol Day (2001) Diet-induced thermogenesis is 100% higher on a high protein diet versus high-carbohydrate diet.
85. \*Colleen Venti (2001) Development of a food guide that addresses the dietary inadequacies common to vegetarian diets.
86. Jeanne Cahill (2001) Nutritional adequacy of diet plans promoted in women's magazines.
87. \*Sarah Cox (2001) Plasma-saturating intakes of vitamin C confer maximal antioxidant protection to plasma
88. \*Gail Strong (2001) Influence of orange juice versus vitamin C supplement ingestion on serum vitamin C concentration.
89. Stacey Parker (2000) Acute effects of three experimental diets on glomerular filtration rates.
90. Johanna Donnenfield (1998) Vitamin C supplementation and immunoresponsiveness during stress in guinea pigs.
91. Curt Young (1998) Ascorbic acid supplementation and hematological indices in individuals with low G6PD activity.
92. Robert Collison (1997) Scurvy-associated physiological defects at non-scorbutic plasma ascorbate levels.
93. Carol Deodati (1996) Hypovitaminosis C and oxidant defense in adult men and women
94. Tammi Elliott (1996) Heat denaturation of bovine serum albumin.
95. \*Susan Spear (1996) Infant formula ingestion is associated with the development of diabetes in the BB rat.
96. \*Lori Thompson (1996) Vitamin C status in an outpatient population.
97. Julia Thomas (1996) Plasma cobalamin and holo-transcobalamin in Alzheimer's patients, elderly and young controls.
98. Karen Wright (1996) Bovine serum albumin and hydrolyzed infant formula trigger insulin-dependent diabetes in BB rats. R.
99. \*Elizabeth Solomon (1995) Histamine as a functional marker for vitamin C status during repletion.
100. Pamel Gorowara (1994) Infant formula ingestion is associated with the development of diabetes in the BB rat.

101. \*Becky Bolton (1994) L-ascorbyl 6-palmitate has equal antiscorbutic activity as L-ascorbic acid for guinea pigs.
102. \*Bing Luo (1993) The relative bioavailability of synthetic ascorbic acid from commercially available sources in humans. \*MeiFang Yen (1993) Effect of vitamin C supplementation on glucose tolerance.
103. Mary Chard (1993) Ascorbyl palmitate and ascorbic acid have similar bioavailability.
104. \*Claudia Meyer (1993) Vitamin C supplementation elevates erythrocyte glutathione.
105. Theodore J. Maheras (1993) Supplemental vitamin C, carnitine and endurance performance.
106. Janet Carpenter (1993) The effects of low lactose milk diets on bone mineralization.
107. Michelle Berman (1993) Effect of vitamin C supplementation on red blood cell glutathione.
108. \*J.C. Srilakshmi (1992) The effect of vitamin C supplementation on blood pressure.
109. \*Kristina Retrum (1991) Vitamin C supplementation and gastric acid output.
110. Linda Martin (1990) Effect of chronic vitamin C supplementation on neutrophil chemotaxis.
111. Xi Cai (1990) Effect of a single dose of vitamin C on neutrophil chemotaxis.
112. \*Lisa Kandell. (1990) Pregnancy and weight gain in adolescents and young adults.
113. \*Tim Strand. (1990) Urinary galactose as an indicator of low lactose milk consumption.
114. \*Shining Huang. (1989) The effect of vitamin C nutriture on blood histamine levels.
115. Yvonne Tenney. (1989) The effect of single oral doses of ascorbic acid on oral temperature.
116. Donna Sutor. (1987) Effect of an acute dose of ascorbic acid on non-specific immunity.

### **Classes Taught at University Level**

Undergraduate Level: Human Nutrition; Advanced Human Nutrition I: Micronutrient Metabolism

Graduate Level: Research Methods in Nutrition; Vegetarian Nutrition; Nutrition and Immunology;  
Doctoral Professional Seminar

Medical School Lectures (UA College of Medicine): Vitamin C: Nutrition and Metabolism; B Vitamins:  
Nutrition and Metabolism, Micronutrients and Immunity

Medical School Selective (Mayo Medical School): Food as Medicine

### **Editorial Activities:**

Editorial Board Member: Nutrients, 2020-present

Editorial Board Member: Journal of Nutrition and Metabolism, 2009-present

Editorial Board Member: Medscape's Clinical Nutrition and Obesity section, 2005

Ad hoc Reviewer. Journals include: Journal of Nutrition, Journal of the American College of Nutrition, Journal of the American Dietetic Association, Obesity Research, Journal of Pediatric Gastroenterology and Nutrition, Society for Experimental Biology and Medicine, Pediatrics, American Journal of Clinical Nutrition, Journal of Nutritional Biochemistry, Life Sciences; Journal of Food Sciences; Biochimica et Biophysica Acta, Metabolism, European Journal of Clinical Nutrition, Nutrition & Metabolism, Nutrition Journal, Nutrients, Journal of Functional Foods

### **Professional Memberships**

American Society for Nutrition (1987-present)

American Association for the Advancement of Science (1987-present)

American College of Nutrition (1988-2011)

New York Academy of Sciences (1988-2010)

### **Professional Activities at the National Level**

Member, International Protein Board, 2018-present

Member, Advisory Board, Zone Labs (zonediet.com), 2012-present

Member, Extended-Release Dietary Supplements Expert Panel of the US Pharmacopeia Council of Experts, 2010-2017

Member, Advisory Committee, Vitamins and Minerals Research Interest Group, American Society for Nutrition, 2011-2015

President, Vitamins and Minerals Research Interest Group, American Society for Nutrition, 2010-2011

President-Elect, Vitamins and Minerals Research Interest Group, American Society for Nutrition, 2009

Member, Board of Directors, American College of Nutrition, 2004-2010

Member, Dietary Supplements – Non-Botanicals Expert Committee of the US Pharmacopeia Council of Experts, 2000-2010

Expert Reviewer, Sunkist Nutritional Platform, 2003

Ad hoc Reviewer, NDI Improving Nutrition for Optimal Health, USDA (2003, 2004,2005); On Site Reviewer (2002)

Scientific Advisor, White Paper on 'The Established Safety of Supplements of Vitamins E and C: the Scientific Evidence,' Council for Responsible Nutrition, Washington DC, 2002

Secretary, Certification Board for Nutrition Specialists, 2003-2004

Member, Certification Board for Nutrition Specialists, 1991-2003

Member, Public Relations Committee, American College of Nutrition. 1995-1996

Session Mediator, American College of Nutrition Annual Meeting, 1996, 2001, 2003, 2006

### **Departmental and College Services** (abridged)

Associate Director, Nutrition Program, Arizona State University Downtown Campus, 2010-2018.

Member, Executive Committee, College of Health Solutions, Arizona State University, 2012- 2017.

Ex Officio Member, PANW Executive Committee, School of Nutrition and Health Promotion, 2012-2017.

Chair, College [CONHI] Personnel Committee, Arizona State University, 2010-2012

Member, College [CONHI] Personnel Committee, Arizona State University, 2009-2010

Chair/Director, Nutrition Program, Arizona State University Polytechnic Campus, 2006-2010

Member, College [SAAS] Personnel Committee, Arizona State University, 2002-2005

Member, Departmental Graduate Committee, 1986-1990, 1993-1995, 1997-2006

Member, Departmental Personnel Committee, 1986-1994, 2000-2006

Member, Departmental Undergraduate Committee, 1995-1996

Chair, Departmental Graduate Committee, 1995-1997

Area Coordinator, Nutrition, 1995-1997, 1998-1999

Member, Departmental Executive Committee, 1996-1997

### **University Services** (abridged)

Chair, University Institutional Review Board, Bioscience, 2007-present

Member, University Laboratory Safety Committee, 2016-present

Member, University Radiation Safety Committee, 2007-present

Member, University Animal Care and Use Committee, 1993-1994; 1999-present

Chair, University Animal Care and Use Committee, 1994-1999

Member, Interprofessional Education Committee, UA College of Med in partnership with ASU, 2008-2011

Member, University Institutional Review Board, 2002-2007

Academic Senate Personnel Committee, 2005-2006

Member, Promotion and Tenure Task Force, Arizona State University, 2005

Academic Senator, 2005-2006

Chair, University Personnel Committee, 2005-2006

Member, University Personnel Committee, 2002-2004

Member, Research Safety Oversight Committee, 1994-1997

Chair, Research Safety Oversight Committee, 1997-1999

Chair, University Veterinarian Search Committee, 1997

Member, University Veterinarian Task Group, 1997

Member, University Veterinarian Search Committee, 1998

Member, Advisory Committee, Undergraduate Biological Sciences Education Program of the Howard Hughes Medical Institute, 1994-2000

Member, Advisory Committee, Minorities Access to Research Careers, 1997-1998

### **Awards**

2020 Nominated Faculty Mentoring Award, College of Health Solutions, Arizona State University

2019 Experimental Biology and Medicine Outstanding Reviewer Award, Society for Experimental Biology and Medicine, Washington DC

2018 Laboratory Safety Award, Innovations towards an Advanced Culture of Safety at Arizona State University

2017 Nominated Distinguished Faculty Award, College of Health Solutions, Arizona State University

2010 Best Poster Award, American College of Nutrition Annual Meeting, New York City

2008 Mark Bieber Professional Award sponsored by Unilever Bestfoods and the American College of Nutrition for academic accomplishments

2004 and 2011 Nominated Arizona State University Professor of the Year



2004 Grace Goldsmith Award for significant achievements in the field of nutrition by a scientist under the age of 50 years, American College of Nutrition

2000 Outstanding Teaching Award, College of Liberal Arts and Sciences Alumni Association, Arizona State University

1992, 1997, 2000 Student Affairs Faculty Recognition Award, Arizona State University