VITAE

CAROL S. JOHNSTON
Nutrition Program
College of Health Solutions
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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-present

Summary

I am a professor of nutrition and the Senior Associate Dean for tenure-track faculty success in the College of Health Solutions at Arizona State University (ASU), Phoenix Downtown Campus. I conduct randomized controlled clinical trials examining the health effects of supplements, functional foods, and bioactives. I am an expert in vitamin nutriture (particularly vitamin C), vinegar, weight loss diets, and vegetarian diets. I have published 165+ research articles and book chapters and am often quoted in popular magazines reporting nutrition news. My work has received multiple national awards from the American College of Nutrition for my professional and academic accomplishments, and I am among the top 2% of cited scientists world-wide (Stanford/Elsevier Top 2% Scientists list). I teach research methods to nutrition graduate students and actively mentor doctoral, Master's, and undergraduate honors students on their research theses. I chair the Biomedical Institutional Review Board at ASU and am a long-time member (and past chair) of the Animal Care and Use Committee at ASU. I work closely with the tenure-track faculty at the College of Health Solutions to promote tenure promotions and career success.

Professional Employment Record

Affiliated faculty, School of Medicine and Advanced Medical Engineering, Arizona State University, 2025-present
Professor and Senior Associate Dean for Faculty Success (tenured/tenure-track faculty), College of Health Solutions, Arizona State University, 2024-present
Professor and Associate Dean for Faculty Success (tenured/tenure-track faculty), College of Health Solutions, Arizona State University, 2018-2024
Affiliated faculty, Swette Center for Sustainable Food Systems, Arizona State University, 2020-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. CoPI (PI: Sweazea) Evaluation of fulvic acid supplementation for the attenuation of symptoms associated with metabolic syndrome. Mineral Logic, LLC USA (8/1/2026-7/31/27) $69,013
2. PI Beneficial effects of maqui berry extract combination with omega-3 fatty acids on cytokine reduction in elderly obese adults. Inflammation Foundation (5/1/2021 - 4/30/2022) $94,540
3. PI (CoPIs: Chang&Liu) 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
4. Consultant (PI: Kulina) HEAL: Phoenix (Healthy Eating and Living in Phoenix) Vitalyst Health Foundation (10/1/2020-6/30/2021) $30,000
5. CoI (PI: 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
6. PI Medical Nutrition Education Initiative for Healthcare Providers- Arizona State University College of Health Solutions. Flinn Foundation (10/1/16 – 9/30/21) $558,241
7. CoPI (PI: Sweazea) Evaluation of the protective effects of a beet juice energy drink on vascular health. Isagenix Int. (07/01/2015 - 06/30/2016) $60,726
8. CoI (PI: Tasveska) 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
9. PI The Effects of Re-Engineered Carbohydrates on Metabolic Syndrome. Inflammation Foundation (8/4/2014 - 8/3/2015) $111,850
10. CoPI (PI:Sweazea) Evaluation of the Anti-aging Properties of Product B. Isagenix Int. (8/1/2013 - 11/30/2014) $107,267
11. CoPI (PI:Sweazea) Almond Ingestion to Reduce Hemoglobin A1C in Individuals with Type 2 Diabetes. Almond Board of CA (7/1/2012 - 12/31/2013) $151,992
12. 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
13. CoPI (PI:Martin),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
14. CoPI (PI:Winham) 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
15. 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
16. CoPI (PI: Hutchins) The Role of Insulin Sensitivity in the Success of Weight Loss Diets. Pfeiffer Research Foundation (8/1/2004 - 7/31/2005) $74,910
17. 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
18. CoPI (PI:Winham) 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
19. PI Vitamin C Metabolism. Inter-Cal Corporation (1992) $12,000

- Gifts 1988-2026, Nutrition Research Fund of the ASU Foundation, PI, $502,000
- Faculty-Grant-in-Aid & Research Incentive Awards (Arizona State University) 1987-2003 $75,000

Book Chapters (n=14)

1. Johnston CS. Vitamin C. In: *Present Knowledge in Nutrition*, 11th ed. (ed: Bernadette Marriott Diane F. Birt Virginia Stalling Allison Yates) Elsevier, 2020.
2. Sweazea K, Johnston CS. Cardioprotective Potential of Flaxseeds in Diabetes. In*: Bioactive Foods as Dietary Interventions for Diabetes*, 2nd 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*, 1st Edition (ed: Mariotti F) Academic Press, 2017.
4. Johnston CS, Steinberg FM, Rucker RB. Ascorbic Acid. In: *Handbook of Vitamins*, 5th ed. CRC Press:Boca Raton FL, 2013.
5. Johnston CS. Vitamin C. In: *Present Knowledge in Nutrition*, 10th 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*, 4th ed. CRC Press:Boca Raton FL, 2007.
9. Johnston CS. Vitamin C. In: *Present Knowledge in Nutrition*, 9th 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*, 8th ed. (eds. Bowman BA, Russell RM) ILSI Press:Washington, DC, 2001.
13. Johnston CS, Steinberg FM, Rucker RB. Ascorbic Acid. In: *Handbook of Vitamins*, 3rd 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 primary mentored student] **h-Index** *[Google Scholar as of August 2026* **h-index=58; i10-index=128; 11129 total citations]**

Total number of refereed journal articles: 153

1. **Johnston, C.S**. The Case for Vinegar Ingestion. Nutrients 2026, 18, 2574.
2. Chiew, N.S.Y.; Dow, E.; Ghasemzadeh, H.; **Johnston, C.S**. Does the Short-Term Use of Continuous Glucose Monitoring Detect Favorable Effects of Vinegar Ingestion at Mealtime in Adults with Prediabetes? A Pilot Trial. Dietetics 2026, 5, 31.
3. **Vento KA**, Koskan A, Lynch H, Kavouras S, Johnston C, Wardenaar FC. Effect of increased water intake on uropathogenic bacterial activity of underhydrated menstruating young adult women: A randomized crossover trial. *Nutrition and Health*. 2026 Jan;32(1):331-340.
4. Bartholomae E*, Nadalet C*, **Johnston CS**. Influences of vegan status on protein intake, lean body mass, and strength in lightly active, young women: A cross-sectional study. Nutrition 2026 145, 2026, 113102.
5. **Machiraju A**, Farahmand E, Soumma SB, Arefeen A, Johnston CS, Ghasemzadeh H, "Time-Aware Cross-Attention for Multi-Modal Sensor- Based Blood Glucose Forecasting" In Proceedings of the IEEE-EMBS International Conference on Body Sensor Networks (BSN), 2025 IEEE 21st International Conference on Body Sensor Networks (BSN), 1-4
6. **Dow E*,** Hernandez MI*, Johnston CS. Expanding Access to Strength Training: Feasibility of a Remotely Delivered Resistance Training Program in Untrained Women. Women in Sport and Physical Activity Journal. 2025; 33;*wspaj.2025-0033*
7. **Arefeen A**, Fessler S*, Mostafavi SM, Johnston CS, Ghasemzadeh H. MealMeter: Using Multimodal Sensing and Machine Learning for Automatically Estimating Nutrition Intake. Annu Int Conf IEEE Eng Med Biol Soc. 2025 Jul;2025:1-6.
8. **Dow E*,** Hernandez MI*, Johnston CS. Eight weeks of resistance exercise improves mood state and intestinal permeability in healthy adults: A randomized controlled trial. Physiol Rep. 2025 Feb;13(3):e70219.
9. Hernandez MA*, Devine A*, Ramsey J*, Dow E*, **Johnston CS**. A carefully planned resistance training program improves strength, fitness and depressive symptoms for a woman with type 2 diabetes. *Endocrinology, Diabetes & Metabolism. Case Reports*. (2024) 2024 e240091
10. Barrong H*, Coven H*, Lish A*, Fessler SN*, Jasbi P, **Johnston CS**. Daily Vinegar Ingestion Improves Depression and Enhances Niacin Metabolism in Healthy, Overweight Adults: A Randomized Controlled Trial. *Nutrients* 2024, 16(14):2305.

11. **Fessler SN***, Liu L, Chang Y, Johnston CS. BMI is Associated with Post-Acute Elevations in Biomarkers of Platelet Activation and Inflammation in Unvaccinated Adults Diagnosed with COVID-19 in the Previous 8 Weeks. *Obesity Facts* 2024, 8;1-6.
12. Arnold T*, **Johnston CS**. An examination of relationships between vitamin B12 status and functional measures of peripheral neuropathy in young adult vegetarians. *Frontiers in Nutrition*. 2023, 10:1304134
13. Bartholomae E*, **Johnston CS**. Nitrogen Balance at the Recommended Dietary Allowance for Protein in Minimally Active Male Vegans. *Nutrients*. 2023, 15(14), 3159.
14. Pang M*, Alexon C, Trier C, **Johnston CS.** Daily Ingestion of Protein Bars (With or Without Added Fiber) Increased Energy Intake and Body Fat Mass after One Week in Healthy Adults: A Crossover Trial. *Journal of Functional Foods 2023, 104, 105547*.
15. **Fessler SN***, Chang Y, Liu L, Johnston, CS. Curcumin Confers Anti-Inflammatory Effects in Adults Who Recovered from COVID-19 and Were Subsequently Vaccinated: A Randomized Controlled Trial. *Nutrients* 2023, 15, 1548.
16. Phares S*, Irving A, McCoy M, **Johnston CS.** Associations Between Food Skills and Resilience in Adults Ages 18 to 45 in the USA During the COVID-19 Pandemic (2020 April–June): A Brief Report. *Adversity and Resilience Science*. 2022 Dec 20;1-6.
17. **Mayra ST***, Chondropoulos K*, De Leon A*, Kravat N*, Johnston CS. Early Time-restricted Eating May Favorably Impact Cognitive Acuity in University Students: A Randomized Pilot Study. *Nutrition Research.* 2022 Dec;108:1-8.
18. Bartholomae E*, Knurick J*, **Johnston CS**. Serum Creatinine as an Indicator of Lean Body Mass in Vegetarians and Omnivores. *Frontiers in Nutrition.* 2022 Sep 16;9:996541.
19. **Mayra ST***, Chondropoulos K*, De Leon A*, Kravat N*, Johnston CS. The Feasibility and Preliminary Efficacy of Early Time-Restricted Eating on Diet Quality in College Students: A Randomized Pilot Study. *Obesity Research & Clinical Practice.* 2022 Sep-Oct;16(5):413-420.
20. **Arefeen A**, Fessler S*, Johnston C, Ghasemzadeh H. Forewarning Postprandial Hyperglycemia with Interpretations using Machine Learning, 2022 IEEE-EMBS International Conference on Wearable and Implantable Body Sensor Networks (BSN), 2022 (Refereed Conference Paper)
21. Lundy C*, Fessler S*, **Johnston CS**. Erythrocyte Osmotic Fragility is not Linked to Vitamin C Nutriture in Adults with Well-Controlled Type 2 Diabetes. *Frontiers in Nutrition.* 2022 Aug 12;9:954010.
22. **Fessler SN***, Liu L, Chang Y, Yip T, Johnston CS. Palmitoylethanolamide Reduces Proinflammatory Markers in Unvaccinated Adults Recently Diagnosed With COVID-19: A Randomized Controlled Trial. *Journal of Nutrition*. 2022 Oct 6;152(10):2218-2226.
23. Freedman LS, Kipnis V, Midthune D, Commins J, Barrett B, Sagi-Kiss V, Palma-Duran SA, Johnston CS, O'Brien DM, **Tasevska N.** Establishing 24-hour urinary sucrose plus fructose as a predictive biomarker for total sugars intake. *Cancer Epidemiology, Biomarkers and Prevention*. 2022 Mar 21;cebp.1293.2021.
24. **Mayra S***, Johnston CS. Arterial Stiffness and Cardiometabolic Health in Omnivores and Vegetarians: A cross-sectional pilot study. *BMC Research Notes* 2022 Feb 19;15(1):69.
25. Curtin A*, **Johnston CS**. Vitamin B6 supplementation reduces symptoms of depression in college women taking oral contraceptives: a randomized, double-blind crossover trial. *Journal of Dietary Supplements*. 2022 Feb 2;1-13.
26. **O'Brien DM**, Sagi-Kiss V, Palma Duran SA, Cunningham C, Barrett B, Johnston CS, Midthune D, Kipnis V, Freedman LS, Tasevska N. An evaluation of the serum carbon isotope ratio as a candidate predictive biomarker for dietary animal protein ratio (animal protein/total protein) in a 15-d controlled feeding study of US adults. *American Journal of Clinical Nutrition* 2022;115(4):1134-1143.
27. Skinner J, Vento K, Johnston CS and **Wardenaar F**. Using nutrition knowledge and diet quality questionnaires as screening tools to identify female collegiate athletes in need of dietitian referral. *Canadian Journal of Dietetic Practice and Research.* 2022;May 3:1-6.
28. **Johnston CS**, Jasbi P*, Jin Y, Bauer S, Williams S, Fessler S*, Gu H. Daily Vinegar Ingestion Improves Depression Scores and Alters the Metabolome in Healthy Adults: A Randomized Controlled Trial. *Nutrients* 2021 Nov 11;13(11):4020.
29. **Tasevska N**, Sagi-Kiss V, Palma-Duran SA, Barrett B, Chaloux M, Commins J, O'Brien DM, Johnston CS, Midthune D, Kipinis V, Freedman LS. Investigating the performance of twenty-four-hour urinary sucrose and fructose as a biomarker of total sugars intake in US participants - a controlled feeding study *American Journal of Clinical Nutrition* 2021;114(2):721-30.

30. **Wardenaar F**, Ortega-Santos C, Vento K, Beaumont J, Griffin SC, Johnston CS, Kavouras S. Reliability of three urine specific gravity meters measuring brix and urine solutions at different temperatures. *Journal of Athletic Training*. 2021; March 31.
31. **Wardenaar F**, Ortega-Santos C; Vento K, Beaumont J, Griffin S, Johnston C, Kavouras S. A 5-day heat acclimation program improves heat stress indicators while maintaining exercise capacity. *Journal of Strength and Conditioning Research*. 2021 May 1;35(5):1279-1286.
32. Rafferty AJ*, Hall R, **Johnston CS**. A Novel Mobile App (Heali) for Disease Treatment in Participants With Irritable Bowel Syndrome: Randomized Controlled Pilot Trial. *J Med Internet Res* 2021;23(3):e24134
33. Anderson S*, Gonzalez LA*, Jasbi P*, **Johnston CS**. Evidence That Daily Vinegar Ingestion May Contribute to Erosive Tooth Wear in Adults. J Med Food. 2021 Aug;24(8):894-896.
34. Feise N*, **Johnston CS**. Commercial vinegar tablets do not display the same physiological benefits for managing postprandial glucose concentrations as liquid vinegar. *Journal of Nutrition and Metabolism*. 2020, Article ID 9098739
35. **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*. 2020;17(11):3871.
36. **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.
37. 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).
38. 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.
39. 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).
40. 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).
41. 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).
42. **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
43. Mayra, 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
44. **Lynch H***, Johnston C, Wharton C. Plant-based diets: protein considerations and exercise performance implications. *Nutrients* 2018, 10, 1841.
45. **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.
46. **Sweazea KL**, Johnston CS, Miller B, Gumpricht 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*
47. **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.
48. **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.
49. **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.

50. 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.
51. 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
52. Ipjian ML*, **Johnston CS**. Smartphone technology facilitates dietary change in healthy adults. *Nutrition* 2016 August 24 [Epub ahead of print] 2017; 33:343–347
53. **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
54. 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.
55. **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.
56. **Miller BJ***, Whisner CM, Johnston CS. Vitamin D Supplementation Appears to Increase Plasma Aβ40 in Vitamin D Insufficient Older Adults: A Pilot Randomized Controlled Trial. *Journal of Alzheimer's Disease* 2016;52:843-847.
57. 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.
58. 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.
59. Arnold TA*, **Johnston CS**, Lee CD, Garza AM*. Eating in the absence of hunger in college students. *Appetite.* 2015;92:51–56.
60. **Johnston CS**, Barkyoumb 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
61. **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.
62. **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
63. 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.
64. **Beezhold BL**, Johnston CS, Nochta 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.
65. **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
66. **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.
67. 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.
68. 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
69. **Beezhold BL***, Johnston CS. Restriction of meat, fish, and poultry in omnivores improves mood: a pilot randomized controlled trial *Nutrition Journal* 2012;11:9.
70. **Gaesser GA**, Angadi SS, Ryan DM, Johnston CS. Lifestyle measures to reduce inflammation. *American Journal of Lifestyle Medicine* 2012;6:1-10.
71. 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.

72. Schlueter AK*, **Johnston CS**. Vitamin C: Overview and Update. *Journal of Evidence-Based Complementary & Alternative Medicine* 2011;16:49-57.
73. 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
74. **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.
75. **Johnston CS**, Steplewska I*, Long CA*, Harris LN*, Ryals RH*. An examination of the antiglycemic properties of vinegar in healthy adults. *Annuals of Nutrition and Metabolism* 2010;56:74-79.
76. **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.
77. **Johnston CS**. Functional foods as modifiers of cardiovascular disease. *American Journal of Lifestyle Medicine* 2009; 3; 39S.
78. **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.
79. **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.
80. **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.
81. 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.
82. **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.
83. 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.
84. **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.
85. **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.
86. 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).
87. **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.
88. **Johnston CS**. Metabolic advantage of low-carbohydrate diets (letter reply). *Journal of the American College of Nutrition* 2006;25:436
89. **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
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Invited **Presentations at National/International Conferences**

Total number of invited presentations: 45

1. "Organic acids and SCFA: Metabolites made by microorganisms that benefit health" International Scientific Association for Probiotics and Prebiotics – Annual Meeting, Banff, Canada, 2025
2. "Health Benefits of Vinegar" The Vinegar Institute – Annual Meeting, Miami FL, 2025.
3. Is there any concern for vitamin C status among athletes? Sports Nutrition Webinar (sponsor is Arizona State University; online; reached 493 registrants from 15 countries) 2024
4. "Emerging Health Benefits of Vinegar" The Vinegar Institute – Annual Meeting, Fort Lauderdale, FL 2024
5. "Micronutrient Considerations for Chronic Kidney Disease" 24th Annual Southwest Nephrology Conference, Scottsdale, AZ 2024
6. "Vinegar: Insights and Uses" The Vinegar Institute – Annual Meeting, Naples, FL, 2023
7. "Health Benefits of Vinegar" National Mustard Museum's Virtual Mustard Summit, Middleton, WI, January 20, 2022
8. "Vinegar: New Beginnings" Vinegar Institute's 2022 Annual Meeting, Miami, FL, 2022. *Cancelled due to COVID-19 pandemic*
9. "Vitamin C – the forgotten history of scurvy" AZAND webinar (260 in attendance) April 16, 2020.
10. "Unraveling Vinegar's Contribution to Human Health" Vinegar Institute's 2020 Annual Meeting, Miami, FL, March 8, 2020. *Cancelled due to COVID-19 pandemic*
11. "Is the Medicinal Use of Vinegar now 'Common Truth'?" Vinegar Institute's 2018 Annual Meeting, Clearwater Beach, FL, March 6, 2018.
12. "Nutritional Management of Insulin Resistance" Science in Nutrition - 4th International Congress, Milan, Italy, May 5, 2017.
13. "Vinegar and Health" The Vinegar Institute – Annual Meeting, Palm Beach, FL, 2016
14. "Re-engineered Carbohydrates" Zone Seminar, Mexico City, Mexico, May 15, 2015.
15. "Novel Dietary Approaches to Diabetes Care and Prevention: A Focus on Vinegar" Nutrition & Health Conference, Phoenix, AZ, May 6, 2015.
16. "Vinegar and Health" The Vinegar Institute – Annual Meeting, Coconut Grove, FL, 2014
17. "Clinical studies on dietary interventions for diabetes prevention" Biofortis Clinical Research breakfast, Experimental biology Annual Meeting, Boston, MA, April 22, 2013
18. "Antiglycemic effects of vinegar" Iowa State University food Science and Human Nutrition Seminar Series, Ames, IO March 27, 2013
19. "Almonds and the Management of Type 2 Diabetes", The Almond Board of California Orchard Experience, Lodi, CA, August 13, 2012.
20. "Vinegar and Health", The Vinegar Institute Annual Meeting, San Diego, CA, March 18, 2012.

21. "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.
22. "Vinegar and Diabetes Update", The Vinegar Institute Annual Meeting, Sanibel Harbour, FL, March 15, 2009.
23. "Anti-inflammatory Diets" 2nd International Zone Conference on Anti-Inflammatory Medicine, Cancun, Quintana Roo, Mexico, November 14, 2008.
24. "Organic Foods", Public Health Strategies for the New Millennium, USPHS Scientific and Training Symposium, Tucson AZ, June 10, 2008
25. "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
26. "Wellness: The Vitamin C Connection", Science Lecture at the Proctor and Gamble Headquarters, Cincinnati OH, May 2, 2008
27. "Anti-Inflammatory Medicine: Intervention Trials", New Approaches to the Treatment of Chronic Disease, The Inflammation Foundation, Miami FL, February 9, 2008
28. "Peanut Products and Vinegar as Complementary Foods" The Peanut Institute's Science/Culinary Conference, Napa Valley CA, May 4-7, 2007
29. "Vinegar and Glycemia" The Vinegar Institute 2007 Annual Meeting, Marco Island FL, March 10-13, 2007
30. "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
31. "The Efficacy of Diets for Health and Weight Loss: High Protein versus Zone" EnerZona Convention, Milan, Italy May 27, 2006
32. "The efficacy of low-carbohydrate diets for weight loss and health: Atkins versus the Zone" American College of Sports Medicine 25th Annual meeting of the South West Chapter, Las Vegas, NV November 11, 2005
33. "Nutritional aspects of childhood obesity and the metabolic syndrome" American College of Sports Medicine 25th Annual meeting of the Southwest Chapter, Las Vegas, NV November 12, 2005
34. "Diet Tricks" National Council of University Research Administrators (NCURA) Region 6 Annual Meeting, Chandler, AZ, April 17, 2005
35. "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
36. "Low carbohydrate diets" Meet the Expert Session, Annual Meeting of the American College of Nutrition, Long Beach, CA, October 1, 2004
37. "Vitamin C – Is it beneficial? Is it safe? Council for Responsible Nutrition, Annual Conference on Dietary Supplements, Tucson, AZ, September 14-17, 2003
38. "Food pyramids" 28th Annual Career and Technical Education Conference, Association for Career and Technical Education of Arizona, Tucson, AZ July 20-23 2003.
39. 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.
40. "Toxicities of vitamins C and E" Oxygen Club of California World Congress, Santa Barbara, CA, March 6-9, 2002
41. "The optimal vitamin C dosage." Linus Pauling Institute, Oregon State University, Corvalis, OR, December 6, 2001.
42. "Antioxidant and prooxidant effects of vitamin C." Annual Summer Toxicology Forum, Given Institute, Aspen, CO, July 15, 1999.
43. "Vitamin C and diabetes." Nutrition & Dietetics Professional Seminar, Indian Health Service, Phoenix, AZ, May 12, 1999.
44. "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.
45. "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 – only first author abstracts listed)

1. Johnston CS, Clay K, Wheeling H. Effects of Spirulina Supplementation on Mental Function in Healthy Adults: a Randomized Controlled Trial. American Society of Nutrition, National Harbor, MD, July 2026.
2. Johnston CS, Catron L. Is extended highly effective modulator therapy linked to body image in women with cystic fibrosis? Obesity Week 2025 Conference, Atlanta, November 2025.
3. Johnston CS, Hernandez M, Dow E. Strength Training Lowers Lipopolysaccharide Binding Protein (LBP) and Improves Mood State in Sedentary Adults: A Randomized Controlled Trial. Obesity Week 2024 Conference, San Antonio, November 2024.
4. Johnston CS, Meyer A, Barrong H, Coven H, Fessler S. Daily Vinegar Ingestion for Four Weeks Favorably Influenced Adiposity in Healthy Adults. Obesity Week 2023 Conference, Dallas, October 2023
5. Johnston CS, Pang M. Daily Ingestion of Protein Bars is Linked to Fat Mass Gain After One Week in Healthy Young Adults. Obesity Week 2022 Conference, San Diego November 2022 (virtual)
6. Johnston CS, Lundy C, Fessler S. Relationships between Erythrocyte Osmotic Fragility and Vitamin C Nutriture in Adults with or without Type 2 Diabetes. Nutrition2022 (American Society of Nutrition) June 2022 (virtual)
7. Johnston CS, Curtin A. Vitamin B6 supplementation reduces depression in college women taking oral contraceptives: a randomized, double-blind cross-over trial. Nutrition2020 May 2020, Seattle (conference cancelled due to COVID-19)

Chair, Completed Doctoral Dissertation [Doctoral program for nutrition students 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):

Total number of completed doctoral students: 16

1. *Emily Dow (2025) Evaluating the Impact of Resistance Training and Vinegar Ingestion on Intestinal Permeability, Cognition, and Mood in Healthy Adults [Assistant Professor of Practice, Kinesiology, University of Arizona] – College of Health Solutions: Outstanding Graduate
2. *Samantha Fessler (2024) Combined Effects of Maqui Berry Extract and Omega-3 Fatty Acids on Circulating Markers of Inflammation and Cardiometabolic Risk in Adults with Type 2 Diabetes [Director, Scientific Affairs, Needed®]
3. *Paniz Jasbi (2022) [co-chair: Haiwei Gu] Mass Spectrometry-based Metabolomics: Considerations for Laboratory Testing [CEO and co-founder of metabolomics start-up: Theriome]
4. *Eric Bartholomae (2022) Nitrogen Balance and Protein Intake at the RDA in Underactive Male Vegans
5. *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]
6. *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]
7. *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]
8. *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]
9. 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]
10. *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]
11. *Jessica Knurick (2015) Effects of Postmeal Walking on Postprandial Glucose Control and Oxidative Stress [Assistant Professor, University of Nevada, Las Vegas, NE]
12. Elizabeth Sussman (2013) Selenium Supplementation and Cardiovascular Outcome Markers in Hemodialysis Patients: A Randomized Controlled Trial [Assistant Professor, California State University, Northridge, CA]

13. *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]
14. 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]
15. *Bonnie Beezhold (2008) Does low intake of long-chain omega-3 fats among vegetarians affect their mood state? [Assistant Professor, Benedictine University, Lisle, IL]
16. *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):
Total number of completed MS students: 136

1. Laura Canton (2026) How Does Weight Restoration Associated with Highly Effective Modulator Therapy Impact Body Image Disturbance in Female Cystic Fibrosis Patients?
2. Kelsey Clay (2026) Effects of Spirulina on Mood in Healthy College Students
3. Anastasia Battles (2026) Effects of Natural Sourdough Fermentation Duration and Acid Development on Postprandial Blood Glucose Levels in Adults with Prediabetes
4. Maria Albarrak (2025) Effects of Camel Milk on Glycemic Control and Insulin Requirements in Individuals with Type 1 Diabetes
5. Nicole Brown (2025) Daily Vinegar Ingestion and Body Composition Changes Following a 12-Week Resistance Training Program: A Randomized Controlled Trial
6. *Novia Shin Ying Chiew (2025) Daily Vinegar Ingestion and 24-hour Blood Glucose Control in Adults with Glucose Intolerance: A Randomized Crossover Trial
7. Danielle Caldwell (2024) Do the Combined effects of Maqui Berry Extract and Omega 3 Fatty Acids influence dietary intake and body composition in individuals with Type 2 Diabetes Mellitus?
8. Jennifer Chappy (2024) The Effects of Red Wine Vinegar on Postprandial Glucose Following a High Glycemic Meal in Pascua Yaqui Tribal Members with Type 2 Diabetes
9. *Mario Hernandez (2024) Effects of Resistance Training on Endotoxemia and Mental Health in Adults with Type 2 Diabetes
10. *Haley Barrong (2024) The Effects of Daily Vinegar Intake on Depression Scores and Blood Metabolome
11. *Hannah Coven (2024) Vinegar as an Anti-Inflammatory Agent
12. *Alexandra Lish (2023) Vinegar Intake on Metabolic Syndrome Risk in a Randomized Control Trial
13. *Camila Nadalet (2023) Influences of Vegan Status on Protein Intake, Strength, and Bone Mineral Density
14. Allyson Deimeke (2023) The Cognitive Effects of Maqui Berry Extract and Fish Oil in Adults with Type 2 Diabetes
15. *Ciara Lundy (2022) Relationships between Erythrocyte Osmotic Fragility and Vitamin C Nutriture in Adults with or without Type 2 Diabetes
16. *Minghan Pang (2022) Will the daily ingestion of high protein nutrition bars (with or without added fiber) for one week impact 24-h energy intake and satiety in healthy young adults?
17. Keelin Riepe (2021) Optimization and Validation of an HPLC Method for Detecting Plasma Vitamin C
18. *Anateresa De Leon (2021) The Effects of Intermittent Fasting on Quality of Life and Happiness: A Randomized Control Trial
19. *Kelly Chondropoulos (2021) An Investigation into the Effect of Time Restricted Feeding on Mood State in College Students A Randomized 8 Week Trial
20. *Savanna Phares (2020) Foods Skills and Resilience: An Exploration of Self-Sufficiency During the Coronavirus Pandemic
21. *Natalie Kravat (2020) Effect of Intermittent Fasting on Cognitive Acuity in University Students
22. *Aaron Rafferty (2020) Effects of a Novel AI Mobile App on Symptom Severity in Subjects with Irritable Bowel Syndrome: A Randomized Controlled Trial
23. *Annie Curtin (2019) The Effects of Vitamin B6 Supplementation on Mood States in College Women Taking Oral Contraceptives
24. 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
25. Makenna Baum (2019) Nutrition course and culinary demonstrations to increase perceived importance of nutrition in medical students

26. Rachel Manley (2019) Comparing glutathione in the plasma of vegetarian and omnivore populations.
27. Brooke Clifford (2019) The effect of a basic food safety intervention on food safety knowledge in US young adults: an intervention trial.
28. *Noel Ugarte (2019) Assessing the relationship between cobalamin deficiency and methylation capacity in a vegetarian population.
29. Lauren Waznik (2018) Glycemic Response to Gluten-Free Bread in Healthy Adults
30. *Lisa Gonzalez (2018) Reduction of Visceral Fat in Response to Consumption of Red Wine Vinegar
31. *Summer Anderson (2018) The effects of dietary vinegar on salivary pH and dental erosion.
32. *Paniz Jasbi (2018) Fat as a basic taste: CD36and its role in fat taste
33. Roni Romash (2018) Matcha tea and its acute effects on postprandial blood glucose.
34. *Corinne Zuelke (2017) Protein quality, muscle mass, and strength in vegetarian athletes.
35. Kelsi Wildermuth (2017) Water proximity and its effect on consumption: In a corporate setting.
36. *Olivia Baker (2017) Visceral fat reduction in response to red wine vinegar consumption.
37. 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?
38. Lee Renda (2017) Retrospective case study of one person with cancer who followed the ketogenic diet with standard treatment
39. Lisa Norman (2017) Effects of Coconut Oil Supplementation on Biomarkers of Inflammation and Lipid Peroxidation
40. Rachel Shedden (2016) Effect of a Coconut Oil Supplement (2g/d) on Total Cholesterol to HDL Cholesterol Ratio In Healthy Adults
41. Namrata Oza (2016) Effect of Curcuma Longa (Turmeric) on postprandial glycemia in healthy, non-diabetic adults.
42. *Elizabeth McElaney (2016) Almond Consumption During a Walking Intervention in Relation to Heart Rate Recovery
43. Amber Bonsall (2016) Developing the optimal vinaigrette dressing for managing blood glucose concentrations.
44. *Vanessa Garcia-Turner (2016) Validating a Laser for Measuring Supine and Standing Heights against Current Measures in Adults.
45. Zoe Yeh (2015) Is Apple Cider Vinegar Effective for Reducing Heartburn Symptoms Related to Gastroesophageal Reflux disease?
46. *Cameron Scholtz (2015) A novel 'Food Lists' app to promote weight loss, improve diet quality, and strengthen diet adherence: the Foodmindr Study.
47. *Brendan Miller (2015) The Effect of Vitamin D Supplementation on Plasma Aβ in an Older Population: A Randomized Control Trial
48. 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?
49. *Kelly Cosgrove (2015) The Impact of Adherence to a Vegan Diet on Acid-Base Balance: A Randomized Controlled Trial in Healthy College Students
50. *Michelle Ipjian (2015) The Popular Calorie Counter App, MyFitnessPal, Used to Improve Dietary Sodium Intake: A Four-Week Randomized Parallel Trial
51. Jason Pawloski (2015) Hypotensive effects of potassium and magnesium
52. Nia Jarrett (2015) Iron depletion therapy and chromium supplementation for improving insulin sensitivity
53. Kathryn Bratrud Earhart (2015) Vitamin C and the Common Cold in the Asthmatic Population
54. Lindsay Gnant (2014) The Effect of Vitamin C Supplementation on sICAM-1 in Asthmatic Study Participants
55. *Darren Snyder (2014) Exploring the Benefits of a Gluten Free Diet
56. *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
57. Dana Herring (2014) Fish Oil Supplementation and Cardiovascular Disease Risk in Individuals of Blood Type A and Blood Type O

58. Lindsay Obermeyer (2014) Vitamin C is Not Related to Resting Fat Oxidation in Healthy, Non-Obese Adults
59. *Claudia Thompson-Felty (2014) iPhone Applications and Improvement in Weight and Health Parameters: A Randomized Controlled Trial.
60. Amanda Steinke (2013) Use of a Non-Invasive Acoustical Monitoring System to Predict Ad Libitum Eating
61. Shannon Despino (2013) [applied project] Associations between Picky Eating Behaviors in Children And Mothers with Disordered Eating
62. *Taylor Goett (2013) Eating in the Absence of Hunger in College Students
63. Emily Medved (2012) Effects of Vinegar on Colonic Fermentation and Glycemia
64. Amy Moore (2012) Can A Vegetarian Diet Affect Resting Metabolic Rate or Satiety: A Pilot Study Utilizing a Metabolic Cart and the SenseWear Armband
65. Rachael Veatch (2012) Validation of the *Rapid Eating and Activity Assessment Shortened Version* for diet quality measurement in young adults.
66. Megan Gutierrez (2012) Fish oil supplements and symptoms of the common cold in healthy young women
67. Diana Kinsfather (2012) Food purchasing behavior: Choice, Change, Challenge
68. Jennifer Brown (2012) Effect of a vegetarian-like diet on blood coagulation and other health parameters in blood types A and O: An evalution of the “Blood Type Diet”
69. Lauren Fladell (2012) An updated food guide for vegetarians adapted to MyPlate: an evidence based approach
70. *Katie Fleming (2012) The Effects of Meal Preloads on Glycemia, Insulinemia and Satiety
71. *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
72. Bianca Teran (2012) Omega-3 supplementation and body weight in healthy young women.
73. *Samantha Quagliano (2012) Vinegars effects on hemoglobin A1c and postprandial glycemia in individuals at risk for diabetes
74. *Brooke Schohl (2012) Subject-coded versus investigator-coded diet analysis: A comparison of methods
75. David Kevin Cowan (2011) Evaluation of nutritional quality through a counselor administered weight loss program utilizing a smart phone app
76. *Gillean Osterday (2011) Vitamin C and Treating the Common Cold
77. *Sara Schumacher (2011) Plasma Vitamin C Supplementation and Physical Activity in Young Men
78. Marshall Jahns (2011) Almond consumption and dietary compensation in overweight and obese adults
79. Lindsey Wood (2011) Almond consumption and body composition in overweight and obese adults.
80. *Heidi Netland (2010) Vitamin C supplementation and physical activity levels in young college men
81. Christine Wheeler (2010) Carbohydrate drink improves anxiety in women
82. *Amanda Schlueter (2010) Diet Quality Index: Relationships to plasma vitamin C and mood states in healthy young adult college-age males
83. *Ashley Cohen (2010) Effects of chronic almond consumption on hemoglobin A1c in individuals with type 2 diabetes
84. *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
85. *Megan Williams (2009) An evaluation of the protein adequacy of typical vegetarian diets
86. *Dianna Daigle (2009) Polyunsaturated fatty acid intake in vegetarians vs. omnivores
87. *Romina Ryals (2009) Vinegar ingestion has immediate, but not extended effect on postprandial glucose in subjects with insulin resistance
88. Melissa Paton (2008) The effects of peanuts and tree nuts on postprandial glycemia, insulinemia, and satiety
89. Quinlan Hatch (2008) The relationship between macronutrient intake and respiratory exchange ratio during submaximal exercise
90. *Lafe Harris (2008) Effects of small concentrations of vinegar on postprandial glycemia, satiety, and taste perception
91. *Shannon Kent (2007) Effect of chronic vinegar or pickle ingestion on energy and macronutrient intake in people with type 2 diabetes

92. Jennifer Stern (2007) Plasma vitamin C and exercise-induced oxidative stress; a cross-sectional investigation in young adults
93. Christina Appel (2007) Effect of vitamin C on fat oxidation and plasma carnitine in obese adults
94. *Cindy Gaas (2006) The effects of sodium acetate on insulin sensitivity and satiety in type 2 diabetics
95. Robert Martin (2006) Potassium supplementation does not alter urinary pH and calcium excretion as predicted with diet-induced acidosis
96. *Iwona Steplewska (2005) Calcium acetate has minimal effect on insulin sensitivity in glucose tolerant adults.
97. Abigail Schock (2005) Vitamin C as adjunct therapy for type 2 diabetic subjects.
98. *Cindy Kim (2003) Apple cider vinegar as adjunct diet therapy for type 2 diabetic subjects.
99. Christina Menor (2003) Apple cider vinegar lowers the thermic effect of a high-carbohydrate meal in healthy subjects.
100. Lisa Sauby (2003) Effect of ascorbic acid on lipid peroxidation after an oral carbohydrate load in healthy individuals.
101. *Candice Dancho (2002) Dietary vitamin C versus supplemental vitamin C: effect on lipid peroxidation.
102. *Amanda Buller (2002) The modification of 'typical American meals' to improve glucose, insulin, and satiety responses.
103. *Sherrie Tjonn (2002) Effects of hyperglycemia on ascorbic acid recycling in human erythrocytes
104. *Carol Day (2001) Diet-induced thermogenesis is 100% higher on a high protein diet versus high-carbohydrate diet.
105. *Colleen Venti (2001) Development of a food guide that addresses the dietary inadequacies common to vegetarian diets.
106. Jeanne Cahill (2001) Nutritional adequacy of diet plans promoted in women's magazines.
107. *Sarah Cox (2001) Plasma-saturating intakes of vitamin C confer maximal antioxidant protection to plasma
108. *Gail Strong (2001) Influence of orange juice versus vitamin C supplement ingestion on serum vitamin C concentration.
109. Stacey Parker (2000) Acute effects of three experimental diets on glomerular filtration rates.
110. Johanna Donnenfield (1998) Vitamin C supplementation and immunoresponsiveness during stress in guinea pigs.
111. Curt Young (1998) Ascorbic acid supplementation and hematological indices in individuals with low G6PD activity.
112. Robert Collison (1997) Scurvy-associated physiological defects at non-scorbutic plasma ascorbate levels.
113. Carol Deodati (1996) Hypovitaminosis C and oxidant defense in adult men and women
114. Tammi Elliott (1996) Heat denaturation of bovine serum albumin.
115. *Susan Spear (1996) Infant formula ingestion is associated with the development of diabetes in the BB rat.
116. *Lori Thompson (1996) Vitamin C status in an outpatient population.
117. Julia Thomas (1996) Plasma cobalamin and holo-transcobalamin in Alzheimer's patients, elderly and young controls.
118. Karen Wright (1996) Bovine serum albumin and hydrolyzed infant formula trigger insulin-dependent diabetes in BB rats. R.
119. *Elizabeth Solomon (1995) Histamine as a functional marker for vitamin C status during repletion.
120. Pamel Gorowara (1994) Infant formula ingestion is associated with the development of diabetes in the BB rat.
121. *Becky Bolton (1994) L-ascorbyl 6-palmitate has equal antiscorbutic activity as L-ascorbic acid for guinea pigs.
122. *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.
123. Mary Chard (1993) Ascorbyl palmitate and ascorbic acid have similar bioavailability.
124. *Claudia Meyer (1993) Vitamin C supplementation elevates erythrocyte glutathione.
125. Theodore J. Maheras (1993) Supplemental vitamin C, carnitine and endurance performance.
126. Janet Carpenter (1993) The effects of low lactose milk diets on bone mineralization.
127. Michelle Berman (1993) Effect of vitamin C supplementation on red blood cell glutathione.

128. *J.C. Srilakshmi (1992) The effect of vitamin C supplementation on blood pressure.
129. *Kristina Retrum (1991) Vitamin C supplementation and gastric acid output.
130. Linda Martin (1990) Effect of chronic vitamin C supplementation on neutrophil chemotaxis.
131. Xi Cai (1990) Effect of a single dose of vitamin C on neutrophil chemotaxis.
132. *Lisa Kandell. (1990) Pregnancy and weight gain in adolescents and young adults.
133. *Tim Strand. (1990) Urinary galactose as an indicator of low lactose milk consumption.
134. *Shining Huang. (1989) The effect of vitamin C nutriture on blood histamine levels.
135. Yvonne Tenney. (1989) The effect of single oral doses of ascorbic acid on oral temperature.
136. 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; Nutrition and the Lifespan; Vegetarian Nutrition; Nutrition and Immunology; Doctoral Professional Seminar
Medical School Lectures (University of Arizona 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: Nutrition Research, 2025-present
Editorial Board Member: Dietetics, 2024-present
Editorial Board Member: Nutrients, 2020-present
Editorial Board Member: Journal of Nutrition and Metabolism, 2009-2024
Editorial Board Member: Medscape's Clinical Nutrition and Obesity section, 2005
Ad hoc Reviewer (~6 articles monthly). 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, etc.

Professional Memberships

American Heart Association (2023-2024)
Obesity Society (2022-present)
American College of Nutrition (1988-2011)
New York Academy of Sciences (1988-2010)
American Society for Nutrition (1987-present)
American Association for the Advancement of Science (1987-present)

Professional Activities at the National Level

Grant reviewer, 2026 European Science Foundation; 26-AXA-CHAIRS program
Abstract reviewer, NUTRITION 2026, American Society of Nutrition's flagship meeting
Panel Member, FY26 U.S. Special Operations Command (USSOCOM) review
Grant reviewer for the 2025 Military Operational Medicine Research Program of the U.S. Army Medical Research & Development Command, 2024
Grant reviewer for American Heart Association (Food Is Medicine), 2023
Grant reviewer for the 2024 Military Operational Medicine Research Program of the U.S. Army Medical Research & Development Command, 2023
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)
Member, Nutrition's ASN award nominating committee, 2025-present
Member, CHS Faculty support with AI committee, 2024-present
Member, CHS Lab and Clinic Safety Committee, 2022-present
Member, ENS Progressive Exam Task Force subcommittee, 2021-2024
Member, Nutrition MS Admission Committee, College of Health Solutions, 2010-present
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)
Faculty, Department of Foundational Sciences, John Shufeldt School of Medicine and Medical Engineering
Member, Faculty Council, John Shufeldt School of Medicine and Medical Engineering
Annual Speaker, Responsible Conduct of Research (RCR): Human Subjects Research (2021-present)
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
Member, University Asst Vice President, Enterprise Environmental Health&Safety Search Committee, 2023.
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
Academic Senator, 2005-2006
Chair, University Personnel Committee, 2005-2006
Member, Promotion and Tenure Task Force, Arizona State University, 2005
Member, University Personnel Committee, 2002-2004
Chair, Research Safety Oversight Committee, 1997-1999
Chair, University Animal Care and Use Committee, 1994-1999
Chair, University Veterinarian Search Committee, 1997
Member, University Veterinarian Task Group, 1997
Member, Research Safety Oversight Committee, 1994-1997
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/Honors

2026 Faculty Mentoring Award, College of Health Solutions, Arizona State University
2025 Nominated Faculty Mentoring Award, College of Health Solutions, Arizona State University
2025 Candidate for Best Paper Award in Nutrients: *Nitrogen Balance at the Recommended Dietary Allowance for Protein in Minimally Active Male Vegans* Nutrients 2023, 15(14), 3159
2024 and 2025 Editor's Choice [journal, Nutrients]: *Daily Vinegar Ingestion Improves Depression and Enhances Niacin Metabolism in Healthy, Overweight Adults: A Randomized Controlled Trial*. Nutrients 2024, 16(14):2305.
2024 Nominated Graduate Teaching Award, College of Health Solutions, Arizona State University
2022-2025 Listed: World's Top 2% Scientists – Leading Minds in Science
2023 Nominated Distinguished Faculty Award, College of Health Solutions, Arizona State University
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