

Bahram H. Arjmandi, PhD, RD

Department of Nutrition, Food and Exercise Sciences
College of Human Sciences
Florida State University
406 Sandels Building
120 Convocation Way
Tallahassee, FL 32306
Phone: (850) 645-1517
Fax: (850) 645-5000
Email: barjmandi@fsu.edu

EDUCATION

- 1991 - 1993 ***Postdoctoral Fellow***, Department of Cellular & Integrative Physiology, University of Texas Health Science Center at San Antonio, TX
- 1987 - 1991 ***Doctor of Philosophy***, Department of Human Nutrition, Kansas State University, Manhattan, KS
Research: Effect of soluble fiber on *in vivo* hepatic and intestinal sterol synthesis
- 1978 - 1980 ***Master of Science***, Department of Biology (major: industrial microbiology), Pittsburg State University, Pittsburg, KS
Research: Incidence of bacteriophages in frozen foods
- 1972 - 1976 ***Bachelor of Science***, Institute of Nutritional Sciences & Food Chemistry, Tehran, Iran
Research: Compositional analysis of commercially prepared foods

EXPERIENCE

- 2006-Present ***Professor***, Department of Nutrition, Food and Exercise Sciences (as of summer 2021, the names of the college and the department have changed to the Department of Nutrition and Integrative physiology; College of Health and Human Sciences), Florida State University, Tallahassee, FL
- 2016-2018 ***Chair***, Aging and Chronic RIS, American Society for Nutrition, Bethesda, MD
- 2014-2016 ***Chair-Elect***, Aging and Chronic RIS, American Society for Nutrition, Bethesda, MD
- 2009 – Present ***Founding Director*** for the Center for Advancing Exercise and Nutrition Research on Aging, Florida State University, Tallahassee, FL
- 2006 – 2018 ***Margaret A. Sitton Professor***, Department of Nutrition, Food and Exercise Sciences, College of Human Sciences, Florida State University, Tallahassee, FL
- 2006 – 2014 ***Chair***, Department of Nutrition, Food and Exercise Sciences, College of Human Sciences, Florida State University, Tallahassee, FL
- 2003 - 2006 ***Regents Professor***, Department of Nutritional Sciences and Gerontology Institute, College of Human Environmental Sciences, Oklahoma State

2001- 2003	University, Stillwater, OK Professor , Department of Nutritional Sciences and Gerontology Institute, College of Human Environmental Sciences, Oklahoma State University, Stillwater, OK
1998 - 2001	Associate Professor , Department of Nutritional Sciences and Gerontology Institute, College of Human Environmental Sciences, Oklahoma State University, Stillwater, OK
1993 - 2005	Affiliate Faculty Member , Functional Foods or Health Program, University of Illinois at Chicago and at Urbana-Champaign, IL
1998 - 2001	Adjunct Associate Professor , Department of Human Nutrition and Dietetics, College of Associated Health Professions, University of Illinois at Chicago, IL
1993 - 1997	Assistant Professor , Department of Human Nutrition and Dietetics, College of Associated Health Professions, University of Illinois at Chicago, IL
1993 - 1997	Assistant Professor , Division of Nutritional Sciences, University of Illinois at Urbana-Champaign, IL
1991 - 1993	Postdoctoral Research Fellow , the National Institute on Aging: Nutritional Gerontology Program, Department of Physiology, University of Texas Health Science Center at San Antonio, TX
1988 - 1990	Graduate Research Assistant , Department of Human Nutrition, Kansas State University, Manhattan, KS
1982 - 1987	Quality Assurance Coordinator/Assistant Director , Department of Dietetics and Nutrition, University of Kansas Medical Center, Kansas City, KS
1981 - 1982	Supervisor of Dietetic Technicians , Department of Dietetics and Nutrition, University of Kansas Medical Center, Kansas City, KS

PUBLICATIONS

A. Submitted to/to be submitted Refereed Journals (asterisk denotes senior author)

1. Feresin RG, Johnson SA, Elam ML, Pourafshar S, Navaei N, Akhavan NS, Tenenbaum G, Figueroa A, Arjmandi BH. Effects of Daily Consumption of Freeze-Dried Strawberries for Eight Weeks on Bone Biomarkers in Postmenopausal Women with Pre- and Stage 1-hypertension. *Food and Function*. (June 2021; submitted)

B. Published in Refereed Journals (asterisk denotes senior author)

1. Singar S, Suminski R, **Arjmandi BH**, Hooshmand S, Chai SC. Body Mass Index Predicts Cardiovascular Risk Factors and Inflammatory Status in Postmenopausal Women. *Curr Dev Nutr*. 2021 Jun; 5(Suppl 2): 1249. doi: 10.1093/cdn/nzab055_059.
2. Mullins AP, **Arjmandi BH***. Health Benefits of Plant-Based Nutrition: Focus on Beans in Cardiometabolic Diseases. *Nutrients*. Feb 2021. <https://doi.org/10.3390/nu13020519>.
3. Najjar RS, Akhavan NS, Pourafshar S, **Arjmandi BH**, Feresin RG. *Cornus officinalis* var. *koreana* Kitam polyphenol extract decreases pro-inflammatory markers in lipopolysaccharide (LPS)-induced RAW 264.7 macrophages by reducing Akt

- phosphorylation. *J. Ethnopharmacol.* Apr 2021. doi: 10.1016/j.jep.2020.113734.
4. Artese AL, Hunt RL, Ormsbee MJ, Kim JS, **Arjmandi BH**, Panton LB. Effect of Functional Impact Training on Body Composition, Bone Mineral Density, and Strength in Breast Cancer Survivors. *Med Sci Sports Exerc.* Jan 2021 Jan;53(1):90-101. DOI: 10.1249/MSS.0000000000002438
 5. Munoz J, Akhavan NS, Mullin AP, **Arjmandi BH***. Macrophage Polarization and Osteoporosis: A Review. *Nutrients.* Sept 2020. <https://doi.org/10.3390/nu12102999>.
 6. Archer E, **Arjmandi B.** Falsehoods and facts about dietary sugars: a call for evidence-based policy [published online ahead of print, 2020 Aug 17]. *Crit Rev Food Sci Nutr.* 2020;1-15. doi:10.1080/10408398.2020.1804320
 7. Basiri R, Spicer MT, Levenson CW, Ormsbee MJ, Ledermann T, **Arjmandi BH***. Nutritional Supplementation Concurrent with Nutrition Education Accelerates the Wound Healing Process in Patients with Diabetic Foot Ulcers. *Biomedicines.* 2020;8(8):E263. Published 2020 Aug 3. doi:10.3390/biomedicines8080263.
 8. Akhavan NS, Pourafshar S, Johnson SA, Foley EM, George KS, Munoz J, Siebert S, Clark EA, Basiri R, Hickner RC, Navaei N, Levenson CW, Panton LB, Daggy BP, **Arjmandi BH***. The Relationship between Protein Intake and Source on Factors Associated with Glycemic Control in Individuals with Prediabetes and Type 2 Diabetes. *Nutrients.* 2020;12(7):2031. Published 2020 Jul 8. doi:10.3390/nu12072031.
 9. Sarah A. Johnson, Negin Navaei, Shirin Pourafshar, Salvador J. Jaime, Neda S. Akhavan, Stacey Alvarez-Alvarado, Gabriela Proañob, Nicole S. Litwin, Elizabeth A. Clark, Elizabeth M. Foley, Kelli S. George, Marcus L. Elam, Mark E. Payton, **Bahram H. Arjmandi***, Arturo Figueroa*. "Effects of Montmorency tart cherry juice consumption on cardiometabolic biomarkers in adults with metabolic syndrome: a randomized controlled pilot trial". *J Med Food.* 2020. doi:10.1089/jmf.2019.0240.
 10. Figueroa A, Maharaj A, Johnson SA, Fischer SM, **Arjmandi BH**, Jaime SJ.
 11. Exaggerated Aortic Pulse Pressure and Wave Amplitude During Muscle Metaboreflex Activation in Type 2 Diabetes Patients. *Am J Hypertens.* 2020.33(1):70-76. doi: 10.1093/ajh/hpz135.
 12. George KS, Muñoz J, Akhavan NS, Foley EM, Siebert SC, Tenenbaum G, Khalil DA, Chai SC, **Arjmandi BH***. "Is Soy Protein Effective in Reducing Cholesterol and Improving Bone health? *Food Funct.* 2020. 11(1):544-551. doi: 10.1039/c9fo01081e.
 13. Serino A, Zhao Y, Hwang J, Cullen A, Deeb C, Akhavan N, **Arjmandi BH**, Salazar G. Gender differences in the effect of blackberry supplementation in vascular senescence and atherosclerosis in ApoE^{-/-} mice. *J Nutr Biochem.* 2020. 80:108375. doi: 10.1016/j.jnutbio.2020.108375.
 14. Navaei N, Pourafshar S, Akhavan NS, Litwin NS, Foley EM, George KS, Hartley SC, Elam ML, Rao S, **Arjmandi BH**, Johnson SA. Effects of fresh pear consumption on biomarkers of cardiometabolic health in middle-aged and older adults with metabolic syndrome: a randomized controlled trial. *Food & Function*, 10(2):1062-1072, 2019. doi: 10.1039/c8fo01890a.
 15. Chai SC, Foley EM, **Arjmandi BH***. Anti-atherogenic properties of vitamin E, aspirin, and their combination. *PLoS One*, 2018 13(10). doi: 10.1371/journal.pone.0206315.
 16. Pourafshar S, Akhavan NS, George KS, Foley EM, Johnson SA, Keshavarz B, Navaei

- N, Davoudi A, Clark EA, **Arjmandi, BH***. Egg Consumption Positively Affects Glycemic Control and Insulin Sensitivity in Individuals with Pre- and Type II Diabetes. *Food & Function*, 9(8) 2018. doi: 10.1039/c8fo00194d. Epub.
17. Akhavan, NS, Ormsbee L, Johnson SA, George KS, Foley EM, Elam ML, Ezzat-Zadeh, Z, Pantan LB, **Arjmandi, BH***. Functionality in Middle-Aged and Older Overweight and Obese Individuals with Knee Osteoarthritis.” *Healthcare*, 2018 Jul 4;6(3):74. doi: 10.3390/healthcare6030074.
 18. Hotta K, Behnke BJ, **Arjmandi BH**, Ghosh P, Chen B, Brooks R, Maraj JJ, Elam ML, Maher P, Kurien D, Churchill A, Sepulveda JL, Kabolowsky MB, Christou D, Muller-Delp JM. Daily muscle stretching enhances blood flow, endothelial function, capillarity, vessel density and connectivity in aged skeletal muscle. *Journal of Physiology*, 2018 May 15;596(10):1903-1917. doi: 10.1113/JP275459.
 19. Artese A, Simonavice E, Takudzwa, Madzima A, Kim JS, **Arjmandi BH**, Ilich JZ, Pantan LB: Body Composition and Bone Mineral Density in Breast Cancer Survivors and Non-cancer Controls: A 12–15-month Follow-up. *Women & Health*. 27(2), 2018. DOI: 10.1111/ecc.12824.
 20. Pourafshar S, Johnson SA, Keshavarz B, Feresin RG, Chai SC, Khalil DA, **Arjmandi BH***. The effects of vitamin E on hematological parameters in a rat model of ovarian hormone deficiency. *Menopause*, 25(3):336-342, 2018. doi: 10.1097/GME.0000000000001003
 21. Feresin RG, Johnson SA, Pourafshar S, Campbell JC, Jaime SJ, Navaei N, Elam ML, NS, Akhavan, Alvarez-Alvarado S, Tenenbaum G, Brummel-Smith K, Figueroa A, **Arjmandi BH***. Effects of Daily Consumption of Freeze-Dried Strawberries for Eight Weeks on Blood Pressure and Arterial Stiffness in Pre- and Stage 1-Hypertensive Postmenopausal Women: a Randomized, Double-Blind, Placebo-Controlled Trial. *Food & Function*, 15;8(11):4139-4149. doi: 10.1039/c7fo01183k, 2017.
 22. Feresin RG, Pourafshar S, Huang J, Zhao Y, **Arjmandi BH**, Salazar G. Extraction and Purification of Polyphenols from Freeze-dried Berry Powder for the Treatment of Vascular Smooth Muscle Cells In Vitro. *J Vis Exp*, 2017, doi: 10.3791/55605.
 23. Ezzat-Zadeh Z, Kim JS, Chase PB, and **Arjmandi BH***. The cooccurrence of obesity, osteoporosis, and sarcopenia in the ovariectomized rat: a study for modeling osteosarcopenic obesity in rodents. *Journal of Aging Research*, 2017, doi: 10.1155/2017/1454103.
 24. **Arjmandi BH***, Johnson SA, Pourafshar S, Navaei N, George KS, Hooshmand S, Chai SC, Akhavan NS. Bone-Protective Effects of Dried Plum in Postmenopausal Women: Efficacy and Possible Mechanisms. *Nutrients*, 2017, 9, 496; doi:10.3390/nu9050496.
 25. Johnson SA, Feresin RG, Navaei N, Figueroa A, Elam ML, Akhavan NS, Hooshmand S, Pourafshar S, Payton ME, **Arjmandi BH***. Effects of daily blueberry consumption on circulating biomarkers of oxidative stress, inflammation, and antioxidant defense in postmenopausal women with pre- and stage 1-hypertension: a randomized controlled trial. *Food & Function*, 2017, doi: 10.1039/C6FO01216G.
 26. Khamoui AV, Yeh MC, Kim DH, Park BS, Elam ML, Jo E, **Arjmandi BH**, Kim JS. Bone mineral density and content are differentially impacted by aerobic and resistance

- training in the colon-26 mouse model of cancer cachexia. *Applied Cancer Research*, 2017, DOI 10.1186/s41241-017-0023-y.
27. Figueroa A, Alvarez-Alvarado S, Jaime SJ, Johnson SA, Campbell JC, Feresin RG, Elam ML, Navaei N, Pourafshar S, **Arjmandi BH**. Influence of low and normal appendicular lean mass on central blood pressure and wave reflection responses to muscle metaboreflex activation in postmenopausal women. *Clin Exp Pharmacol Physiol*, 2016. DOI: 10.1111/1440-1681.12655.
 28. Feresin RG, Huang J, Klarich DS, Zhao Y, Pourafshar S, **Arjmandi BH**, Salazar G. Blackberry, raspberry and black raspberry polyphenol extracts attenuate angiotensin II-induced senescence in vascular smooth muscle cells. *Food Funct*. 2016 (Epub ahead of print).
 29. Artese A, Simonavice E, Madzima TA, Liu PY, Kim JS, Ormsbee MJ, Prado CM, **Arjmandi BH**, Ilich JZ, Panton LB. Physical Activity, Strength, Body Composition, Muscle Quality, And Functionality in Breast Cancer Survivors. *Med Sci Sports Exerc*, 48(5 Suppl 1):359-60, 2016. <http://10.1249/0.doi:1.mss.0000486089.53170.b9>.
 30. Khamoui AV, Park BS, Kim DH, Yeh MC, Oh SL, Elam ML, Jo E, **Arjmandi BH**, Salazar G, Grant SC, Contreras RJ, Lee WJ, Kim JS. Aerobic and resistance training dependent skeletal muscle plasticity in the colon-26 murine model of cancer cachexia. *Metabolism*, 65(5):685-98, 2016. <https://doi.org/10.1016/j.metabol.2016.01.014>
 31. Johnson SA, Feresin RG, Soung DY, Elam ML, **Arjmandi BH***. Vitamin E suppresses *ex vivo* osteoclastogenesis in ovariectomized rats. *Food Funct*, 7(3):1628-33, 2016. DOI: 10.1039/c5fo01066g.
 32. Hooshmand S, Metti D, Shamloufard P, Kern M, Chai SC, Johnson SA, Payton ME, Arjmandi BH. The effect of two doses of dried plum on bone density and bone biomarkers in osteopenic postmenopausal women: a randomized, controlled trial
 33. . *Osteoporos Int*, 27(7): 2271-79, 2016. DOI: [10.1007/s00198-016-3524-8](https://doi.org/10.1007/s00198-016-3524-8).
 34. Mojock CD, Ormsbee MJ, Kim JS, **Arjmandi BH**, Louw GA, Contreras RJ, Panton LB. Comparisons of bone mineral density between recreational and trained male road cyclists. *Clin J Sport Med*, 26(2):152-56, 2016. doi: 10.1097/JSM.000000000000186.
 35. Johnson SA, Figueroa A, Navaei N, Wong A, Kalfron R, Ormsbee LT, Feresin RG, Elam ML, Hooshmand S, Payton ME, **Arjmandi BH***. Daily blueberry consumption improves blood pressure and arterial stiffness in postmenopausal women with pre- and stage 1-hypertension: a randomized, double-blind, placebo-controlled clinical trial. *J Acad Nutr Diet*, 115(3):369-77, 2015. DOI: [10.1016/j.jand.2014.11.001](https://doi.org/10.1016/j.jand.2014.11.001).
 36. Simonavice, E, Liu, PY, Ilich, JE, Kim, JS, **Arjmandi, BH**, & Panton, LB. The effects of resistance training on physical function and quality of life in breast cancer survivors. *Healthcare*, 3(3):695-709, 2015. doi: 10.3390/healthcare3030695.
 37. Figueroa A, Jaime SJ, Johnson SA, Alvarez-Alvarado S, Campbell J, Feresin RG, Elam ML, **Arjmandi BH**. Impact of age on aortic wave reflection responses to metaboreflex activation and its relationship with leg lean mass in postmenopausal women. *Exp Gerontol*, 70:119-24, 2015. DOI: [10.1016/j.exger.2015.07.010](https://doi.org/10.1016/j.exger.2015.07.010)
 38. Hooshmand S, Kumar A, Zhang Z, Johnson SA, **Arjmandi BH**. Evidence for anti-inflammatory and antioxidative properties of dried plum polyphenols in macrophage RAW 264.7 cells. *Food Funct*, 6(5):1719-25, 2015.
 39. Elam ML, Johnson SA, Hooshmand S, Feresin RG, Payton ME, Gu J, **Arjmandi**

- BH***. A calcium-collagen chelate dietary supplement attenuates bone loss in postmenopausal women with osteopenia: a randomized controlled trial. *J Med Food*, 18(3):324-31, 2015.
40. Hooshmand S, Juma S, Khalil DA, Shamloufard P, **Arjmandi BH***. Women with osteoarthritis have elevated synovial fluid levels of insulin-like growth factor (IGF)-I and IGF-binding protein-3. *J Immunoassay Immunochem*, 36(3):284-94, 2015.
 41. Feresin RG, Johnson SA, Elam ML, Jo E, **Arjmandi BH***, Hakkak R. Effects of obesity on bone mass and quality in ovariectomized female Zucker rats. *J Obes*. 2014:690123, 2014.
 42. Bakhshalian N, Nowzari H, Ahn KM, **Arjmandi BH***. Demineralized dentin matrix and bone graft: a review of literature. *J West Soc Periodontol Periodontal Abstr*, 62(2):35-8, 2014.
 43. Simonavice E, Liu PY, Ilich JZ, Kim JS, **Arjmandi B**, Panton LB. The effects of a 6-month resistance training and dried plum consumption intervention on strength, body composition, blood markers of bone turnover, and inflammation in breast cancer survivors. *Appl Physiol Nutr Metab*, 39(6):730-39, 2014.
 44. **Arjmandi BH***, Ormsbee LT, Elam ML, Campbell SC, Rahnema N, Payton ME, Daggy BP. A combination of Scutellaria Baicalensis and Acacia Catechu Extracts for short-term symptomatic relief of joint discomfort associated with osteoarthritis of the knee. *J Med Food*, 17(6):707-13, 2014.
 45. Seo J, Lee S, Elam ML, Johnson SA, Kang J, **Arjmandi BH***. Study to find the best extraction solvent for use with guava leaves (*Psidium guajava* L.) for high antioxidant efficacy. *Food Sci Nutr*, 2(2):174-80, 2014.
 46. Hooshmand S, Brisco JR, **Arjmandi BH**. The effect of dried plum on serum levels of receptor activator of NF- κ B ligand, osteoprotegerin and sclerostin in osteopenic postmenopausal women: a randomised controlled trial. *Br J Nutr*, 112(1):55-60, 2014.
 47. Bakhshalian N, Johnson SA, Hooshmand S, Feresin RG, Elam ML, Soung DY, **Arjmandi BH***. Dietary phosphorus exacerbates bone loss induced by cadmium in ovariectomized rats. *Menopause*, 21(12):1292-97, 2014.
 48. Maier HM, Ilich-Ernst J, Kim JS, Levenson CW, **Arjmandi BH**, Spicer MT. Dietary advanced glycation end-products exacerbate oxidative stress in patients with diabetic foot ulcers. *J Diab Res Clin Metab*. 3(1):2, 2014.
 49. Bakshalian N, Hooshmand S, Campbell SC, Kim JS, Brummel-Smith K, **Arjmandi BH**. Biocompatibility and microstructural analysis of osteopromotive property of allogenic demineralized dentin matrix. *Int J Oral Maxillofac Implants*, 28(6):1655-62, 2013.
 50. Feresin RG, Johnson SA, Elam ML, Kim JS, Khalil DA, Lucas EA, Smith BJ, Payton ME, Akhter MP, **Arjmandi BH***. Effects of vitamin E on bone biomechanical and histomorphometric parameters in ovariectomized rats. *J Osteoporos*. 825985, 2013.
 51. **Arjmandi BH***, Johnson SA. Editorial (Nutrition plays a profound role in cancer prevention and survivorship). *Anticancer Agents Med Chem*, 13(8):1141, 2013.
 52. Douglas CC, Johnson SA, **Arjmandi BH***. Soy and its isoflavones: the truth behind the science in breast cancer. *Anticancer Agents Med Chem*, 13(8):1178-87, 2013.

53. Park BS, Henning PC, Grant SC, Lee WJ, Masad IS, Lee SR, **Arjmandi BH**, Kim JS. HMB attenuates muscle loss during sustained energy deficit induced by calorie restriction and endurance exercise. *Metabolism*, 62(12):1718-29, 2013.
54. Hooshmand S, Elam M, Browne J, Campbell SC, Payton, ME, Gu J, **Arjmandi BH***. Evidence for bone reversal properties of a calcium-collagen chelate, a novel dietary supplement. *J Food Nutr Disor*, 2:1-6, 2013.
55. Campbell SC, Bakhshalian N, Sadaat RL, Lerner MR, Lightfoot SA, Brackett D, **Arjmandi BH***. Flaxseed reverses atherosclerotic lesion formation and lowers lipoprotein(a) in ovarian hormone deficiency. *Menopause*, 20(11):1176-83, 2013.
56. Figueroa A, **Arjmandi BH**, Wong A, Sanchez-Gonzalez, MA, Simonavice, E, Daggy, B. Effects of hypocaloric diet, low-intensity resistance exercise with slow movement, or both on aortic hemodynamics and muscle mass in obese postmenopausal women. *Menopause*, 20(11):1176-83, 2013.
57. Johnson SA, **Arjmandi BH***. Evidence for anti-cancer properties of blueberries: a mini-review. *Anticancer Agents Med Chem*, 13(8):1142-48, 2013.
58. Kim JS, Park YM, Lee SR, Masad IS, Khamoui AV, Jo E, Park BS, **Arjmandi BH**, Panton LB, Lee WJ, Grant SC. β -Hydroxy- β -Methylbutyrate did not enhance high intensity resistance training-induced improvements in myofiber dimensions and myogenic capacity in aged female rats. *Mol Cells*, 34:439-48, 2012.
59. Juma SS, Ezzat-Zadeh Z, Khalil DA, Hooshmand S, Akhterd M, **Arjmandi BH***. Soy protein with or without isoflavones failed to preserve bone density in gonadal hormone-deficient male rat model of osteoporosis. *Nutr Res*, 32:694–700, 2012.
60. Wilson JM, Grant SC, Lee SR, Masad I, Park YM, Henning PC, Stout JR, Loenneke JP, **Arjmandi BH**, Panton LB, Kim JS. Beta-hydroxy-beta-methyl-butyrates blunts negative age-related changes in body composition, functionality and myofiber dimensions in rats. *J Int Soc Sports Nutr*, 9:18, 2012.
61. **Arjmandi BH***, Elam ML, Hooshmand S. Nature's solution to bone health. *J Food Nutr Disor*, 1:2, 2012.
62. Chai SC, Hooshmand S, Saadat L, Payton ME, Brummel-Smith K, **Arjmandi BH***. Daily apple consumption reduces cardiovascular risk factors in postmenopausal women. *J Acad Nutr Diet*, 112(8):1158-68, 2012.
63. Figueroa A, Sanchez-Gonzalez MA, Wong A, **Arjmandi BH**. Watermelon extract supplementation reduces ankle blood pressure carotid augmentation index in obese adults with prehypertension or hypertension. *Am J Hypertens*, 25(6):640-43, 2012.
64. Hornbuckle LM, Liu PY, Ilich JZ, Kim JS, **Arjmandi BH**, Panton LB. Effects of resistance training and walking on cardiovascular disease risk in African-American women. *Med Sci Sports Exerc*, 44(3):525-33, 2012.
65. Mogharnasi M, Gaeini AA, Sheikholeslami Vatani D, Rahnama N, **Arjmandi BH**, Bambaiechi E. Effect of acute and prolonged periods of aerobic training and detraining on novel inflammatory marker: the predictive of cardiovascular disease in Wistar rats. *Gazzetta Medica Italiana*, 170(5):307-313, 2011.
66. Shen CL, Chyu MC, Yeh JK, Zhang Y, Pence BC, Felton CK, Brismée JM, **Arjmandi BH**, Doctolero S, Wang JS. Effect of green tea and Tai Chi on bone health in postmenopausal osteopenic women: a 6-month randomized placebo-controlled trial. *Osteoporos Int*, 23(5):1541-52, 2012.

67. Hooshmand S, Chai SC, Saadat RL, Brummel-Smith K, **Arjmandi BH***. Comparative effects of two dried fruits rich in bioactive compounds on bone. *Brit J Nutr*, 106(6):923-30, 2011.
68. Lucas EA, Mahajan SS, Soung Do Y, Lightfoot SA, Smith BJ, **Arjmandi BH**. Flaxseed but not flaxseed oil prevented the rise in serum cholesterol due to ovariectomy in the golden Syrian hamsters. *J Med Food*, 14:261-67, 2011.
69. Toure F, Balde A, **Arjmandi BH**, Lucas E, Stoecker BJ. Iodine and selenium depletion affect growth, microarchitecture and compressive strength of young rats bone. *Bulletin d'Informations de la SOACHIM*, 007:95-117, 2010.
70. Figueroa A, Sanchez-Gonzalez MA, Perkins-Veazie PM, **Arjmandi BH**. Effects of watermelon supplementation on aortic blood pressure and wave reflection in individuals with prehypertension: a pilot study. *Am J Hypertens*, 24 (1):40-4, 2011.
71. **Arjmandi BH***, Campbell SC. Letter to the editor. *Menopause*, 17(6):1206-07, 2010.
72. Massé PG, Pacifique MB, Tranchant CC, **Arjmandi BH**, Ericson KL, Donovan SM, Delvin E, Caissie M. Bone metabolic abnormalities associated with well-controlled type 1 diabetes (IDDM) in young adult women: a disease complication often ignored or neglected. *J Am Coll Nutr*, 29:419-29, 2010.
73. Campbell SC, **Arjmandi BH***, Khalil DA, Payton ME. One year soy protein supplementation does not improve lipid profile in postmenopausal women. *Menopause*, 17:587-93, 2010.
74. **Arjmandi BH***, Johnson CD, Campbell S, Hooshmand S, Chai SC, Akhter MP. Combination of fructooligosaccharide and dried plum has the best bone reversal properties among select functional foods and bioactive compounds. *J Food and Medicine*, 13(2):312-19, 2010.
75. Hooshmand S, Juma S, **Arjmandi BH*** Combination of genistin and fructooligosaccharides prevents bone loss in ovarian hormone deficiency. *J Med Food*, 13:320-5, 2010.
76. Stone MD, **Arjmandi BH**, Lovern MB. Dual energy x-ray absorptiometry (DXA) as a non-invasive tool for the prediction of bone density and body composition of turtles. *Herpetological Review*, 41(1):36-42, 2010.
77. Chai SC, **Arjmandi BH***. Vitamin E dose-dependently reduces aortic fatty lesion formation in orchidectomized aged rats. *Aging Clin Exp Res*, 23(1):11-6, 2011.
78. Hooshmand S, **Arjmandi BH***. Viewpoint: Dried plum, an emerging functional food that may effectively improve bone health. *Ageing Res Rev*, 8:122-7, 2009.
79. Chai SC, Wei CI, Brummel-Smith, **Arjmandi BH***. The role of vitamin E in reversing bone loss. *Aging Clin Exp Res*, 20:521-7, 2008.
80. Johnson CD, Lucas EA, Hooshmand S, Campbell S, Akhter MP, **Arjmandi BH***. Addition of fructooligosaccharides and dried plum to soy-based diets reverses bone loss in the ovariectomized rat. *Evid Based Complement Alternat Med*, 34:836267, 2011.
81. Hooshmand S, Khalil DA, Murillo G, Singletary K, Kamath SK, **Arjmandi BH***. The combination of genistin and ipriflavone prevents mammary tumorigenesis and modulates lipid profile. *Clin Nutr*, 27:643-8, 2008.

82. Hooshmand S, Balakrishnan A, Clark RM, Owen KQ, Koo SI, **Arjmandi BH***. Dietary l-carnitine supplementation improves bone mineral density by suppressing bone turnover in aged ovariectomized rats. *Phytomedicine*, 15:595-601, 2008.
83. Devareddy L, Hooshmand S, Collins JK, Lucas EA, Chai SC, **Arjmandi BH***. Blueberry prevents bone loss in ovariectomized rat model of postmenopausal osteoporosis. *J Nutr Bioch*, 19:694-9, 2008.
84. Patade A, Devareddy L, Lucas EA, Daggy BP, **Arjmandi BH***. Flaxseed reduces LDL- and total-cholesterol concentrations in Native American postmenopausal women. *J Women's Health Gend*, 17:355-66, 2008.
85. Welch JM, Weaver CM, Turner CH, Devareddy L, **Arjmandi BH***. High impact exercise and dietary calcium both benefit the skeleton in growing rats or high impact exercise can overcome a moderate calcium deficiency in the growing rat skeleton. *Bone*, 42:660-68, 2008.
86. Bu SY, Lucas EA, Franklin M, Marlow D, Brackett DJ, Boldrin EA, Devareddy L, **Arjmandi BH***, Smith BJ. Comparison of dried plum supplementation and intermittent PTH in restoring bone in osteopenic orchidectomized rats. *Osteoporos Int*, 18:931-42, 2007.
87. Tripathi YB, Tripathi P, Korlagunta K, Chai SC, Smith BJ, **Arjmandi BH***. Role of sandhika: a polyherbal formulation on MC3T3-E1 osteoblast-like cells. *Inflammation*, 31:1-8, 2007.
88. Hooshmand S, Soung DY, Lucas EA, Madihally SV, Levenson CW, **Arjmandi BH***. Genistein reduces the production of proinflammatory molecules in human chondrocytes. *J Nutr Bioch*, 18:609-14, 2007.
89. Hooshmand S, Khalil DA, **Arjmandi BH***, Juma S, Soung DY. Link between estrogen, its receptors and osteoarthritis, *Int J Mol Med & Adv Sci*, 3:124-30, 2007.
90. Franklin M, Bu SY, Lerner MR, Lancaster EA, Bellmer D, Marlow D, Lightfoot SA, **Arjmandi BH**, Brackett DJ, Lucas EA, Smith BJ. Dried plum prevents bone loss in a male osteoporosis model via IGF-I and the RANK pathway. *Bone*, 39:1331-42, 2006.
91. Soung DY, Devareddy L, Khalil DA, Hooshmand S, Lucas EA, **Arjmandi BH***. Soy affects trabecular microarchitecture and favorably alters select bone-specific gene expressions in a male rat model of osteoporosis. *Calcif Tissue Int*, 78:385-91, 2006.
92. Devareddy L, Khalil DA, Korlagunta K, Hooshmand S, Bellmer D, **Arjmandi BH***. The effects of fructooligosaccharides in combination with soy protein on bone in osteopenic ovariectomized rats. *Menopause*, 13:692-709, 2006.
93. Soung DY, Patade A, Khalil DA, Lucas EA, Devareddy L, Greaves KA, **Arjmandi BH***. Soy protein supplementation does not cause lymphocytopenia in postmenopausal women. *Nutr*, 5:12, 2006.
94. Lucas EA, Chen TY, Chai SC, Devareddy L, Juma S, Wei C, Tripathi YB, Daggy BP, Hwang D, **Arjmandi BH***. Effect of vitamin E on lipid parameters in ovariectomized rats. *J Med Food*, 9:77-83, 2006.
95. Devareddy L, Khalil DA, Smith BJ, Lucas EA, Soung DY, Marlow DD, **Arjmandi BH***. Soy moderately improves bone mass and microstructural properties in an ovariectomized rat model of osteoporosis. *Bone*, 38:686-93, 2006.
96. Deyhim F, Stoecker BJ, Bruswitz GH, Devareddy L, **Arjmandi BH***. Dried plum reverses bone loss in an osteopenic rat model of osteoporosis. *Menopause*, 12:755-62,

- 2005.
97. Haghghighian Roudsari A, Tahbaz F, Hossein-Nezhad A, **Arjmandi B**, Larijani B, Kimiagar SM. Assessment of soy phytoestrogens' effects on bone turnover indicators in menopausal women with osteopenia in Iran: a before and after clinical trial. *Nutr J*, 4:30, 2005.
 98. Smith BJ, Lucas EA, Turner RT, Evans GL, Lerner MR, Brackett DJ, Stoecker BJ, **Arjmandi BH**. Vitamin E provides protection for bone in mature hindlimb unloaded male rats. *Calcif Tissue Int*, 76:272-9, 2005.
 99. **Arjmandi BH***, Lucas EA, Smith BJ, Khalil DA, McDonald J, Devareddy L, Arquitt AB, Payton ME, Mason C. One year soy protein supplementation has positive effects on bone formation markers but not bone density in postmenopausal women. *Nutr J*, 4:8, 2005.
 100. Tivis LJ, Richardson MD, Peddi E, **Arjmandi BH**. Saliva versus serum estradiol: implications for research studies using postmenopausal women. *Prog Neuropsychopharmacol Biol Psychiatry*, 29:727-32, 2005.
 101. Deyhim F, Smith BJ, Juma S, Soung DY, Devareddy L, **Arjmandi BH***. The role of ipriflavone in reversing bone loss in ovarian hormone deficiency. *Phytotherapy Res*, 19:116-20, 2005.
 102. Tripathi YB, Tripathi P, **Arjmandi BH**. Nutraceuticals and cancer management. *Front Biosci*, 10:1607-18, 2005.
 103. Khalil DA, Lucas EA, Smith BJ, Soung DY, Devareddy L, Juma S, Akhter MP, Recker R, **Arjmandi BH***. Soy isoflavones may protect against orchidectomy-induced bone loss in aged male rats. *Calcif Tissue*, 76:56-62, 2005.
 104. Sohn E, Deyhim F, Devareddy L, **Arjmandi BH***. Soy isoflavones attenuate estrogen deficiency-induced increases in abdominal fat in the hamster. *Nutr Res*, 24:1023-29, 2004.
 105. **Arjmandi BH***, Khalil DA, Lucas EA, Smith BJ, Sinichi N, Hodges SB, Juma S, Munson ME, Payton ME, Tivis RD, Svanborg A. Soy protein may alleviate osteoarthritis symptoms. *Phytomed*, 11: 567-75, 2004.
 106. Collins JK, **Arjmandi BH**, Claypool PL, Perkins-Veazie PM, Baker RA, Clevidence BA. Lycopene from two food sources does not affect antioxidant or cholesterol status of middle-aged adults. *Nutr J*, 3:15, 2004.
 107. Soung DY, Khalil DA, Arquitt AB, Smith BJ, Hammond LJ, Droke DE, Lucas EA, Devareddy L, **Arjmandi BH***. Soy isoflavones prevent the ovarian hormone deficiency-associated rise in leukocytes in rats. *Phytomed*, 11:303-8, 2004.
 108. Lucas EA, Hammond LJ, Mucano V, Trolinger A, Khalil DA, Smith BJ, Soung DY, Arquitt AB, Daggy BP, Devareddy L, **Arjmandi BH***. Dried plum is beneficial to bone health without gastrointestinal side effects. *J Appl Res*, 4:37-43, 2004.
 109. Lucas EA, Lightfoot SA, Hammond LJ, Devareddy L, Khalil DA, Daggy BP, Smith BJ, Westcott N, Mocanu V, Soung, DY, Arjmandi BH*. Flaxseed reduces plasma cholesterol and atherosclerotic lesion formation in ovariectomized Golden Syrian hamsters. *Atherosclerosis*, 173:223-9, 2004.
 110. Lucas EA, Lightfoot SA, Hammond LJ, Devareddy L, Khalil DA, Daggy BP, Soung DY, **Arjmandi BH***. Soy isoflavones prevent ovariectomy-induced hypercholesterolemia and atherosclerotic lesions in Golden Syrian hamsters.

- Menopause*, 10:314-20, 2003.
111. **Arjmandi BH***, Khalil DA, Smith BJ, Lucas E, Juma S, Payton ME, Wild RD. Soy protein has a greater effect on bone in postmenopausal women not on hormone replacement therapy as evidenced by reducing bone resorption and urinary calcium excretion. *J Clin Endocrinol Metab*, 88:1048-54, 2003.
 112. Deyhim F, Stoecker BJ, Brusewitz GH, **Arjmandi BH***. The effects of estrogen depletion and isoflavones on bone metabolism in rats. *J Nutr Res*, 23:123-30, 2003.
 113. **Arjmandi BH***, Juma S, Beharka A, Bapna MS, Akhter M, Meydani SN. Vitamin E improves bone quality in the aged but not in young adult male mice. *J Nutr Biochem*, 13:543-9, 2002.
 114. Khalil DA, Lucas EA, Juma S, Smith BJ, Payton ME, **Arjmandi BH***. Soy protein supplementation increases serum insulin-like growth factor-I in young and old men but does not affect markers of bone metabolism. *J Nutr*, 132:2605-8, 2002.
 115. Nichols P, Porter C, Hammond L, **Arjmandi BH***. Nutritional adequacy may be determined by plate waste in a retirement living center. *J Am Diet Assoc*, 102:1142-4, 2002.
 116. **Arjmandi BH***, Khalil DA, Hollis BW. Soy protein enhances intestinal calcium transport in vitro. *Calcif Tissue Int*, 70:483-7, 2002.
 117. Lucas EA, Wild RD, Hammond LJ, Khalil DA, Juma S, Daggy BP, Stoecker BJ, **Arjmandi BH***. Flaxseed improves lipid profile without altering biomarkers of bone metabolism in postmenopausal women. *J Clin Endocrinol Metab*, 87:1527-32, 2002.
 118. Arjmandi BH*, Smith BJ. Soy isoflavones' osteoprotective role in postmenopausal women: mechanism of action. *J Nutr Biochem*, 13:130-7, 2002.
 119. **Arjmandi BH***, Khalil DA, Lucas EA, Georgis A, Stoecker BJ, Hardin C, Payton ME, Wild RA. Dried plums improve indices of bone formation in postmenopausal women. *J Women's Health Gend Based Med*, 11:61-8, 2002.
 120. Smith BJ, King JB, Lucas EA, Akhter M, **Arjmandi BH**, Stoecker BJ. Skeletal unloading and dietary copper depletion are detrimental to bone quality of mature rats. *J Nutr*, 132:190-6, 2002.
 121. **Arjmandi BH**. Letter to the Editor: Reply to Dr. David Oakenfull. Soy Protein, saponins and plasma cholesterol. *J Nutr*, 131:2973, 2001.
 122. **Arjmandi BH***. The role of phytoestrogens in the prevention and treatment of osteoporosis in ovarian hormone deficiency. *J Am Coll Nutr*, 20:398S-402S, 2001.
 123. Greendale G, **Arjmandi BH**, Gallagher JC. "Effects on osteoporosis" in phytoestrogens and healthy aging: gaps in knowledge – A workshop report by Lee-Jane et al. *Menopause*, 8:157-70, 2001.
 124. **Arjmandi BH***, Lucas EA, Juma S, Soliman A, Stoecker BJ, Khalil DA, Smith BJ, and Wang C. Prune prevents ovariectomy-induced bone loss in rats. *JANA*, 4:50-6, 2001.
 125. Lucas EA, Khalil DA, Daggy BP, **Arjmandi BH***. Effect of ethanol-extracted soy protein isolate in a hamster model of postmenopausal hypercholesterolemia. *J Nutr*, 131:211-4, 2001.
 126. **Arjmandi BH***, Khalil DA, Hollis BW. Ipriflavone, a synthetic phytoestrogen, enhances intestinal calcium transport in Vitro. *Calcif Tissue Int*, 67:225-9, 2000.
 127. Lucas EA, Juma S, Stoecker BJ, **Arjmandi BH***. Prune dose-dependently suppresses

- ovariectomy-induced hypercholesterolemia in rats. *J Nutr Biochem*, 11:255-9, 2000.
128. Arjmandi BH*, Birnbaum R, Juma S, Barengolts E, Kukreja SC. The synthetic phytoestrogen, ipriflavone, and estrogen prevent bone loss by different mechanisms. *Calcif Tissue Int*, 66:61-5, 2000.
 129. Sohn E, Daggy BP, **Arjmandi BH***. Ovariectomized hamster: a potential model of postmenopausal hypercholesterolemia. *J Nutr Biochem*, 10:660-3, 1999.
 130. Alekel LD, Mortillaro E, Hussain E, West B, Ahmed N, Peterson, C, Werner R, **Arjmandi BH**, Kukreja, SC. Lifestyle and biologic contributors to proximal femur bone mineral density and hip axis length in two distinct ethnic groups of premenopausal women. *Osteoporos Int*, 9:327-38, 1999.
 131. Juma S, Sohn E, Arjmandi BH*. Calcium-enriched bread supports skeletal growth of young rats. *Nutr Res*, 19:394-404, 1999.
 132. **Arjmandi BH***, Birnbaum R, Goyal NV, Getlinger MJ, Juma S, Alekel L, Hasler CM, Hollis BW, Drum ML, Kukreja SC. The bone modulating effect of soy protein in ovarian hormone deficiency is related to its isoflavone content. *Am J Clin Nutr* 68:1364S-8S, 1998.
 133. **Arjmandi BH***, Getlinger MJ, Goyal NV, Alekel L, Hasler CM, Juma S, Drum ML, Kukreja SC. The role of soy protein with normal or reduced isoflavone content in reversing ovarian hormone deficiency induced bone loss in rats. *Am J Clin Nutr*, 68:1358-63S, 1998.
 134. **Arjmandi BH***, Juma S, Lucas EA, Wei L, Venkatesh S, Khan DA. Flaxseed supplementation positively influence bone metabolism in postmenopausal women. *JANA*, 1:27-32, 1998.
 135. **Arjmandi BH***, Khan DA, Juma S, Drum M, Venkatesh S, Sohn E, Wei L, Derman R. Whole flaxseed consumption lowers serum LDL-cholesterol and lipoprotein(a) concentrations in postmenopausal women. *Nutr Res*, 18:1203-14, 1998.
 136. **Arjmandi BH***, Juma S, Lucas EA, Wei LL, Venkatesh S, Khan DA. Effects of flaxseed supplementation on bone metabolism in postmenopausal women. *Proc Flax Inst N Am*, 57:65-74, 1998.
 137. **Arjmandi BH***, Sohn E, Juma SS, Murthy SR, Daggy BP. Native and partially hydrolyzed psyllium have comparable effects on cholesterol metabolism in rats. *J Nutr*, 127:463-9, 1997.
 138. **Arjmandi BH***, Khan DA, Juma SS, Svanborg A. The ovarian hormone deficiency hypercholesterolemia is reversed by soy protein and the synthetic isoflavone, ipriflavone. *Nutr Res*, 17:885-94, 1997.
 139. Getlinger MJ, Laughlin CVT, Bell E, Akre C, **Arjmandi BH***. Food waste is reduced when elementary school children have recess before lunch. *J Am Diet Assoc*, 96:906-8, 1996.
 140. Arjmandi BH*, Alekel L, Hollis BW, Amin D, Stacewicz-Sapuntzakis M, Gou P, Kukreja SC. Dietary soy protein prevents bone loss in an ovariectomized rat model of osteoporosis. *J Nutr*, 126:161-7, 1996.
 141. Arjmandi BH, Hollis BW, Kalu DN. In vivo effect of 17 β -estradiol on intestinal calcium absorption in the rat. *Bone Min*, 26:181-9, 1994.
 142. Kalu DN, **Arjmandi BH**, Liu CC, Salih MA, Birnbaum RS. Effects of ovariectomy and estrogen on the serum levels of insulin-like growth factor-I and insulin-like

- growth factor binding protein-3. *Bone Min*, 25(2):135-48, 1994.
143. Salih MA, Liu CC, **Arjmandi BH**, Kalu DN. Estrogen modulates the mRNA levels for cancellous bone proteins of ovariectomized rats. *Bone Min*, 23:285-99, 1993.
 144. Kalu DN, Salerno E, Liu CC, Ferraro F, **Arjmandi BH**, Salih MA. Ovariectomy-induced bone loss and the hematopoietic system. *Bone Min*, 23:145-61, 1993.
 145. Kalu DN, Salerno E, Higami Y, Liu CC, Ferraro F, Salih MA, **Arjmandi BH**. In vivo effects of transforming growth factor beta in ovariectomized rats. *Bone Min*, 22:209-20, 1993.
 146. **Arjmandi BH**, Salih MA, Herbert DC, Sims SH, Kalu DN. Evidence for estrogen receptor linked calcium transport in the intestine. *Bone Min*, 21:63-74, 1993.
 147. Arjmandi BH, Craig J, Nathani S, Reeves RD. Soluble dietary fiber and cholesterol influence in vivo hepatic and intestinal cholesterol biosynthesis in rats. *J Nutr*, 122:1559-65, 1992.
 148. Arjmandi BH, Ahn J, Nathani S, Reeves RD. Dietary soluble fiber and cholesterol affect serum cholesterol concentration, hepatic portal venous short chain fatty acid concentrations and fecal sterol excretion in rats. *J Nutr*, 122:246-53, 1992.
 149. Frakes E, **Arjmandi BH**, Halling JF. Plate waste in a hospital cook-freeze production system. *J Am Diet Assoc*, 86:941-2, 1986.

C. Book Chapter (*senior author)

1. **Arjmandi B.H***, & Foley, E. M. (2019). Evidence for the effectiveness of soy in aging and improving quality of life. In R. J. Reynolds (Ed.), *Aging - Life Span and Life Expectancy* (pp. DOI: 10.5772/intechopen.85664): InTech.
2. **Arjmandi B. H***, & George, K. S. (2017). Dried fruits: bone health and osteoprotection. In C. Alasalvar, J. Salas-Salvado, E. Ros, J. Sabate (Ed.), *Health Benefits of Nuts and Dried Fruits* (pp. 469-486). Florida, USA: CRC Press.
3. Hooshmand S., Leta C., & **Arjmandi B. H***. (2016). Nutritional impacts on joint. In A. Anand (Ed.), *Health Frontiers in Arthritis* (pp. 24-39). Sharjah, United Arab Emirates: Bentham Science Publishers.
4. **Arjmandi B.H***, & Johnson S. A. (2015). The role of functional foods and their bioactive components in bone health. In B. P. Yu (Ed.), *Nutrition, Exercise and Epigenetics: Ageing Interventions* (pp. 153-177). New York, USA: Springer.
5. Hsieh YP, **Arjmandi B.H.** (2011). Environmental effects on seafood availability, safety, and quality Benefits of seafood consumption. In E. G., Daczowska-Kozon, Pan B. S* (Ed.), *Environmental Effects on Seafood Availability, Safety, and Quality* (pp. 95-125). Florida, USA: CRC Press.
6. **Arjmandi B.H***, Smith BJ. (2002). Skeletal effects of phytoestrogens: rodent models; diet. In: Gilani GS, Anderson JB (Ed.), *Phytoestrogens and health* (pp. 354-370). Illinois, USA: AOCS Press.

D. Abstracts (*senior author)

1. Elizabeth Foley Neda Akhavan; Holly Clarke; Lauren Ormsbee; Joseph Munoz; Kelli George; Shalom Siebert; Joseph Brunner; Abigail Serda; **Bahram Arjmandi***. Alterations in Gut Health, Bone and Inflammatory Biomarkers, and Blood Flow After Three Months of Prune Consumption. *ASN Nutrition* 2020.

2. Raedeh Basiri, Maria Spicer, Joseph Munoz, **Bahram Arjmandi***. Nutritional Intervention Improves the Dietary Intake of Essential Micronutrients in Patients with Diabetic Foot Ulcers. ASN Nutrition 2020.
3. Joseph Munoz, Shanil Juma, **Bahram Arjmandi***. Estrogen Deficiency Influences Hematological Parameters Following Bone Fracture in OVX Rats. ASN Nutrition 2020.
4. **Bahram Arjmandi***; Kelli George; Lauren Ormsbee; Neda Akhavan; Joseph Munoz; Elizabeth Foley; Shalom Siebert. The Short-Term Effects of Prunes in Preventing Inflammation and Improving Indices of Bone Health in Osteopenic Men.
5. Neda Akhavan; Kanisha Parikh; Gloria Salazar; **Bahram Arjmandi***. The Antioxidative Effects of Borago Officinalis in Lipopolysaccharide and Hydrogen Peroxide-Activated RAW 264.7 Macrophages. ASN Nutrition 2020.
6. **Bahram H. Arjmandi***, Neda S. Akhavan, Joseph Munoz, Kelli S. George, Elizabeth M. Foley, Shalom C. Siebert, Kanisha R. Parikh. Insight to Bone Protective Mechanisms of Dried Plum Using an Ovariectomized Rat Model. Baltimore, MD, ASN Nutrition 2019.
7. Kelli S. George, Neda S. Akhavan, Lauren T. Ormsbee, Joseph Munoz, Elizabeth M. Foley, Shalom C. Siebert, Kanisha R. Parikh, Bruce P. Daggy, **Bahram H. Arjmandi***. The Short-Term Effect of Dried Plums on Inflammation and Indices of Bone Health in Osteopenic Men. Baltimore, MD, ASN Nutrition 2019.
8. Neda S. Akhavan, Sarah A. Johnson, Shirin Pourafshar, Elizabeth M. Foley, Kelli S. George, Negin Navaei, Joseph Munoz, Shalom C. Siebert, Robert C. Hickner, Cathy W. Levenson, Lynn B. Panton, Bruce P. Daggy, **Bahram H. Arjmandi***. Dietary Protein Intake Associations with Insulin Resistance, BMI, Body Composition and Other Metabolic Markers in Subjects with Prediabetes and Type 2 Diabetes. Baltimore, MD, ASN Nutrition 2019.
9. Elizabeth M. Foley, Neda S. Akhavan, Kelli S. George, Joseph Munoz, Shalom C. Siebert, **Bahram H. Arjmandi***. Fat Intake Associations with Metabolic Profile and Body Composition in Subjects with Prediabetes and Type 2 Diabetes. Baltimore, MD, ASN Nutrition 2019.
10. Joseph Munoz, Shalom C. Siebert, Weimin Guo, Erin D. Lewis, Lijun Li, Dayong Wu, Simin N. Meydani, Kelli S. George, Neda S. Akhavan, Elizabeth M. Foley, **Bahram H. Arjmandi***. The Effects of a High Fat Diet on Measures of Bone Microarchitecture in Mice Bones. Baltimore, MD, ASN Nutrition 2019.
11. **Arjmandi BH***, Akhavan NS, Ormsbee L, Rahnama N, Ezzat-Zadeh Z, Elam ML, Johnson SA, Panton LB. The Relationship Between Pain and Functionality in Middle-Aged and Older Overweight and Obese Individuals with Knee Osteoarthritis. ASN, 2018.
12. Pourafshar S, George KS, Akhavan NS, Foley EM, Johnson SA, Keshavarz B, Navaei N, Davoudi A, Clark EA, **Arjmandi BH***. Egg Consumption Positively Affects Glycemic Control and Insulin Sensitivity in Individuals with Pre- and Type II Diabetes. ASN, 2018.
13. Munos J, Akhavan NS, Pourafshar S, George KS, Foley EM, Johnson SA, Navaei N, **Arjmandi BH***. The Relationship Between Fat intake on Bone in Overweight and Obese Middle-Aged Individuals with Pre- or Type-2 Diabetes. ASN, 2018.
14. Akhavan NS, Foley EM, George KS, Pourafshar S, Navaei N, Munos J, Johnson SA, **Arjmandi BH***. A Higher Protein Intake May Positively Affect Body Composition in Overweight/Obese Middle-Aged and Older Individuals with Pre-and Type-2 Diabetes. Boston, MA, ASN 2018.

15. Kelli S. George, Neda S. Akhavan, Shirin Pourafshar, Elizabeth M. Foley, Negin Navaei, Joseph Munoz, Sarah A. Johnson, **Bahram H. Arjmandi***. “Intake of Dietary fiber in Pre- and Type 2 Diabetics May Positively Influence Risk Factors Associated with Cardiovascular Disease.” ASN 2018, Boston, Massachusetts, 2018.
16. Elizabeth M. Foley, Jenna L. Browne, Neda S. Akhavan, Kelli S. George, Joseph Muñoz, Shalom C. Siebert, and **Bahram H. Arjmandi***, “Relationship Between Inflammation, Oxidative Damage, Weight, and Severity of Knee Osteoarthritis.” Boston, MA. ASN 2018.
17. Johnson SA, Navaei N, Pourafshar S, Jaime S, Akhavan NS, Alvarez-Alvarado S, Litwin N, Elam ML, Payton ME, **Arjmandi BH***, Figueroa A. Effects of Tart Cherry Juice on Brachial and Aortic Hemodynamics, Arterial Stiffness, and Blood Biomarkers of Cardiovascular Health in Adults with Metabolic Syndrome. FASEB J April 2017 26:LB325.
18. Navaei N, Pourafshar S, Akhavan NS, Foley EM, Litwin N, George KS, Hartley S, Elam ML, Rao S, **Arjmandi BH***, Johnson SA. Effects of Fresh Pear Consumption on Biomarkers of Cardiometabolic Health in Middle-Aged and Older Adults with Metabolic Syndrome. FASEB J April 2017 26:LB346.
19. Luo J, Chai SC, **Arjmandi BH**. Dietary Fatty Acids are Associated with Anxiety and Depression in Older Adults. FASEB J April 2017 23:C54 636.36.
20. Akhavan NS, Sadaat RL, Hooshmand S, Chai SC, Johnson SA, Pourafshar S, **Arjmandi BH***. Dried Plum Consumption Modulates Bone Turnover Biomarkers in Postmenopausal Women with Osteopenia. FASEB J April 2017 23:C274 645.13.
21. George KS, Johnson SA, Pourafshar S, Navaei N, **Arjmandi BH***. The Effects of Soy Protein Supplementation on Lipid Profiles and Bone Biomarkers. FASEB J April 2017 23:C267 645.6.
22. Foley EM, Pourafshar S, Navaei N, Akhavan NS, George KS, **Arjmandi BH***. The Effects of Ipriflavone, Isoflavone, and 17 β -Estradiol on Body Composition in Hamster Models of Ovariectomy. FASEB J April 2017 23:C278 645.17.
23. Navaei N, Pourafshar S, Johnson SA, Hooshmand S, Chai SC, **Arjmandi BH***. Regular Apple Consumption Improves Lipid Profiles in Overweight Postmenopausal Women. FASEB J April 2017 23:C271 645.10.
24. Pourafshar S, Navaei N, Johnson SA, Chai SC, Hooshmand S, **Arjmandi BH***. Genistein in Combination with Fructooligosaccharides Prevents Bone Loss in Ovariectomized Rats. FASEB J April 2017 23:C270 645.9.
25. Akhavan, NS, Kamkar, L., Hooshmand, S., Johnson, SA, **Arjmandi, BH***. Anti-Inflammatory and Possible Bone-Protective Effects of Dried Plum Polyphenols In Vitro. ASBMR, September 2016.
26. Foley, EM, Akhavan, NS, Pourafshar, S, Navaei N, Clark, EA, George, KS, **Arjmandi, BH***. Ovariectomized Rats with a Healed Fracture Have an Increased Propensity to Subsequent Fracture. ASBMR, September 2016.
27. George, KS, Akhavan, NS, Pourafshar, S, Navaei, N, Foley, EM, Clark, EA, **Arjmandi, BH***. Association of Magnesium with Blood and Urinary Bone Biomarkers in Osteopenic Postmenopausal Women. ASBMR, September 2016.
28. Pourafshar, S, Navaei, N, Akhavan, NS., Foley, EM, George, KS, **Arjmandi, BH***. Effect of Dried Plum Supplementation on Partial Geometrical Changes of Bone in

- Ovariectomy-induced Sprague-Dawley Rats. ASBMR, September 2016.
29. Navaei, N, Pourafshar, N, Akhavan, NS, Foley, E, **Arjmandi, BH***. Can Golden Syrian Hamsters Serve as a Model for Ovarian Hormone Deficiency-Induced Bone Loss? ASBMR, September 2016.
 30. **Arjmandi BH***, Feresin RG, Johnson SA, Figueroa A, Pourafshar S, Navaei N, Campbell J, Jaime S, Alvarez-Alvarado S, Elam ML, Alvarez-Alvarado S, Akhavan NS, Brummel-Smith K, and Tenenbaum G. Effects of Strawberry Consumption on Vascular Parameters in Pre- and Stage 1-Hypertensive Postmenopausal Women: A Randomized, Double-Blind, Placebo-Controlled Trial. EB, April 2016.
 31. **Arjmandi BH***, Johnson SA, Pourafshar S, Navaei N, Hooshmand S, Chai SC. Dried Plum Consumption and Bone Mineral Density Retention in Postmenopausal Women: a Follow-up Study. EB, April 2016.
 32. Feresin RG, Johnson SA, Pourafshar S, Elam ML, Navaei N, Akhavan NS, Figueroa A, Tenenbaum G, Brummel-Smith K, **Arjmandi BH***. Daily Consumption of Strawberries for Eight Weeks Increases Serum Levels of IGF-1 in Postmenopausal Women. EB, April 2016.
 33. Akhavan NS, Ormsbee LT, Elam ML, Johnson SA, Panton LB, **Arjmandi BH***. Moderate and Hard Physical Activity are Associated with Increased Total Energy Expenditure in Overweight and Obese Individuals with Knee Osteoarthritis. EB, April 2016.
 34. Johnson SA, Navaei N, Pourafshar S, Akhavan NS, Elam ML, Foley E, Clark EA, Payton MA, **Arjmandi BH***. Fresh pear consumption may improve blood pressure in middle-aged men and women with metabolic syndrome: a randomized, placebo-controlled, crossover clinical trial. EB, April 2016.
 35. Hotta K, Behnke BJ, Ghosh P, Chen B, Churchill A, Elam ML, Pourafshar S, **Arjmandi BH**, Maher P, Kurien D, Verma R, Christou D, Muller-Delp J. Effects of Muscle Stretching on Skeletal Muscle Microcirculation in Old Rats. EB, April 2016.
 36. Pourafshar S, Johnson SA, Navaei N, Akhavan NS, Elam ML, Foley E, Clark EA, **Arjmandi BH***. Egg Consumption May Be Associated with Improved Lipid Profiles and Blood Glucose Levels in Men and Women with Metabolic Syndrome. EB, April 2016.
 37. Navaei N, Johnson SA, Pourafshar S, Akhavan NS, Elam ML, Foley E, Clark EA, **Arjmandi BH***. Higher Fruit and Vegetable Consumption May Be Associated with Improved Lipid Profiles in Individuals with Metabolic Syndrome. EB, April 2016.
 38. Clark EA, Johnson SA, Pourafshar S, Navaei N, Akhavan NS, Elam ML, Foley E, **Arjmandi BH***. Waist-to-height Ratio is Positively Correlated with Femoral Neck Bone Mineral Density in Men and Women. EB, April 2016.
 39. Feresin RG, Figueroa A, Johnson SA, Pourafshar S, Navaei N, Campbell J, Jaime S, Alvarez-Alvarado S, Elam ML, Akhavan N, Tenenbaum G, and **Arjmandi BH***. Daily consumption of strawberries improves plasma nitric oxide and adiponectin levels in pre- and stage 1-hypertensive postmenopausal women. FNCE, Oct 2015 15(9):A42.
 40. Metti D, Shamloufard P, Cravinho A, Cuenca PD, Kern M, **Arjmandi BH**, Hooshmand S. Effects of low dose dried plum (50 g) on bone mineral density and bone biomarkers in older postmenopausal women. FASEB J April 2015 29:738.12.

41. Johnson SA, Feresin RG, Navaei N, Elam ML, Hooshmand S, Payton ME, Levenson CW, **Arjmandi BH***. Blueberries attenuate DNA damage in postmenopausal women. *FASEB J* April 2015 29:918.8.
42. Elam ML, Johnson SA, Hooshmand S, Feresin RG, Gu J, **Arjmandi BH***. A calcium-collagen chelate dietary supplement attenuates bone loss in osteopenic postmenopausal women by reducing osteoclastogenesis. *FASEB J* April 2015 29:738.6.
43. Akhavan N, Feresin RG, Johnson SA, Pourafshar S, Elam ML, Hsieh YH, **Arjmandi BH***. *Cornus officinalis* modulates the production of pro-inflammatory molecules in lipopolysaccharide-activated RAW264.7 macrophages. *FASEB J* April 2015 29:922.30.
44. Navaei N, Johnson SA, **Arjmandi BH***. Soy protein isolate reduces liver cholesterol and lipids in ovariectomized rats. *FASEB J* April 2015 29:588.7.
45. Pourafshar S, Johnson SA, **Arjmandi BH***. The effects of vitamin e on hematopoietic parameters in ovariectomized rats. *FASEB J* April 2015 29:588.13.
46. Jaime SJ, **Arjmandi BH**, Campbell J, Alvarez-Alvarado S, Johnson SA, Feresin RG, Figueroa A. Aortic hemodynamic responses during metaboreflex activation in younger and older postmenopausal women. Submitted to the Annual Meeting of the Southeast Regional Chapter, American College of Sports Medicine, 2014.
47. **Arjmandi BH***, Elam M, Johnson S, Hooshmand S, Gu J. A calcium-collagen chelate dietary supplement prevents bone loss in postmenopausal women with osteopenia (LB421) *FASEB J* April 2014 28:LB421.
48. Feresin RG, Figueroa A, Johnson SA, Elam ML, Kalfon R, Wong A, Navaei N, Pourafshar S, **Arjmandi BH***. Relationship between body composition and arterial stiffness in postmenopausal women (391.8) *FASEB J* April 2014 28:391.8
49. Johnson SA, Figueroa A, Navaei N, Wong A, Kalfon R, Feresin RG, Elam ML, Payton M, **Arjmandi BH***. Blueberries exert antihypertensive and vascular-protective effects in postmenopausal women with pre- and stage 1-hypertension (117.6) *FASEB J* April 2014 28:117.6
50. Elam ML, Ormsbee LT, Campbell S, Rahnama N, Payton M, Brummel-Smith K, Daggy B, **Arjmandi BH***. A combination of *Scutellaria baicalensis* and *Acacia catechu* extracts for short-term symptomatic relief of joint discomfort associated with osteoarthritis of the knee (134.2) *FASEB J* April 2014 28:134.2
51. Ezzat-Zadeh Z, Chase BP, Kim JS, **Arjmandi BH***. Age-related differences in select systemic and local biomarkers affecting body composition in ovariectomized rats (1031.5) *FASEB J* April 2014 28:1031.5
52. Tokonu Y, Zhao Y, Johnson SA, Pourafshar S, **Arjmandi BH***. Estrogen plays an important role in intestinal calcium transport (816.5) *FASEB J* April 2014 28:816.5
53. Metti D, Ortiz D, Cravinho A, Vereda Y, Garcia S, Clayton Z, Kern M, **Arjmandi BH**, Hooshmand S. The effectiveness of daily consumption of 50 g dried plum on improving indices of bone turnover in osteopenic postmenopausal women (1027.5) *FASEB J* April 2014 28:1027.5
54. Johnson SA, Hooshmand S, Elam ML, Payton ME, Gu J, **Arjmandi BH***. Calcium-collagen chelate supplementation reverses bone loss. *J Acad Nutr Diet*, 113(9):A63.
55. Akhavan N, Pourafshar S, Navaei N, **Arjmandi BH***. Soy protein supplementation may play a role in decreasing the risk of bone fracture through affecting hematopoietic factors in young and old men. *FASEB J* April 9, 2013 27:lb344.

56. Navaei N, Johnson SA, Figueroa A, Wong A, Kalfon R, Elam M, Payton M, **Arjmandi BH***. Lean mass and handgrip strength may be associated with dietary intake. *FASEB J* April 9, 2013 27:1b366.
57. Jafarinasabian P, Akhavan N, Carter A, Chai SC, Hooshmand S, **Arjmandi BH***. The relationship between fruits consumption and body composition in postmenopausal women. *FASEB J April 9, 2013 27:1b405*.
58. Feresin RG, Elam ML, Zhao Y, Hooshmand S, **Arjmandi BH***. The relationship between sex hormones and osteoarthritis. *FASEB J* April 9, 2013 27:1053.15.
59. Johnson SA, Figueroa A, Navaei N, Wong A, Kalfon R, Elam M, Payton M, **Arjmandi BH***. High blood pressure and arterial stiffness are not associated with low bone mass. *FASEB J* April 9, 2013 27:1053.13.
60. Seo J, Lee SJ, Elam M, Carter A, Johnson SA, Feresin RG, **Arjmandi BH***. Antioxidant and antimicrobial activities of three different. *FASEB J* April 9, 2013 27:862.12.
61. Ezzat-Zadeh Z, Navaei N, Akhavan N, Park B-S, Chase PB, Kim J-S, **Arjmandi BH***. Estrogen replacement prevents ovariectomy-induced muscle degradation via lowering local IGF-1 production. *FASEB J* April 9, 2013 27:852.10.
62. Pourafshar S, Johnson SA, Jafarinasabian P, Bonn M, **Arjmandi BH***. What role does moderate alcoholic beverage intake play in cardiovascular health? *FASEB J* April 9, 2013 27:847.15.
63. Hooshmand S, Brisco J, Elam M, Chai SC, **Arjmandi BH***. Bone protective effects of dried plum is through increasing osteoprotegerin and suppressing sclerostin levels. *FASEB J* April 9, 2013 27:371.2.
64. Maier HM, Spicer MT, **Arjmandi BH**. Serum and dietary advanced glycation end products in patients with diabetic foot ulcers. *FASEB J* April 9, 2013 27:368.3.
65. Hooshmand S, Garcia S, Metti D, Vereda Y, Chai SC, **Arjmandi BH**. Long-term effects of dried plum consumption on insulin and glucose levels in postmenopausal women. *FASEB J* April 9, 2013 27:1b317
66. **Arjmandi BH**, Kim JS, Ormsbee MJ, Prado CM, Contreras RJ, Panton LB. Whole body, lumbar and hip bone measurements of competitive male cyclists. *SEACSM*, 2012, Mojock CD1.
67. Kim J-S, Lee SR, Grant SC, Jo E, Khamoui AV, Park BS, Zourdos MC, Hooshmand S, Ormsbee MJ. **Arjmandi, B.H.** Fatty Acid Intake and Exercise Improve Body Composition and Functionality in High Fat Diet-Fed Mice. *Med Sci Sports Exerc* 44 (5):S505, 2012.
68. Lee SR, Khamoui AV, Jo E, Park BS, Zourdos MC, Bakhshalian N, Grant SC, **Arjmandi, BH**, Ormsbee, MJ, Kim JS. Anti-Catabolic Effects of Cla/n-3 In Resting And Loaded Muscles of A High Fat Diet-fed Mice. *Med Sci Sports Exerc* 44 (5):S497, 2012.
69. Johnson SA, Chai SC, Hooshmand S, Saadat R, **Arjmandi BH***. Dietary consumption of eggs does not cause hypercholesterolemia and may not be indicated in the development of cardiovascular disease. *FASEB J* March 29, 2012 26:1b331.
70. Figueroa A, Sanchez-Gonzalez MA, Wong A, **Arjmandi BH**. Arterial stiffness and blood pressure are reduced after watermelon supplementation in obese with prehypertension and hypertension. *FASEB J* March 29, 2012 26:385.3.
71. Ezzat-Zadeh Z, Doge BG, Elam M, Feresin R, Browne J, Kim J-S, **Arjmandi BH***. The underlying mechanisms by which estrogen regulates energy metabolism and body

- composition. *FASEB J* March 29, 2012 26:564.8.
72. Feresin R, Zhang J, Elam M, Hooshmand S, Kim J-S, **Arjmandi BH***. Effects of blackberry and blueberry polyphenol extracts on NO, TNF α , and COV2 production in LPS-stimulated RAW264.7 macrophages. *FASEB J* March 29, 2012 26:823.20.
 73. Elam M, Zhang J, Feresin R, Hooshmand S, **Arjmandi BH***. Examining the anti-inflammatory properties of blueberry polyphenols using MC3T3-E1 cells. *FASEB J* March 29, 2012 26:823.38.
 74. Browne JL, Hooshmand S, Elam M, Feresin R, **Arjmandi BH***. Relationship between inflammation, oxidative stress, and oxidative damage with severity of knee osteoarthritis. *FASEB J* March 29, 2012 26:1033.12.
 75. Bakhshalian N, Hooshmand S, Campbell S, **Arjmandi BH***. Allogenic demineralized dentin matrix, an ideal bone graft biomaterial. *FASEB J* March 17, 2011 25:1b78.
 76. Hooshmand S, Schmidt J, **Arjmandi BH***. Severity of knee osteoarthritis correlates with estradiol and leptin levels in serum and synovial fluid of osteoarthritic patients. *ASBMR Annual Meeting*. San Diego, CA. 2011.
 77. **Arjmandi BH***, Hooshmand S, Gu J. Evidence for bone reversal properties of KoAct™, a novel dietary supplement. *ASBMR Annual Meeting*. San Diego, CA. 2011.
 78. Hooshmand S, Chai SC, Saadat RL, **Arjmandi BH***. Dried plum reverses bone loss in postmenopausal women. *FASEB J* March 17, 2011 25:329.7.
 79. Elam ML, Ezzat Zadeh Z, Hooshmand S, **Arjmandi BH***. Examining the bone forming ability of ferutinin, an extract of giant fennel, on the function of MC3T3-E1 osteoblast-like cells. *FASEB J* March 17, 2011 25:581.17.
 80. Ezzat Zadeh Z, Soung DY, Khalil DA, **Arjmandi BH***. Vitamin E reduces the rate of osteoclastogenesis in ovarian hormone deficiency by suppressing the formation of TRAP positive cells. *FASEB J* March 17, 2011 25:773.2.
 81. Chai SC, Hooshmand S, Saadat RL, **Arjmandi BH***. Daily apple consumption promotes cardiovascular health in postmenopausal women. *FASEB J* March 17, 2011 25:971.10.
 82. Schmidt J, Hooshmand S, **Arjmandi BH***. Relationship between serum and synovial fluid concentration of leptin and degree of osteoarthritis. *FASEB J* March 17, 2011 25:971.22.
 83. Campbell SC, Lerner MR, Lightfoot SA, Brackett D, Bakhshalian N, **Arjmandi BH***. Flaxseed reverses atherosclerotic lesion formation in the heart and aorta. *FASEB J* March 17, 2011 25:980.3.
 84. Kim JS, Henning PC, Park BS, Lee SR, Bakhshalian N, Masad IS, Wilson JM, Park YM, **Arjmandi BH**, Grant SC. β -Hydroxy- β -methylbutyrate improves body composition and myofiber dimensions in mice during normal physical conditioning not during catabolic conditions. *FASEB J* March 17, 2011 25:1126.1.
 85. **Arjmandi BH**, Rahnama N, Bambaiechi E, Sharifi R, Rahnama M. interaction effect of diurnal variation and progressive exhaustive exercise on iga and cortisol. *Med Sci Sports Exer* 2010; 42(5):S2711.
 86. **Arjmandi BH**, Rahnama N, Bambaiechi E, Khayambashi, Jafarpour S. A comparison of bone mineral density values in professional female handball and futsal players and non-athletes. *Med Sci Sports Exer* 2010; 42(5):S2653.
 87. Bambaiechi E, Rahnama N, **Arjmandi BH**, Khani S. Effects of menstrual cycle phases and incremental exercise on blood lactate and salivary cortisol. *Med Sci Sports Exer*

- 2010; 42(5):S1569.
88. **Arjmandi BH**, Rahnama N, Bambaiechi E, Ryasati F. Effects of eight weeks corrective exercise on musculoskeletal disorders and abnormalities among workers of loabiran industry. *Med Sci Sports Exer* 2010; 42(5):S1404.
 89. Kim JS, Wilson JM, Lee SR, Henning PC, Park YM, Zourdos MC, Ugrinowitsch C, Grant SC, Panton LB, Rathmacher JA, **Arjmandi BH**. Daily β -hydroxy- β -methylbutyrate (HMB) intake prevents a loss of lean/total body mass ratio during senescence. *Med Sci Sports Exer* 2010; 42(5):S591.
 90. Masad IS, Park YM, Lee SR, Wilson JM, Henning PC, **Arjmandi BH**, Grant SC, Kim JS. DTI and DEXA Analysis of Resistance Training and HMB Impact on Muscle Fiber CSA and Body Mass in Sarcopenic Rats. *Experimental NMR Conference* (Abstract #269), 2010. Campbell SC, Bakhshalian N, Stover BJ, Hooshmand S, Chai SC, **Arjmandi BH***. Free wheel running positively influences whole body bone mineral density *Med Sci Sports Exer* 2010; 42(5):S2669.
 91. Chai SC, Saadat RL, Hooshmand S, **Arjmandi BH***. The link between obesity, osteoporosis and cardiovascular disease. *FASEB J* 2010; 24:739.7.
 92. Hooshmand S, Chai SC, Saadat RL, **Arjmandi BH***. Association of bone mineral density with lean mass and fat mass. *FASEB J* 2010; 24:946.12.
 93. Bakhshalian N, Campbell SC, Hooshmand S, Chai SC, **Arjmandi BH***. Comparative effects of isoflavones and exercise on bone in Hamsters. *FASEB J* 2010; 24:946.3.
 94. Kim JS, Park YM, Lee SR, Wilson JM, Henning PC, Masad IS, Ugrinowitsch C, **Arjmandi BH**, and Grant SC. Effects of β -hydroxy- β -methylbutyrate (HMB) on myofiber dimension and myogenic response in old Sprague-Dawley female rats during 10-week resistance training. *FASEB J* 2010; 24:1058.8.
 95. Park YM, Lee SR, Wilson JM, Henning PC, Ugrinowitsch C, Zourdos MC, **Arjmandi BH**, Rathmacher JA, and Kim JS. Effects of β -hydroxy- β -methylbutyrate (HMB) on muscle IGF-I and MGF mRNA expression in aged female rats during 10-week resistance training. *FASEB J* 2010; 24:621.4.
 96. Masad IS, JM Wilson, SR Lee, YM Park, PC Henning, **Arjmandi BH**, Kim JS, Grant SC. Application of diffusion tensor imaging to assess sarcopenic effects in sedentary rat muscle. *Experimental NMR Conference* (Abstract #261), 2010.
 97. Park YM., Wilson JM, Lee SR, Henning PC, **Arjmandi BH**, Ugrinowitsch C, Leonard KP, Kim JS, β -hydroxyl- β -methylbutyrate (HMB) improves maximum strength in aged Sprague-Dawley female rats during 10-week resistance training. Southeast Regional American College of Sports Medicine. Greenville, SC. 2010.
 98. Archer EC, Grant SC, **Arjmandi BH**, Levenson CW, Wilson JM, Leonard KP, Ugrinowitsch C, Kim JS. The relationship between lean body mass, age, and anxiety-related behavior in F344 rats. *Med Sci Sports Exerc* 41(5):S182, 2009.
 99. Hooshmand S, Chai SC, Saadat RL, **Arjmandi BH***. Evidence for bone reversal properties of dried plum in postmenopausal women, *ASBMR*, 8(2): 122–127, 2009.
 100. Bakhshalian N, Hooshmand S, Chai SC, Saadat RL, Campbell SC, **Arjmandi BH***. Osteopromotive Property of Demineralized Allogenic Dentin Matrix. *ASBMR* 2009.
 101. Kumar A, Hooshmand S, **Arjmandi BH***. Dried plum polyphenols decreased markers of inflammation and lipid peroxidation in RAW 264.7 macrophage cell. *FASEB, Experimental Biology* 2009; SU574.4.

102. Chai SC, Hooshmand S, Saadat RL, **Arjmandi BH***. No relationship between egg consumption and cardiovascular risk factors in postmenopausal women. *FASEB, Experimental Biology* 2009; SU550.11.
103. Bakhshalian N, Campbell SC, Hooshmand S, **Arjmandi BH***. Golden Syrian Hamsters resist bone loss due to ovarian hormone deficiency. *FSAEB, Experimental Biology* 2009; SU553.2.
104. Chai SC, Saadat RL, Hooshmand S, **Arjmandi BH***. Regular consumption of apples may promote cardiovascular health. *FASEB, Experimental Biology* 2009; SU 563.22.
105. Campbell SC, Khalil DA, Payton ME, **Arjmandi BH***. One year soy protein supplementation does not improve lipid profile in postmenopausal women. *FASEB, Experimental Biology* 2009; M722.6.
106. Hooshmand S, Chai SC, **Arjmandi BH***. Dried Plum polyphenols increase insulin-like growth factor-1 (IGF-1) production in osteoblast-like cells. *J Bone Min Res* 2008; 23:SU002.
107. **Arjmandi BH***, Hooshmand S, Saadat RL, Chai SC. Bone mineral density is associated with lean mass not fat mass. *J Bone Min Res* 2008; 23:SU273.
108. Bakshalian N, Azimi H, Jalaier T, **Arjmandi BH***. Histologic and radiographic analysis of osteopromotive property of demineralized dentin matrix in parietal bone defects in rabbits. *J Bone Min Res* 2008; 23:M168.
109. Hooshmand S, Bakshalian N, Soung DY, Lucas EA, Chai SC, **Arjmandi BH***. High level dietary phosphorus and cadmium exacerbate ovariectomy-induced bone loss. *J Bone Min Res* 2008; 23:M301.
110. Prestwood K*, **Arjmandi BH***, Kleppinger A, Berke R, Cohen M, DeFrancesco M. Preliminary findings and adverse events of a dietary supplement on symptoms associated with menopause. *Supplement of Obstetrics & Gynecology*, April 2008.
111. Chai SC, Saadat RL, Hooshmand S, **Arjmandi BH**. Relationship between body mass index and cardiovascular risk factors in osteopenic postmenopausal women. *FASEB, Experimental Biology*, 2008.
112. Stone MD, **Arjmandi BH**, Lovern MB. Dual energy x-ray absorptiometry as a non-invasive tool for the prediction of bone density and body composition of turtles. *Annual meeting of Animal Sciences*, 2007.
113. Chai SC, Hooshmand S, **Arjmandi BH***. Flaxseed positively influence lipid profile without affecting bone markers in postmenopausal women. *IFT*, 2007.
114. Hooshmand S, Chai SC, **Arjmandi BH***. Soy protein consumption may benefit middle-aged and elderly women's bone. *IFT*, 2007.
115. Chai SC, Lucas EA, Smith BJ, Wei C, Devareddy L, **Arjmandi BH***. High dose vitamin E prevents the formation atherosclerotic lesions but does not prevent loss of bone due to orchidectomy in rats. *J Bone Min Res* 2007.
116. **Arjmandi BH***, Hooshmand S, Chai SC, Saadat RL, Devareddy L, Brummel-Smith K. A year-long study to demonstrate the bone reversal efficacy of dried plum in postmenopausal women. *J Bone Min Res* 2007; 19:M445.
117. Hooshmand S, Soung DY, Chai SC, Lucas EA, Devareddy L, **Arjmandi BH***. Addition of phosphorous to cadmium exacerbates the compromised BMD gain in ovariectomized rats. *J Bone Min Res* 2007; 19:T451.
118. Devareddy L, Soung DY, Hooshmand S, Korlagunta K, Chai SC, Rad F, **Arjmandi**

- BH***. Phosphorus exacerbates the bone loss induced by cadmium in ovariectomized rats. *J Bone Min Res* 2006; 18:M330.
119. Hooshmand S, Devareddy L, Collins J, Perkins-Veazie P, **Arjmandi BH***. Blueberry prevents bone loss in ovariectomized rats. *J Bone Min Res* 2006; 18: SU259.
 120. Korlagunta K, Devareddy L, Soung DY, Kamkar LL, Lucas EA, **Arjmandi BH***. The effect of cadmium (Cd) and dried plum on bone and body composition in ovariectomized rats. *J Bone Min Res* 2006; 18:M328.
 121. Chai SC, Lucas EA, Smith BJ, Lerner MR, Brackett DJ, Lightfoot SA, Wei C, Devareddy L, **Arjmandi BH***. Vitamin E did not reverse bone loss but improves lipid profile and atherosclerotic lesion formation in orchidectomized rats. *J Bone Min Res* 2006; 18:SU278.
 122. Soliman AF, Soung DY, Devareddy L, Stoecker BJ, **Arjmandi BH***. Cadmium-induced bone loss in ovariectomized rats was exacerbated by potassium phosphate and moderated at some levels by dried plum. *J Bone Min Res* 2006; 18:SU313.
 123. Kamkar LL, Hooshmand-Yazdi S, Lucas EA, Madihally SV, **Arjmandi BH***. Evidence of bone formation ability of dried plum polyphenols in MC3T3-E1 osteoblast-like cells. *J Bone Min Res* 2006; 18:M199.
 124. Powell JA, Mahajan S, Hooshmand S, Smith BJ, **Arjmandi BH**, Lucas EA. Pomegranate juice down-regulates nitric oxide production in RAW 264.7 macrophages challenged with lipopolysaccharides. *FASEB J* 2006.
 125. Lancaster EA, Lucas EA, Collins J, Howard L, Maness NO, **Arjmandi BH**, Smith BJ. Polyphenolic compounds in dried plum enhance bone recovery following skeletal unloading. *J Bone Min Res* 2005.
 126. Soung DY, Khalil DA, Patade A, Lucas EA, Smith BJ, Devareddy L, Arquitt A, **Arjmandi BH***. Does soy protein supplementation modulate hematological parameters in postmenopausal women? *J Bone Min Res* 2005.
 127. Hooshmand S, Soung DY, Madihally SV, Devareddy L, Lucas EA, **Arjmandi BH***. Naturally occurring selective estrogen receptor modulators, genistein, may reduce the production of proinflammatory molecules in human chondrocytes. *J Bone Min Res* 2005.
 128. Kamkar L, Hooshmand S, Soliman A, Soung DY, Collins JK, Lucas EA, Madihally S, **Arjmandi BH***. Polyphenol extract from dried plum dose-dependently increase nodule formation in MC3T3-E1 osteoblast-like cells. *J Bone Min Res* 2005.
 129. Devareddy L, Khalil DA, Soung DY, Lucas EA, Chai SC, Korlagunta K, Mahajan S, **Arjmandi BH***. Additive bone protective effects of fucotoooligosaccharide and soy isoflavones. *J Bone Min Res* 2005.
 130. Smith BJ, Franklin M, Lancaster EA, Lucas EA, Bu SY, Devareddy L, **Arjmandi BH**. Dried plum restores bone mass and microarchitecture in osteopenic orchidectomized rats. *FASEB* 2005; 61.3.
 131. Lucas EA, Soung DY, Archis S, Kamkar L, Korlagunta K, Devareddy L, **Arjmandi BH***.
 132. Flaxseed and its oil lowers cholesterol in ovariectomized golden Syrian hamsters. *FASEB* 2005; 58.3.
 133. Devareddy L, Patade A, Korlagunta K, Chai S, Lucas EA, **Arjmandi BH***. The effects of flaxseed on cholesterol and glucose in Native American postmenopausal women. *FASEB* 2005; 58.4.
 134. Hakkak R, Holley A, Devareddy L, **Arjmandi BH**. Effects of obesity on bone mass in

- female rats following DMBA treatment. *FASEB* 2005; 583.7.
135. Soung DY, Devareddy L, Khalil DA, Lucas EA, Smith BJ, Juma SJ, **Arjmandi BH***. Alterations in osteoblast-specific gene products by isoflavones in the context of soy- and casein-based protein in a rat model of male osteoporosis. *J Bone Min Res* 2004; 18:S118.
 136. Devareddy L, Soung DY, Khalil DA, Lucas EA, Smith BJ, Arquitt AB, **Arjmandi BH***. Soy isoflavones may increase bone formation as seen by enhanced osteoblast-specific gene products in ovariectomized rat model of postmenopausal osteoporosis. *J Bone Min Res* 2004; 18:S218.
 137. Chai S, Lucas EA, Smith BJ, Patade A, Devareddy L, Soung DY, Korlagunta K, Wei C, Marlow DD, **Arjmandi BH***. Dose-dependent effects of vitamin E on bone in an orchidectomized rat model of osteoporosis. *J Bone Min Res* 2004; 18:S450.
 138. Lucas EA, Khalil DA, Smith BJ, Devareddy L, Soung DY, Peddireddy V, Juma S, Akhter MP, Chakkalakal D, Stoecker BJ, **Arjmandi BH***. Dose-dependent effects of vitamin E on bone in an orchidectomized rat model of osteoporosis. *J Bone Min Res* 2004; 18:S450.
 139. Smith BJ, Franklin M, Lucas EA, Lancaster EA, Soung DY, Devareddy L, Bellmer DD, Marlow DD, Arjmandi BH. Dried plum prevents bone loss in animal model of male osteoporosis. *J Bone Min Res* 2004; 18:S451.
 140. Soung DY, Akhter MP, Khalil DA, Devareddy L, Hammond LJ, Lucas EA, Smith BJ, Marlow DD, **Arjmandi BH***. Effects of soy isoflavones on bone biomechanical and micro-architectural properties in an aged orchidectomized rat model of male osteoporosis. *J Bone Min Res* 2003; 18:S268.
 141. Devareddy L, Khalil DA, Hammond LJ, Soung DY, Lucas EA, Smith BJ, Juma S, Chai SC, Galloway DS, **Arjmandi BH***. Combination of soy and a sub-optimal dose of 17 β -estradiol may reverse bone loss in a rat model of postmenopausal osteoporosis. *J Bone Min Res* 2003; 18:S384.
 142. Lucas EA, Hammond LJ, Khalil DA, Smith BJ, Devareddy L, Soung D, Chai S, Wei C, **Arjmandi BH***. Dose-dependent effect of isoflavone and vitamin E on lipid parameters in rats. *J Bone Min Res* 2003; 18:S294.
 143. Hammond LJ, Khalil DA, Devareddy L, Soung DY, Lucas EA, Smith BJ, Juma S, Johnston J, **Arjmandi BH***. Effects of soy, fructooligosaccharide, and their combination on reversal of bone loss in ovariectomized osteopenic rats. *J Bone Min Res* 2003; 18:S267.
 144. Khalil DA, Hammond LJ, Devareddy L, Soung DY, **Arjmandi BH***, Bellmer D. Soy protein-based diet improves bone mineral density in osteopenic female rats. *J Bone Min Res* 2003; 18:S162.
 145. **Arjmandi BH***, Khalil DA, Hardin C, Hammond LJ, Devareddy L, Lucas EA, Smith BJ, McDonald J, Arquitt AB, Payton ME, Babaknia A. Effects of soy supplementation on bone in postmenopausal women. *J Bone Min Res* 2003; 18:S268.
 146. Brittain JA, Ethriedge A, Lucas EA, Bellmer D, **Arjmandi BH**, Smith BJ. Skeletal response to hind limb unloading in mature female rats. *J Bone Min Res* 2003; 18:S334.
 147. Smith BJ, Ethriedge A, Lucas EA, Bellmer D, Stoecker BJ, **Arjmandi BH**. Dried plum promotes bone recovery comparable to parathyroid hormone in osteopenic rats following hind limb unloading. *J Bone Min Res* 2003; 18:S277.
 148. Ethriedge A, Lucas EA, Stoecker BJ, Wei CI, **Arjmandi BH**, Smith BJ. Alterations in

- vertebral bone with hind limb unloading and the effects of dried plum and parathyroid hormone during recovery. *J Bone Min Res* 2003; 18:S277.
149. Stoecker BJ, Toure F, Lucas EA, King JB, **Arjmandi BH**. Differential effects of selenium and iodine on micro-architecture of bone in male and female rats. *J Bone Min Res* 2003; 18:S196.
 150. Deyhim F, Stoecker BJ, **Arjmandi BH***. Dried plum improves micro-structural properties of trabecular bone following ovarian hormone deficiency. *FASEB J* 2003; 17:A298.
 151. Collins JK, **Arjmandi BH**, Claypool L, Perkins-Veazie PM, Edwards AJ, Clevidence VA. Watermelon lycopene does not affect antioxidant status of healthy subjects. *FASEB J* 2003; 17:A756.
 152. Toure F, Lucas EA, King JB, **Arjmandi BH**, Stoecker BJ. Selenium and iodine depletion affect growth and bone density and microarchitecture in rats. *FASEB J* 2003; 17:A1130.
 153. Khalil DA, Akhter MP, Juma S, Lucas EA, Galloway DS, Hammond LJ, Soung D, Smith BJ, Recker R, **Arjmandi BH***. The combination of vitamin E and soy protein exerts added skeletal benefits in a aged rat model of male osteoporosis. *J Bone Min Res* 2002; 17:S373
 154. Juma S, Soung D, Khalil DA, Pasque C, **Arjmandi BH***. Synovial fluid concentrations of leptin increase in knee osteoarthritis. *J Bone Min Res* 2002; 17:S387.
 155. Hammond LJ, Lucas EA, Khalil DA, Arquitt AB, Payton M, Smith BJ, **Arjmandi BH***. Dried plum is beneficial to bone health without gastrointestinal side effects. *J Bone Min Res* 2002; 17:S373.
 156. Akhter MP, Khalil DA, Lucas EA, Galloway DS, Hammond LJ, Smith BJ, Recker R, **Arjmandi BH***. Soy isoflavones may enhance bone formation in an aged rat model of male osteoporosis. *J Bone Min Res* 2002; 17:S477.
 157. Devareddy L, Haily-Zitlin V, Ferris A, **Arjmandi BH***. Soy protein increases the bone mineral content in ovariectomy-induced osteopenia in aged rats. *J Bone Min Res* 2002; 17:S373.
 158. Khalil DA, Juma S, Lucas EA, Galloway DS, Hammond LJ, **Arjmandi BH***. Protein source: soy vs. casein effects on bone in a male rat model of osteoporosis. *FASEB J* 2002; 16:A231.
 159. Khalil DA, Juma S, Lucas EA, Galloway DS, Hammond LJ, Soung D, **Arjmandi BH***. Dose-dependent effect of soy isoflavones with soy protein or with casein on bone in an aged rat model of male osteoporosis. *FASEB J* 2002; 16:A231.
 160. Soung D, Droke EA, Khalil DA, Arquitt AB, Hammond LJ, Smith BJ, **Arjmandi BH***. Soy isoflavones and vitamin E reduce precursors of osteoclasts. *FASEB J* 2002; 16:A231
 161. Smith BJ, Lerner MR, Do SV, **Arjmandi BH**, Brackett DJ, Stoecker BJ. Molecular mechanisms of vitamin E in protecting against bone loss in mature animals exposed to chronic unloading. *FASEB J* 2002; 16:A990.
 162. Lucas EA, Lightfoot SA, Hammond LJ, Devareddy L, Khalil DA, Daggy BP, **Arjmandi BH***. Soy isoflavones reduce the ovariectomy-induced rise in plasma cholesterol and the development of atherosclerotic lesions in Golden Syrian Hamsters. *FASEB J* 2002; 16:A1106.
 163. Lucas EA, Hammond L, Wild RA, Chandler L, Khalil DA, Daggy BP, Stoecker BJ, **Arjmandi BH***. Flaxseed has no effect on bone markers of postmenopausal women but

- does improve lipid profiles. *J Bone Min Res* 2001; 16:S533.
164. **Arjmandi BH***, Khalil DA, Lucas EA, Juma S, Munson ME, Svanborg, Arquitt AB, Tivis R, Wild RA. Soy protein relieves symptoms of osteoarthritis and increases circulating levels of insulin-like growth factor-I. *J Bone Min Res* 2001; 16:S480.
 165. Khalil DA, Lucas EA, Georgis A, Stoecker BJ, Hardin C, Payton ME, Wild RA, **Arjmandi BH***. Dried plums improve indices of bone formation in postmenopausal women. *J Bone Min Res* 2001; 16:S533.
 166. **Arjmandi BH***, Khalil DA, Lucas EA, Juma S, , Payton M, Munson ME, Arquitt AB, Wild RA. Soy protein with its isoflavones improves bone markers in women particularly those with low estrogen status. *J Bone Min Res* 2001; 16:S533.
 167. **Arjmandi BH***, Akhter MP, Chakkalakal D, Khalil DA, Lucas EA, Juma S, El-Osta M, Devareddy L, Stoecker BJ. Effects of isoflavones, vitamin E, and their combination on bone in an aged rat model of osteopenia. *J Bone Min Res* 2001; 16:S533.
 168. Juma S, Akhter MP, Chakkalakal D, Novak JR, Khalil DA, Lucas EA, El-Osta M, Stoecker BJ, Fritz ED, **Arjmandi BH***. Trauma due to fracture reduces biomechanical properties of non-fractured bone in the aged rat model. *J Bone Min Res* 2001; 16:S284.
 169. Chakkalakal D, Novak JR, Fritz ED, Akhter, Lucas EA, Khalil DA, Juma S, El-Osta M, Stoecker BJ, **Arjmandi BH***. Vitamin E improves bone repair in ovariectomized rats in a dose-dependent manner. *J Bone Min Res* 2001; 16:M428.
 170. Arquitt AB, **Arjmandi BH**, Akhter M. Iron deficiency results in lower bone density and lower tibial cortical thickness in growing female rats. *J Bone Min Res* 2001; 16:S444.
 171. **Arjmandi BH***, Khalil DA, Lucas EA, Juma S, Sinichi N, Hodges SB, Payton M, Hammond L, Munson ME, Wild R. Soy protein with its isoflavones improves bone markers in middle-aged and elderly women. *FASEB* 2001; 15:A728.
 172. Khalil DA, Lucas EA, Juma S, Sinichi N, Hodges SB, Payton M, Hammond L, Munson ME, **Arjmandi BH***. Soy protein supplementation may exert beneficial effects on bone in men. *FASEB* 2001; 15:A727.
 173. Hammond L, Wild RA, Chandler L, Khalil DA, Lucas EA, Daggy BP, Stoecker BJ, **Arjmandi BH***. Flaxseed improves the lipid profile of postmenopausal women. *FASEB* 2001; 15:A397.
 174. **Arjmandi BH***, Lucas EA, Khalil DA, Devareddy L, Juma S, Hammond L, Hodges BS, Sinichi N, Daggy BP, Westcott N. Effects of ovariectomy, estrogen, and flaxseed on lipid metabolism in hamsters. *FASEB* 2001; 15:A397.
 175. Lucas EA, Devareddy L, Khalil DA, Juma S, Hammond L, Hodges BS, Sinichi N, Daggy BP, **Arjmandi BH***. Ipriflavone prevents the ovariectomy-induced hyper-cholesterolemia in hamsters. *FASEB* 2001; 15:A99.
 176. Devareddy L, Lucas EA, Khalil DA, Juma S, Hammond L, Hodges BS, Sinichi N, Daggy BP, **Arjmandi BH***. Soy isoflavones dose-dependently lower plasma cholesterol in ovariectomized hamster. *FASEB J* 2001; 15:A991.
 177. Juma S, Gunness M, **Arjmandi BH***. Orchidectomy-induced higher rates of bone turnover are unaffected by soy protein in rats. *J Bone Min Res* 2000; 15:S10, (plenary poster – abstract F420).
 178. **Arjmandi BH***, Akhter MP, Lucas EA, Stoecker BJ, Juma S, Khalil DA. Prune: its influence on quality of bone in ovarian hormone deficiency. *J Bone Min Res* 2000; 15:S555.

179. Lucas EA, Khalil DA, **Arjmandi BH***. Ovariectomized hamster: a model of postmenopausal hypercholesterolemia. *FASEB J* 2000; 14:A763.
180. Smith BJ, King JB, Lucas EA, Akhter M, **Arjmandi BH**, Stoecker, BJ. Alterations in vertebral bone quality related to skeletal unloading and copper depletion in mature rats. *FASEB J* 2000; 14:A224.
181. Murillo G, Singletary KW, Diamond AM, Kamath SK, Halline AG, Baum C, **Arjmandi BH*** Effects of a synthetic isoflavone on aberrant crypt formation. *FASEB J* 2000; 14:A769.
182. Lucas EA, Khalil DA, Juma S, Soliman A, Lange D, **Arjmandi BH***. Ovariectomized hamster: a model for hypercholesterolemia but not osteopenia. *J Bone Min Res* 1999; 14:S390.
183. F. Deyhim, Lucas EA, Brusewitz G, Stoecker BJ, **Arjmandi BH***. Prune dose-dependently reverses bone loss in ovarian hormone deficient rats. *J Bone Min Res* 1999; 14:S394.
184. **Arjmandi BH***, Wang C, Zhang Y, Lucas EA, Soliman A, Juma S, Stoecker BJ. Prune: its efficacy in prevention of ovarian hormone deficiency-induced bone loss. *J Bone Min Res* 1999; 14:S515.
185. Khalil DA, Shotton AD, Droke EA, Arquitt AB, Soliman A, Sinichi N, Hodges SB, Lucas EA, Juma S, **Arjmandi BH***. Assessment of iron requirements for growth and bone and mineral density in rapidly growing male rats. *J Bone Min Res* 1999; 14:S514.
186. Juma S, Munson ME, Malayer J, Svanborg A, Khalil DA, **Arjmandi BH***. Evidence for the presence of estrogen receptor beta but not alpha in human articular and meniscus cartilage. *J Bone Min Res* 1999; 14:S452.
187. Smith BJ, King J, Lucas E, **Arjmandi BH**, Brusewitz G, Stoecker BJ. The effect of dietary copper depletion on bone metabolism in mature tail-suspended rats. *J Bone Min Res* 1999; 14:S391.
188. Khalil DA, Murillo G, Kamath SK, **Arjmandi BH***. Reversal of cancer-induced hypocholesterolemia by synthetic and naturally occurring isoflavones. *FASEB J* 1999; 13:A828.
189. Sohn E, Kenny E, **Arjmandi BH***, Baum C. Evidence for the selective estrogenic properties of soy isoflavones. *FASEB J* 1999; 13:A50.
190. Coppinger R, **Arjmandi, BH***, Baum C. Modulation of hepatic cholesterol metabolism by prune-enriched diets in ovariectomized rats. *FASEB J* 1999; 13:A560.
191. **Arjmandi BH***, Lucas E, Soliman A, Juma S, Stoecker BJ. Effects of dietary supplementation of prune on ovariectomy-induced bone loss and hypercholesterolemia in rats. *J Bone Min Res* 1998; 23:S292.
192. **Arjmandi BH***, Soliman A, Juma S, Lucas E, Stoecker BJ. Prune prevents ovariectomy-induced bone loss. Seventh Annual Functional Food for Health Conference, University of Illinois; 1998 (abstract #1).
193. **Arjmandi BH***, Beharka A, Juma S, Bapna M, Meydani SN. Vitamin E: Evidence for its role in reducing the risk of fracture in aging. Seventh Annual Functional Food for Health Conference, University of Illinois; 1998 (abstract #2).
194. Kenny E, Sohn E, Juma S, **Arjmandi BH***. The effects of ovariectomy (Ovx), ipriflavone (IP), isoflavones (ISO), and 17 β -estradiol (E2) on bone in hamsters. Seventh Annual Functional Food for Health Conference, University of Illinois; 1998 (abstract

- #16).
195. Lucas E, Stoecker BJ, **Arjmandi BH***. Effects of ovariectomy and prune on lipid metabolism in rats. Seventh Annual Functional Food for Health Conference, University of Illinois; 1998 (abstract #18).
 196. Sohn E, Kenny E, **Arjmandi BH***. The effect of dietary soy protein with and without reduced isoflavone content, ipriflavone, and 17-estradiol on lipid profile in ovariectomized hamsters. Seventh Annual Functional Food for Health Conference, University of Illinois; 1998 (abstract #22).
 197. Murillo G, Singletary KW, Kamath SK, **Arjmandi BH***. The antitumorigenic properties of ipriflavone and genistin in rat mammary tissues. *FASEB J* 1998; 12:A828.
 198. Sohn E, Daggy BP, **Arjmandi BH***. The ovariectomized hamster: a model of postmenopausal hypercholesterolemia *FASEB J* 1998; 12:A685.
 199. **Arjmandi BH***, Juma SS, Beharka A, Bapna MS, Meydani SN. Beneficial effects of vitamin E on bone in old mice. *J Bone Min Res* 1997; 12:S356.
 200. Wei LL, Khan DA, Juma SS, Venkatesh S, Drum M, **Arjmandi BH***. Effects of flaxseed on indices of bone turnover in postmenopausal women. *J Bone Min Res* 1997; 12:S350.
 201. Sohn E, Juma S, Bapna MS, **Arjmandi BH***. Comparative effects of a synthetic isoflavone (ipriflavone) and dihydrotestosterone on bone in gonadal hormone deficiency. *J Bone Min Res* 1997; 12:S350.
 202. Sohn E, Juma SS, Bapna MS, **Arjmandi BH***. Comparative effects of a synthetic isoflavone (ipriflavone) and dihydrotestosterone on bone in gonadal hormone deficiency. Sixth Annual Functional Food for Health Conference, University of Illinois; 1997 (page #39).
 203. Wei LL, Khan DA, Juma SS, Venkatesh S, Drum M, **Arjmandi BH***. Effects of flaxseed on indices of bone turnover in postmenopausal women. Sixth Annual Functional Food for Health Conference, University of Illinois; 1997 (page #57).
 204. Juma S, Sohn E, Bapna MA, **Arjmandi BH***. Soy protein improves bone quality. Sixth Annual Functional Food for Health Conference, University of Illinois; 1997 (page #51).
 205. Venkatesh S, Khan DA, Juma SS, Drum M, Sohn S, Wei LL, **Arjmandi BH***. Cholesterol lowering effects of flaxseed and sunflower seed in postmenopausal women. Sixth Annual Functional Food for Health Conference, University of Illinois; 1997 (page #55).
 206. Sohn E, Juma SS, Bapna MS, **Arjmandi BH***. Dihydrotestosterone does not prevent bone loss in gonadal hormone deficiency. *19th Annual Allied Health Research Forum*, University of Illinois at Chicago; 1997 (page 25).
 207. Wei LL, Khan DA, Juma SS, Venkatesh S, Drum M, **Arjmandi BH***. Short-term effects of flaxseed on indices of bone turnover in postmenopausal women. *19th Annual Allied Health Research Forum*, University of Illinois at Chicago; 1997 (page 14).
 208. Juma S, Sohn E, Bapna MA, **Arjmandi BH***. Soy protein influences bone in gonadal hormone deficiency. *19th Annual Allied Health Research Forum*, University of Illinois at Chicago; 1997 (page 13).
 209. **Arjmandi BH***, Khan DA, Juma SS, Venkatesh S, Wei L, Sohn E, Drum M. Flaxseed consumption lowers total and LDL-cholesterol in postmenopausal women. *FASEB J* 1997; 11:A356.
 210. Juma S, **Arjmandi BH***. Effects of soy protein on bone in gonadal hormone deficiency.

- FASEB J* 1997; 11:A572.
211. **Arjmandi BH***, Getlinger MJ, Birnbaum R, Hollis BW, Goyal NV, Kukreja S. The synthetic flavonoid derivative, ipriflavone, does not restore bone loss due to ovarian hormone deficiency. *J Bone Min Res* 1996; 11:S350.
 212. Getlinger MJ, Goyal NV, Hollis BW, Birnbaum R, Kukreja S, **Arjmandi BH***. A soy protein diet does not restore bone loss due to ovariectomy. *J Bone Min Res* 1996; 11:S228 (abstract #S554).
 213. Juma S, Sohn E, Bapna MS, Haley-Zitlin V, **Arjmandi BH***. Effects of soy protein on mechanical properties of bone in gonadal hormone deficiency. *J Bone Min Res* 1996; 11:S228.
 214. Sohn E, Juma S, Bapna MS, Haley-Zitlin V, **Arjmandi BH***. Effects of orchidectomy and ipriflavone on bone strength. *J Bone Min Res* 1996; 11:S351.
 215. Amin D, Prins GS, **Arjmandi BH***. Immunocytochemical evidence for androgen receptors in various intestinal segments of male rats. *J Bone Min Res* 1996; 11:S434.
 216. **Arjmandi BH***, Sohn E, Juma S, Haley-Zitlin. Effects of dihydrotestosterone and ipriflavone on cholesterol and thyroid hormone metabolism in orchidectomized rats. *FASEB J* 1996; 10:A215.
 217. Haley-Zitlin V, Juma S, Sohn E, **Arjmandi BH***. Effects of orchidectomy and soy protein with or without isoflavonoids on cholesterol and thyroid hormone metabolism in male rats. *FASEB J* 1996; 10:A215.
 218. Juma S, Sohn E, Haley-Zitlin V, **Arjmandi BH***. Hypocholesterolemic effect of soy protein is associated with increased triiodothyronine levels in gonadal hormone deficiency. *18th Annual Allied Health Research Forum*, University of Illinois at Chicago; 1996 (abstract #19).
 219. Sohn E, Juma S, Haley-Zitlin V, **Arjmandi BH***. Dihydrotestosterone and ipriflavone synergistically lower blood cholesterol in gonadal hormone deficiency. *18th Annual Allied Health Research Forum*, University of Illinois at Chicago; 1996 (abstract #16).
 220. **Arjmandi BH***, Hasler CM, Sun P, Goyal N, Guo P, Getlinger MJ. The role of soy protein isolate, with and without isoflavonoids, and ipriflavone on in vivo intestinal calcium absorption. *J Bone Min Res* 1995; 10:S447.
 221. **Arjmandi BH***, Birnbaum R, Sun P, Kukreja S. Effects of soy protein isolate, with and without isoflavonoids, and ipriflavone on serum levels of insulin-like growth factor-I and insulin-like growth factor binding proteins in rats. *J Bone Min Res* 1995; 10:S447.
 222. Juma S, Sohn E, Guo P, Sun P, Stacewicz-Sapuntzakis M, Stitt P, **Arjmandi BH***. Effects of diet composition on in vivo calcium absorption and bone in rapidly growing male rats. *J Bone Min Res* 1995; 10:S446.
 223. Goyal N, Getlinger MJ, Sun P, Alekel L, Hasler C, Kukreja S, **Arjmandi BH***. Effect of soy protein, with and without isoflavonoids, on bone in ovariectomized rats. *J Bone Min Res* 1995; 10:S453.
 224. Guo P, Sun M, Stacewicz-Sapuntzakis, Drum M, Stitt P, **Arjmandi BH***. Effect of diet composition on intestinal calcium absorption. *17th Annual Allied Health Research Forum*, University of Illinois at Chicago; 1995 (abstract #15).
 225. **Arjmandi BH***, Carlesimo J, Amin D, Alekel L, Stacewicz-Sapuntzakis M. Effects of soy protein on lipid and cholesterol metabolism. *17th Annual Allied Health Research Forum*, University of Illinois at Chicago; 1995 (abstract #20).

226. **Arjmandi BH***, Daggy BP, Sun P, Sohn E, Juma S, Amin D. Effect of psyllium on liver and intestinal rates of sterol biosynthesis. *17th Annual Allied Health Research Forum*, University of Illinois at Chicago; 1995 (abstract #19).
227. **Arjmandi BH***, Juma S, Sohn E, Schaefer R, Goyal N, Getlinger MJ. Effects of ovariectomy, estrogen, and ipriflavone on liver lipids and cholesterol in a rat model. *J Am Diet Assoc* 1995; 95:A-9.
228. Daggy BP, Sun P, Sohn E, Juma S, Amin D **Arjmandi BH***. Psyllium feeding increases the rates of hepatic and intestinal sterol biosynthesis while lowering the plasma and hepatic cholesterol levels in rats. *J Am Diet Assoc* 1995; 95:A-19.
229. Guo P, Sun M, Stacewicz-Sapuntzakis, Drum M, Stitt P, **Arjmandi BH***. Bioavailability of calcium from various diet formulations in rats. *FASEB J* 1995; 9:A160.
230. **Arjmandi BH***, Carlesimo J, Amin D, Alekel L, Stacewicz-Sapuntzakis M. Effects of ovariectomy, estrogen, and soy protein on lipid metabolism in rats. *FASEB J* 1995; 9:A466.
231. **Arjmandi BH***, Amin D, Prins GS, Woodham C, Alekel L. The role of androgens in intestinal calcium transport. *J Bone Min Res* 1994; 9:S396.
232. **Arjmandi BH***, Joffe A, Hollis BW, Alekel L, Amin D. Soy protein prevents bone loss due to ovariectomy in rats. *J Bone Min Res* 1994; 9:S395.
233. **Arjmandi BH**, Liu CC, Yu S, Kalu DN. Effects of growth hormone on trabecular bone loss, osteoclasts, osteoblasts, and their marrow progenitors. *J Bone Min Res* 1994; 9:S382.
234. Joffe A, Amin D, Hollis BW, Alekel L, Hasler C, **Arjmandi BH***. Effect of soy protein on bone in ovariectomized rat. *Designer Foods III*, Georgetown University Conference Center, Washington D.C., May 23-25, 1994.
235. Amin D, Alekel L, Jovanovic B, **Arjmandi BH***. Testosterone enhances *in vitro* uptake of calcium by duodenal and colonic cells. *FASEB J* 1994; 8:A2.
236. **Arjmandi BH**, Salih MA, Hollis BW, Kalu DN. *In vivo* effect of 17 β estradiol on intestinal calcium absorption. *J Bone Min Res* 1993; 8:S271.
237. Salih MA, **Arjmandi BH**, Sims SH, Kalu DN. Examination of putative intestinal estrogen receptor. *J Bone Min Res*. 1993; 8:S264.
238. Kalu DN, Liu CC, **Arjmandi BH**, Salerno E, Salih MA, Hollis BW. Growth hormone but not rhIGFI reversed bone loss due to ovariectomy in rats. *J Bone Min Res* 1993; 8:S271.
239. **Arjmandi BH**, Salih MA, Herbert DC, Sims SH, Kalu DN. Evidence for estrogen receptorlinked calcium uptake by intestinal cells in rats. *IUCRC, Aging Research and Education Center*, San Antonio, Texas. October 14, 1992.
240. Salerno E, Salih MA, **Arjmandi BH**, Kalu DN. Use of the ovariectomized rat bone loss model for evaluating potential therapies for postmenopausal osteoporosis. *IUCRC, Aging Research and Education Center*, San Antonio, Texas. October 14, 1992.
241. **Arjmandi BH**, Kalu DN. Estrogen has direct effect on *in vitro* calcium uptake by duodenal cells. *J Bone Min Res* 1992; 7:S96.
242. Kalu DN, Birnbaum RS, **Arjmandi BH**, Liu CC, Salerno E. Effects of ovariectomy and estrogen administration on serum IGF1 and its binding proteins. *J Bone Min Res* 1992; 7:S142.
243. **Arjmandi BH**, Kalu DN. Effects of protein synthesis and DNA transcription inhibitors

- on E₂dependent Ca²⁺ uptake by duodenal cells. *Gerontologist* 1992; 32 (special issue II):222.
244. **Arjmandi BH**, Kalu DN. Estrogen enhances in vitro uptake of calcium by duodenal cells. *FASEB J* 1992; 6:A1842.
 245. Reeves RD, **Arjmandi BH**, Ahn J, Nathani S. The relationship between dietary soluble fiber and serum cholesterol levels, hepatic portal venous SCFA concentrations and fecal sterol excretion. *FASEB J* 1991; 5(4):A1082.
 246. **Arjmandi BH**, Craig J, Reeves RD. Effect of dietary cholesterol and soluble fibers on in vivo hepatic and intestinal cholesterol biosynthesis in rats using [³H] water. *FASEB J* 1992; 5: A1082.
 247. **Arjmandi BH**, Ahn J, Nathani S, Reeves RD. Effect of soluble dietary fiber on cholesterol metabolism in the rat. *FASEB J* 1990; 4: A528.

GRANTS/AWARDS

A. Present Funding

1. **Arjmandi BH (PI)**, Basiri R, Hickner R. Effects of Mang Consumption in Overweight Individuals with Prediabetes: The National Mango Board; Amount: \$129,863.
2. **Arjmandi BH (PI)**, Thomson W, Akhavan NS. Effect of Dried Plum on Fracture Healing in Men and Women with a Wrist Fracture. Funding agency: California Dried Plum Board; Amount: \$100,000.
3. **Arjmandi BH (PI)**, Lynn B. Panton, Claire E. Berryman, Robert C. Hickner, Neda S. Akhavan. The Effects of Almond Consumption on Functional Performance, Aerobic Capacity, and Physical Activity in Overweight and Obese Active Older Adults. Funding Agency: Almond Board of California. Amount: \$300,716.
4. Salazar G, Hwang HS, Delp J, **Arjmandi BH (Co-I)**, Bhide P. (Nutritional Interventions to Alleviate Cardiovascular Disease Mediated by Tobacco Use. Funding Agency: Florida Department of Health; Amount: \$805,409.
5. Akhavan NS, Hickner R, Berryman C, **Arjmandi BH (Co-I)**. Effects of White Potato Consumption on Measures of Cardiometabolic Health in Individuals with Type 2 Diabetes Mellitus. Funding Agency: Alliance for Potato Research and Education. Amount: \$175,000.
6. **Arjmandi BH**, Kim JS. Dried Plums Prevent Inflammation and Improve Bone Health in Osteopenic Men. Funding Agency: NIFA, USDA; Amount: \$470,000 + in kind donations by: a) Shaklee Corporation (\$36,000) and b) California DPB (approximately: \$30,000); Duration: 2017-2022.
7. Salazar G, **Arjmandi BH**. Protective Role of Berry Polyphenols in Vascular Inflammation, Aging and Disease. NIFA, USDA; Amount: \$500,000. Duration: 2018-2021.

B. Submitted/To be submitted

1. **Arjmandi BH (PI)**, Hickner RC, Berryman CE, Nagpal R, Singh P, Ledermann T, Mullins AP. The Preventative Role of Black Beans in Diabetes and Cardiovascular Disease, Funding agency: *United States Department of Agriculture submitted in June*

2021.

2. **Arjmandi BH (PI)**, Hickner CR, Daggy BP, Cott J, Beitsch L, Ledermann, Akhavan N, Mullins A. The Effects of Omega-3 Fatty Acid Supplementation on Vascular Health, Lipid Profile, Oxidative Stress, Inflammation, and Biomarkers of Cancer in Smokers. LOI submitted on August 11th, 2021; proposal to be submitted on September 10th. Funding agency: for the Florida Department of Health James and Esther King Biomedical Research Program; Amount: 1,500,000

C. Past Funding

1. **Arjmandi BH (PI)**, Hickner R (Co-I). Black Bean Consumption Improves Measures of Glycemic Control and Cardiovascular Function in Individuals with Pre-diabetes, a Randomized Controlled Clinical Trial. Funding agency: Dry Bean Health Research Program; Amount: \$20,000.
2. Julia Sheffler, **Arjmandi BH (Co-I)**, Naar S, Vied C, Quinn J, Katz P, Akhavan N. Early phase feasibility trial: Examining the effects of diet on genetic and psychosocial risks for Alzheimer's disease. Funding agency: FSU Translational Health Research Seed Grant Program; Amount: \$50,000
3. Ormsbee MJ, Hickner R, **Arjmandi BH**. The impact of Solugel on joint pain and fat-free mass in lifelong athletes. Funding agency: PB Leiner PB Gelatins; Amount: \$204,140. Duration: 2018-2019.
4. **Arjmandi, BH**, Daggy, BP. The Effect of a Supplement, McBe60, on Blood Glucose. Funding agency: Nutritional Health Institute Laboratories; Amount: 100,114; Duration: 2018-2019 (terminated).
5. Delp J, Delp M, **Arjmandi BH** (collaborator). Interventions to Test Restoration of the Skeletal Circulation in Old Age. NIH R15.
6. Pourafshar S, **Arjmandi BH (Mentor)**. Funding Agency: Dissertation Fellowship from the Egg Nutrition Center and American Egg Board; Amount: \$38,000 per year; Duration: 2015-2018.
7. Kim JS, **Arjmandi BH (Co-PI)**, Johnson SA. Effects of Mindworks® supplementation on cognitive function, motor skills and balance in middle-aged and older individuals. Funding Agency: *Shaklee Corporation*; Amount: \$102,539; Duration: 2015-2016.
8. **Arjmandi BH**, Figueroa A, Johnson SA. Regular apple consumption improves cardiovascular risk factors and glycemic control in type 2 diabetics. Funding Agency: *U.S. Apple Association*; Amount: \$81,522; Duration: 2014-2017.
9. **Arjmandi BH**. Anti-atherogenicity of dry beans in ovariectomized Golden Syrian Hamsters. Funding Agency: *Florida State University, Council on Research and Creativity*; Amount: \$13,000; Duration: 2016-2017.
10. **Arjmandi BH**, Figueroa A, Johnson SA. Tart cherry improves cardiovascular risk factors associated with metabolic syndrome. Funding Agency: *Cherry Research Committee/Cherry Marketing Institute*; Amount: \$60,450; Duration: 2014-2016.
11. **Arjmandi BH**, Johnson SA. Health promoting role of pear in metabolic syndrome. Funding Agency: *Pear Bureau Northwest/Pear Marketing Order 927*; Amount: \$147,767; Duration: 2014-2016.
12. **Arjmandi BH**, Figueroa A, Johnson SA. Tart cherry improves cardiovascular risk factors associated with metabolic syndrome. Funding Agency: *Cherry Research Committee/Cherry Marketing Institute*; Amount: \$60,450; Duration: 2014-2016.

13. **Arjmandi BH**, Johnson SA. The breast cancer-protective effects of dried plum consumption in postmenopausal women. Funding Agency: *California Dried Plum Board*; Amount: \$5,000; Duration: 2014-2015.
14. **Arjmandi BH**, Figueroa A, Feresin RG. Strawberries improve vascular function and lowers aortic blood pressure in prehypertensive postmenopausal women. Funding agency: *California Strawberry Commission*; Amount: \$82,037; Duration: 2012-2014.
15. **Arjmandi BH**, Figueroa A, Hooshmand S. Daily incorporation of blueberries into a diet favorably improves vascular function and lowers aortic blood pressure in postmenopausal women with prehypertention. Funding agency: *Highbush Blueberry Council/USDA*; Amount: \$74,997; Duration: 2011-2013.
16. **Arjmandi BH et al.** Study of collagen-based supplement on biomarkers for bone metabolism and BMD in a small population of post-menopausal woman. Funding agency: *KoAct*; Amount: \$97,083; Duration: 2010-2012.
17. **Arjmandi BH et al.** A pilot study to evaluate the effect of two dietary supplements in subjects with joint discomfort associate with osteoarthritis of the knee. Funding agency: *Unigen*; Amount: \$180,000; Duration: 2010-2012.
18. Zhang C, Schonning A, **Arjmandi BH et al.** Highly-individualized, high-performance prosthesis with multifunctional materials. Funding agency: *New Florida 2010 Clustering Award Program Proposal*; Amount: \$150,000; Duration: 2011-2012.
19. **Arjmandi BH**, Feresin RG. The relationship between sex hormones and the severity of osteoarthritis. Funding agency: *Florida State University Council on Research and Creativity (CRC)*; Amount: \$14,000; Duration: May-Aug 2012.
20. Figueroa A, Perkins V, **Arjmandi BH**. Effects of watermelon supplementation on arterial stiffness and vascular inflammation in older individuals with the metabolic syndrome. Funding agency: *National Watermelon Promotional Board (Orlando, FL)*; Amount: \$76,874; Duration: 2010-2011.
21. Campbell SC, **Arjmandi BH** (Postdoctoral Mentor). Anti-atherogenicity of flaxseed. Funding Agency: *USDA-NRI*; Amount: \$125,000; Duration: 2008-2011.
22. Juma et al. (Arjmandi BH, Consultant). Bone protective mechanisms of blueberry polyphenols. Funding agency: *USDA*, Amount: \$90,000; Duration: 2009-2011.
23. **Arjmandi BH**. Antioxidant properties of dried plum in postmenopausal women. Funding agency: *California Dried Plum Board*, Amount: \$29,000; Duration: 2006-2010.
24. **Arjmandi BH**, Devareddy L, Brummel-Smith K, Wild R. Dried plum reverses bone loss in postmenopausal women. Funding agency: *USDA*; Amount \$366,250; Duration: 2005-2009.
25. **Arjmandi BH**, Levenson CW, Kim JS, Schepkin V, Grant S. Studies on age-related disorders utilizing nutrition, exercise and magnetic resonance. Funding agency: *Florida State University Council on Research and Creativity (CRC)*; Amount: \$25,000; Duration: 2008-2009.
26. Figueroa A, **Arjmandi BH**, Perkins-Veazie P. Effect of watermelon on aortic hemodynamic parameters in older postmenopausal women with pre- and stage 1 hypertension. Funding agency: *National Watermelon Promotional Board*; Amount: \$50,000; Duration: 2008-2009.
27. Pantan LB, Kim JS, **Arjmandi BH**. The effects of resistance training and ambulation on abdominal fat and associated cardiovascular disease risk factors in African-American

- women. Funding Agency: *Florida State University Council on Research and Creativity (CRC)*; funding Amount: \$12,000; Duration: 2008-2009.
28. Shen LC, Wang JS, Chyu MC, Felton C, **Arjmandi BH**, Yeh JK, Magaziner J, Xu KT, Pence BC. GTP and Tai Chi for bone health: a pilot study. Funding agency: *NIH/NCCAM* ; Amount: \$572,720; Duration: 2007-2009.
 29. Smith BJ, Brackett DJ, Lerner MR, **Arjmandi BH**, Lucas EA, Cullen D. How does dried plum reverse bone loss? Funding agency: *USDA*; Amount \$468,079; Duration: 2006-2009.
 30. Collier J, Ramakrishnan S, Alamo, **Arjmandi BH**, VanSciver, Zhang, Hirst and Schlenoff. Funding agency: *Florida State University*, Equipment grant; Amount: \$22,000.00; Duration: 2008 (1 time).
 31. Ilich-Ernst J, **Arjmandi BH**, Devareddy L, Steppan S, Erickson G, Sathe S. Micro CT System for 3-D Visualization of Various Materials. Equipment and infrastructure enhancement grant. Funding agency: *Florida State University*; Amount \$100,000; Duration: 2007 (1 time).
 32. **Arjmandi BH**, Devareddy L, Collins JK, Perkins-Veazie P. Dried blueberries: impact on bone strength. Funding agency: *Blueberry Board*; Amount: \$55,000; Duration: 2006-2007.
 33. Alekel et al. (**Arjmandi BH**, consultant). Bone response to soy isoflavones in women. Funding agency: *NIAMS/NIH*; Amount: \$3,397,862; Duration: 2002-2009.
 34. Laura J. Tivis, Rick Tivis, **Arjmandi BH** (collaborator). Alcohol, ERT and cognition in menopausal women. Funding agency: *National Institute on Alcohol Abuse and Alcoholism*; Amount: \$1,631,734; Duration: 2004-2008.
 35. **Arjmandi BH**, Smith BJ, Lucas EA, Herman J. A study to demonstrate the effects of women's herbal supplements on the physical and psychological symptoms associated with menopause Funding agency: *Amerifit, Inc.*; Amount: \$252,000; Duration: 2003-2006.
 36. **Arjmandi BH**, Wei C. Vitamin E dose-dependently reverses bone loss. Funding agency: *Oklahoma Center for the Advancement of Science and Technology (OCAST)*; Amount: \$135,000; Duration: 2003-2006.
 37. Lucas EA, **Arjmandi BH**, Keim KK. Flaxseed reduces the risk of CVD in Native American women. Funding agency: *OCAST*; Amount: \$90,000; Duration: 2003-2005.
 38. Smith BJ, **Arjmandi BH**, Stoecker BJ. Bone loss reversal with prune in rat osteoporosis model, Funding agency: *OCAST*; Amount: \$135,000; Duration: 2002-2005.
 39. **Arjmandi BH**, Devareddy L, Soung DY, Lucas EA. Effects of combining bone bioactive agents on bone loss using ovariectomized rat model. Funding agency: *Abbott Laboratories, Ross Products Division*; Amount: \$91,000; Duration: 2005-2006.
 40. **Arjmandi BH**, Lucas EA. Analysis of bone specimens. Funding agency: *Abbott Laboratories, Ross Products Division*; Amount: \$11,408; Duration: 2003-2004.
 41. **Arjmandi BH**, Smith BJ, Lucas EA, Arquitt AB. Soy isoflavones in combination with alendronate, an anti-resorptive agent, reverse bone loss in a rat model of male osteoporosis. *Oklahoma State University Presidential Challenge Grant*; Amount: \$75,000; Duration: 2003-2006 (funding withdrawn by the university due to lack of resources).
 42. **Arjmandi BH**, Lucas EA. The effect of daidzein-rich isoflavones on the prevention of

- bone loss in ovarian hormone deficiency. Funding agency: *Cargill Incorporation*; Amount: \$55,000; Duration: 2003-2004.
43. **Arjmandi BH**, Khalil DA. Do soy isoflavones reverse bone loss due to ovariectomy. Funding agency: *OCAST*; Amount \$89,974; Duration: 2001-2003.
 44. **Arjmandi BH**, Lucas EA. Effect of combining bone bioactive agents on bone loss using ovariectomized rat model. Funding agency: *Abbott Laboratories, Ross Products Division*; Amount: \$54,915; Duration: 2000-2003.
 45. **Arjmandi BH**, Lucas EA. Effect of multiple ingredients on bone metabolism in the ovariectomized rat. Funding agency: *Abbott Laboratories, Ross Products Division*; Amount: \$78,985; Duration: 2002-2003.
 46. **Arjmandi BH**, Wild RA. Improving and evaluating the bone protective efficacy of soy products. Funding agency: *OCAST and Enhance Naturally™* (Newport Beach, CA); Amount: \$255,216; Duration: 1999-2002.
 47. **Arjmandi BH**, Chakkalakal D, Stoecker BJ. Soy isoflavones and vitamin E dose-dependently improve fracture healing. Funding agency: *United State Department of Agriculture (USDA)*; Amount: \$240,000; Duration: 1999-2002.
 48. Khalil DA (postdoctoral fellow), **Arjmandi BH**. Efficacy of soy protein in prevention of male osteoporosis. Funding agency: *USDA*; Amount: \$89,997; Duration: 2000-2002.
 49. **Arjmandi BH**, Stoecker BJ. Effect of prune on indices of bone status in postmenopausal women. Funding agency: *California Prune Board*; Amount: \$76,840; Duration: 1999-2002.
 50. **Arjmandi BH**, Malayer J, Daggy B. The effects of flaxseed on total-, LDL-cholesterol and serum lipoprotein(a). Funding agency: *OCAST*; Amount: \$89,470; Duration: 1999-2001.
 51. Stoecker BJ, **Arjmandi BH**, Smith BJ. The role of vitamin E in preventing oxidative damage to bone in near weightlessness and its effects on bone quality during recovery. Funding agency: *National Aeronautic and Space Administration (NASA)*; Amount: \$206,000; Duration: 1999-2001.
 52. **Arjmandi BH**. Funding agency: *HES Start-up Support, College of Human Environmental Sciences (CHES) at OSU*; Amount \$69,550; Duration: 1999-2000.
 53. **Arjmandi BH**, Stoecker BJ, Wild R. Flaxseed phytoestrogens may positively affect bone. Funding agency: *NIH*; Amount: \$72,496; Duration: 1998-2000.
 54. **Arjmandi BH**, Munson ME. The effect of soy or its isoflavones on osteoarthritis. Funding agency: *OCAST and Protein Technologies International (PTI)*; Amount: \$70,000; Duration: 1998-2000.
 55. **Arjmandi BH**. The effect of prune on bone in ovarian hormone deficiency. Funding agency: *California Prune Board*; Amount: \$47,134; Duration: 1997-2000.
 56. Lucas E, **Arjmandi BH**. Effect of ovariectomy and isoflavones on cholesterol. Funding agency: *OCAST*; Amount: \$68,936; Duration: 1998-2000.
 57. **Arjmandi BH**, Stoecker BJ. Enhanced capacity for expanding research in osteoporosis. Funding agency: *USDA matched by Oklahoma Regents for Higher Education and Dean's Incentive Fund*; Amount: \$124,500; Duration: 1998-1999.
 58. **Arjmandi BH**. HES Start-up Support, CHES at OSU; Amount \$64,050; Duration: 1998.
 59. **Arjmandi BH**. Effects of flaxseed on serum lipids and lipoproteins in postmenopausal women. Funding agency: *Campus Research Board, University of Illinois at Chicago*;

Amount: \$13,500; Duration: 1996-1997.

60. **Arjmandi BH**, Alekel L, Hasler C. The effect of soy protein on bone in ovarian hormone deficiency. Funding agency: *Illinois Soybean Program Operating Board*, Bloomington, IL; Amount: \$87,979; Duration: 1994-1997.
61. **Arjmandi BH**. Effects of flaxseed on serum lipids and lipoproteins in postmenopausal women.
62. Funding agencies: *Functional Food for Health Program, University of Illinois at Urbana-Champaign; Natural Ovens of Manitowoc, WI; and Campus Research Board, University of Illinois at Chicago*; Amount: \$26,000; Duration: 1996.
63. **Arjmandi BH**. Calcium bioavailability of bread-based diet. Funding agency: *Natural Ovens of Manitowoc, WI*; Amount: \$8,714; Duration: 1994-1995.
64. **Arjmandi BH**. The effect of psyllium on hepatic and intestinal rates of sterol biosynthesis. Funding agency: *Proctor & Gamble Company, Cincinnati, OH*; Amount: \$16,814; Duration: 1994-1995.
65. **Arjmandi BH**. Does ipriflavone enhance bone formation? Funding source: *Campus Research Board, University of Illinois at Chicago*; Amount: \$8,096; Duration: 1994-1995.
66. **Arjmandi BH**. Evaluation of the effect of androgens on intestinal calcium absorption. Funding agency: *Campus Research Board, University of Illinois at Chicago*; Amount: \$8,000; Duration: 1993-1994.
67. **Arjmandi BH**. The role of estrogen in intestinal calcium absorption. Funding agency: *NIA (Geriatric Leadership Academic Award)*; Amount: \$5,000; Duration: 1991-1992.

OTHER AWARDS (SELECTIVE)

1. *Distinguished Research Award Nominee*, College of Human Sciences, Florida State University, Tallahassee, FL; 2017.
2. *Outstanding Graduate Faculty Mentor Award Nominee*, The Graduate School, Florida State University, Tallahassee, FL; 2015.
3. *Outstanding Graduate Faculty Mentor Award Nominee*, The Graduate School, Florida State University, Tallahassee, FL; 2014.
4. *Abbott Nutrition Award in Women's Health*, Academy of Nutrition and Dietetics, Chicago, IL; 2013.
5. *Distinguished Research Award Nominee*, College of Human Sciences, Florida State University, Tallahassee, FL; 2013.
6. *Outstanding Graduate Faculty Mentor Award Nominee*, The Graduate School, Florida State University, Tallahassee, FL; 2013.
7. *The Dr. Edward J. Masoro Outstanding Alumnus Award*, In recognition of continuing contributions to aging research. Barshop Institute for Longevity and Aging Studies, University of Texas Health Science Center, San Antonio, TX; 2012.
8. *Distinguished Research Award Nominee*, College of Human Sciences, Florida State University, Tallahassee, FL; 2012.
9. *Margaret A. Sitton Professorship Named Professorship Award*, College of Human Sciences; Florida State University, Tallahassee, FL; 2007.
10. *Outstanding Faculty Mentor Award*, College of Human Environmental Sciences;

- Oklahoma State University, Stillwater, OK; 2005.
11. *Regents Distinguished Teaching Award Nominee*, College of Human Environmental Sciences; Oklahoma State University, Stillwater, OK; 2005.
 12. *Outstanding Alumni Award*, College of Human Ecology; Kansas State University, Manhattan, KS; 2004.
 13. *Outstanding Undergraduate Academic Advisor Award Nominee*, College of Human Environmental Sciences; Oklahoma State University, Stillwater, OK; 2004.
 14. *Regents Distinguished Research Award*, College of Human Environmental Sciences; Oklahoma State University, Stillwater, OK; 2003.
 15. *Marguerite Scruggs Award for Meritorious Research*, College of Human Environmental Sciences; Oklahoma State University, Stillwater, OK; 2003.
 16. *Outstanding Faculty Mentor Award*, College of Human Environmental Sciences; Oklahoma State University, Stillwater, OK; 2003.
 17. *Outstanding Faculty Mentor Award Nominee*, College of Human Environmental Sciences; Oklahoma State University, Stillwater, OK; 2002.
 18. *United Soybean Board (USB) Incentive Award*: \$10,000; 2000.
 19. *Outstanding Faculty Mentor Award*, College of Human Environmental Sciences; Oklahoma State University, Stillwater, OK; 1999.
 20. *Summer Institute, National Institute on Aging (NIA) Trainee*; 1991.
 21. *Martha Pittman Scholarship*, Kansas State University, Manhattan, KS; 1988.

PROFESSIONAL SOCIETIES

1. Academy of Nutrition and Dietetics
2. American Society for Nutrition
3. American Society for Bone and Mineral Research
4. DrSoy™ Com Scientific Advisory Board Member (2002-2008)
5. Gamma Sigma Delta, Honorary Agriculture Society
6. International Bone and Mineral Society
7. Institute of Food Technologists – (currently inactive)
8. Journal of Research in Ayurveda & Siddha (JRAS), Advisory Board Member
9. Journal of Diabetes Mellitus, Editorial Board Member
10. Journal of Food & Nutrition Disorders, Editor-in-Chief and Editorial Board Member
11. Journal of Obesity and Chronic Diseases, Editorial Board Member
12. Sigma Xi
13. The North American Menopause Society (currently inactive)
14. Anti-Cancer Agents in Medicinal Chemistry, Guest Editor (2012-2013)
15. Preventative Nutrition and Food Sciences, Editorial Board Member (2016-present)
16. Nutrients, Editorial Board Member (2017-present), Guest Editor (2019-present)
17. Nutrition and Healthy Aging Associate Editor (2020-Present)

COMMITTEES (SELECTIVE)

- 2020 *Chair*, Promotion, and Tenure Committee, Department of Nutrition, Food and Exercise Sciences, Florida State University, Tallahassee, Florida. Evaluated One Associate Professors for the rank of Full Professor.

- 2020 *External Reviewer*, University of Arkansas for Medical Sciences (UAMS) Graduate School, Master of Science in Clinical Nutrition (MSCN) Program, Littlerock, AR.
- 2017- 2020 *Representative*, the Undergraduate Policy Committee (UPC), Florida State University, Tallahassee, FL.
- 2017 -2019 *Representative*, Department of Nutrition, Food and Exercise Sciences Faculty Senate, Florida State University, Tallahassee, FL.
- 2011- 2015 *Member*, University Diversity and Inclusion Council, Florida State University, Tallahassee, FL.
- 2015 *Member*, Faculty Search Committee, College of Human Sciences, Florida State University, Tallahassee, FL.
- 2006-2014 *Member*, College Advisory Council, College of Human Sciences, Florida State University, Tallahassee, FL.
- 2006-2013 *Member*, Biomedical Advisory Committee (BAC), Florida State University, Tallahassee, FL.
- 2013 *Chair*, Faculty Search Committee, College of Human Sciences, Florida State University, Tallahassee, FL.
- 2012 *External Reviewer* for the Dry Grain Pulses Collaborative Research Support Program (“Pulse CRSP”); USAID.
- 2011 *Member*, Named Professor Selection Committee, College of Human Sciences, Florida State University, Tallahassee, FL.
- 2010 *Chair*, Named Professor Selection Committee, College of Human Sciences, Florida State University, Tallahassee, FL.
- 2009 *Member*, External Advisory Panel, Dry Grain Pulses Collaborative Research Support Program, Office of Agriculture, United States Agency for International Development.
- 2008 *Member*, Search Committee for Development Officer, College of Human Sciences, Florida State University, Tallahassee, FL.
- 2008–2009 *Member*, College Budget Advisory Committee, College of Human Sciences, Florida State University, Tallahassee, FL.
- 2005-2006 *Member*, Regents Professors Committee, Oklahoma State University, Stillwater, OK.
- 2004 *Member*, Regents Distinguished Research Award Selection Committee, Oklahoma State University, Stillwater, OK.
- 2004-2006 *Graduate Coordinator*, Department of Nutritional Sciences, Oklahoma State University, Stillwater, OK.
- 2004-2006 *Chair*, Graduate Advisory Committee, Department of Nutritional Sciences, Oklahoma State University, Stillwater, OK.
- 2004 *Member*, Search Committee for department head, Department of Nutritional Sciences, Oklahoma State University, Stillwater, OK.
- 2004 *Chair*, Reappointment, Promotion, and Tenure Committee, Department of Nutritional Sciences, Oklahoma State University, Stillwater, OK. Evaluated two assistant professors for reappointment and one assistant professor for promotion.
- 2003-2006 *Co-chair*, Faculty Advisory Council, College of Human Environmental Sciences, Oklahoma State University, Stillwater, OK.

- 2001-2007 *Member*, Institutional Animal Care and Use Committee (IACUC), Oklahoma State University, Stillwater, OK.
- 2001 *Member*, Retention, Promotion and Tenure Committee, Department of Nutritional Sciences, Oklahoma State University, Stillwater, OK.
- 2001 *Member*, Graduate Council Committee, College of Human Environmental Sciences, Oklahoma State University, Stillwater, OK.
- 2001 *Member*, Search Committee, faculty position in the Department of Nutritional Sciences, Oklahoma State University, Stillwater, OK.
- 2000 *Chair*, Search Committee, faculty position in the Department of Nutritional Sciences, Oklahoma State University, Stillwater, OK.
- 1999 - 2000 *Member*, Search Committee, 3 faculty positions in the Department of Nutritional Sciences, Oklahoma State University, Stillwater, OK.
- 1998 - 2000 *Chair*, Faculty Advisory Council, College of Human Environmental Sciences, Oklahoma State University, Stillwater, OK.
- 1996 - 1997 *Member*, Faculty Senate, College of Associated Health Professions, University of Illinois at Chicago, IL.
- 1996 - 1997 *Member*, Graduate Education Committee, Department of Human Nutrition and Dietetics, University of Illinois at Chicago, IL.
- 1996 - 1997 *Member*, Search Committee for 2 faculty positions, Department of Human Nutrition and Dietetics, University of Illinois at Chicago, IL.
- 1995 - 1997 *Member*, Executive Committee, College of Associated Health Professions, University of Illinois at Chicago, IL.
- 1994 - 1997 *Member*, Coordinated Program Committee, Department of Human Nutrition and Dietetics, University of Illinois at Chicago, IL.
- 1994 - 1997 *Alternate Director of Graduate Studies*, Department of Human Nutrition and Dietetics, University of Illinois at Chicago, IL.
- 1994 - 1995 *Member*, Search Committee for department head, Department of Human Nutrition and Dietetics, University of Illinois at Chicago, IL.
- 1993 - 1997 *Member*, Research Forum Advisory Committee, University of Illinois at Chicago.
- 1988 - 1990 *President*, Graduate Student Organization, Kansas State University, Manhattan, KS.
- 1982 - 1987 *Chair (department)/Member (hospital; 1986-1987)*, Quality Assurance Committee, University of Kansas Medical Center, Kansas City, KS.
- 1983 - 1987 *Member*, Hospital Infection Control Committee, University of Kansas Medical Center, Kansas City, KS.
- 1982 - 1987 *Member*, Hospital Safety Committee, University of Kansas Medical Center, Kansas City, KS.

SELECTED PRESENTATIONS

A. National/International

- July 2021 Invited speaker (zoom): *Evidence that Soy and or its Isoflavones Dose-Dependently Alleviate OA Symptoms*. Soybean Symposium <http://www.kosfost.or.kr/eng/>, Korea.
- Mar 2020 Invited speaker: *The role of functional foods in chronic diseases*. University of Arkansas Medical Sciences, Biomedical Sciences Graduate School.
- Oct 2018 Invited Speaker: *The role of dried plum in management of chronic diseases including osteoporosis*. China Natural Ingredients Conference 2018. Sponsored by Herbridge, Beijing, China.
- Oct 2017 Channel 4 “Superfoods” program – Monday 2nd October 8.30pm – UK National TV coverage. <http://www.dropbox.com/s/2h6dv4xliwc4lq5/SuperFood-Prunes.mp4?dl=0>
- Oct. 2017 Invited Speaker: *Dried fruit consumption and osteoporosis (bone health)*. IUNS 21st International Congress of Nutrition, Buenos Aires, Argentina.
- Apr. 2017 *Session Chair: Beyond BMI*. Experimental Biology
- Mar. 2017 Invited Speaker: *Cardioprotective Effects of Berries and the Probable Mechanism of Action*. The 7th Biennial Berry Health benefits Symposium: The National Berry Crops Initiative, Pismo Beach, CA.
- Sept. 2016 Invited Speaker: *Medicinal Foods and Human Health*. The 2nd International and 14th Iranian Nutrition Congress Organizer: School of Nutritional Sciences and Dietetics, Iranian Nutrition Society, Tehran, Iran.
- Sept. 2015 Invited Speaker: *New Research on Micronutrients*. Lecture Series Sponsored by the California Dried Plum Board **1**: International Osteoporosis Foundation meeting, Athens, Italy, UK and Greece; **2**: Media tour, Warsaw, Poland.
- Mar. 2015 Session Chair: *Nutritional Approaches for Osteosarcopenic Obesity: Interrelationships between Bone, Muscle, and Fat*. Symposia sponsored by the Aging and Chronic Disease RIS, American Society of Nutrition, Experimental Biology, Boston, MA.
- Mar. 2015 Session Chair: *Risk Factor Modification for Healthy Aging*. Mini-symposia sponsored by the Aging and Chronic Disease RIS, American Society of Nutrition, Experimental Biology, Boston, MA.
- Nov. 2014 Invited Speaker: *Dyslipidemia-still an unsolved problem symposium* sponsored by the Ministry of Health of the Republic of Croatia, Rovinj, Croatia.
- Aug. 2014 *Nutrition and exercise for healthy aging*. Oral presentation given for Senior Day, an event sponsored by the City of Tallahassee, Tallahassee, FL.
- Apr. 2014 *A calcium-collagen chelate dietary supplement prevents bone loss in postmenopausal women with osteopenia*. Poster presentation at Experimental Biology, San Diego, CA.
- Nov. 2013 *Dried plums (prunes) may help keep bones strong*. Lecture Series sponsored by the California Dried Plum Board, Tufts University and Harvard University.
- Oct. 2013 *No bones about it: a unique solution to bone health*. Invited Speaker to Present on Behalf of the California Dried Plum Board; Food & Nutrition Conference & Expo of the Academy of Nutrition and Dietetics, Houston, TX.
- Mar. 2012 *Medicinal foods, chronic diseases and aging*. Invited Speaker; University of Texas Health Science Center, San Antonio, TX.
- Nov. 2011 *Nutrigenomic Approaches for the Promotion of Bone and Joint Health*, Invited

- Speaker at the International symposium and annual meeting of KFN, Busan, Korea. Additionally, I presented three other lectures at 1) the International University of Korea at Jinju, 2) the Clinical Aging Research Institute (CARI) at the Busan Medical Center, and at 3) the Molecular Inflammation Research Center for Aging Intervention (MRCA) at the Pusan National University. The titles of these talks were: 1) *Etiology of osteoarthritis – role of leptin & sex steroids & dietary supplements*; and 2&3) *Aging and cholesterol metabolism in relation to phytochemicals and botanicals*, respectively.
- July 2011 Presented two talks under the topic of *managing menopause: a common denominator in chronic disease prevention*. The Houston Wellness Project, Houston, TX.
- July 2010 *The vascular effects of arginine*. Invited Speaker, Florida Dietetic Association Annual Meeting, Orlando, FL.
- June 2009 Presented five talks as a visiting scholar: 1) *Osteoporosis: complementary/alternative therapies vs. drugs*; 2) *Etiology of osteoarthritis – role of leptin & sex steroids & dietetic supplements*; 3) *Writing papers for publications*; 4) *writing successful proposals: a mini workshop*; 5) *Cardioprotective effects of functional foods and dietary supplements*, Sao Paulo State University, Sao Paulo, Brazil.
- Mar. 2009 Presented two talks as an invited speaker: 1) *Restoring bone: synthetic versus natural* and 2) *Food and osteoarthritis: new insights*. Department of Food Science, Nutrition, and Nutraceutical Biotechnology, Shin Chien University, Taipei, Taiwan.
- Mar. 2009 *Restoring bone: synthetic versus natural*. Invited speaker. Department of Food and Nutrition, Providence University, Taichung, Taiwan.
- Sep. 2008 *Aging and cholesterol metabolism in relation to phytochemicals and botanicals*. Invited speaker, International symposium and annual meeting: Chronic diseases and LOHAS Foods sponsored by KFN, the Korean Society of Food Sciences and Nutrition, Jeju, Korea.
- July 2008 *Dried plums and osteoporosis*. Invited Speaker, Florida Dietetic Association Annual Meeting, Boca Raton, FL.
- Aug. 2007 *The link between estrogen, soy isoflavone and osteoarthritis*. Invited speaker. Botanical Center, Purdue University, West Lafayette, IN.
- June 2007 *Functional foods, chronic diseases and the future directions*. Invited speaker. Beijing Union University, Beijing, China.
- Nov. 2004 *Osteoarthritis and dietary supplements*. Invited speaker. University of Connecticut, Hartford, CN.
- June 2004 *Bone research laboratory; its future direction*. Bone Laboratory Director Candidate, Department of Exercise and Sports Science, Oregon State University, Corvallis, OR.
- Mar. 2004 *The role of nutraceuticals and functional foods in the prevention and treatment of chronic disorders of inflammatory origin*. Invited speaker, University of Arkansas for Medical Sciences, College of Medicine, Little Rock, AR.
- Dec. 2003 *Functional foods and beyond*. Invited speaker, University of Missouri, Columbia, MO.

- Oct. 2003 *Traditional Indian Systems of Medicine Research Workshop*. This workshop is under the auspices of Indo–US Science and Technology Forum sponsored by the Government of India and the National Center for Complementary and Alternative Medicine, NIH. One of the twelve invited Forum delegates from US.
- Sep. 2003 *The American Society for Bone and Mineral Research*. Moderator and Chair for session entitled: Concurrent Oral Session 21, Osteoporosis Treatment II (Monday, Sept. 22, 2003), Minneapolis, MN.
- Aug. 2003 *The role of soy and its isoflavones in maintaining or improving skeletal health*. Department Head candidate, University of Otago, Dunedin, New Zealand.
- Apr. 2003 *Isoflavones and bone*. Invited Speaker at the Public Health Nutrition Update Conference on Diet, Drugs, and Bone. University of North Carolina at Chapel Hill
- Nov. 2000 *Synergy in medical and nutritional therapy*. Invited Speaker, Ross Products Research Conference on Medical Issues, Key Largo, FL.
- Aug. 1999 *Soy Consortium Workshop*. Panel discussion and strategic planning member, Global Soybean Forum, Chicago, IL.
- June 1999 *Soy isoflavones: efficacy and mode of action (bone session)*. Invited Speaker, National Institutes of Health (NIH) Phytoestrogen Workshop, Phoenix, AZ.
- Dec. 1998 *Comparative effects of ipriflavone and 17beta-estradiol on bone in ovarian hormone deficiency*. Nutrition Symposium; Second joint meeting of the American Society for Bone and Mineral Research (ASBMR) and International Bone and Mineral Research (IBMS), San Francisco, CA.
- Mar. 1998 *Can flaxseed play an important role in maintaining skeletal health?* Invited Speaker, 57th Flax Institute of the United States, Fargo, ND.
- May 1997 *How soy proteins/isoflavonoids can prevent osteoporosis in postmenopausal women*. Keynote Speaker, AIC Conferences, Chicago, IL.
- Sep. 1996 *Soy protein prevents ovarian hormone deficiency-induced bone loss*. Invited Speaker, Second International Symposium on the role of soy in preventing and treating chronic disease, Brussels, Belgium.
- Mar. 1994 *Dietary fiber: another look*. Invited Speaker, International Symposium (Food Industries Engineering), Monterrey Tech, Monterrey, Mexico.

B. Examples of Media Coverage/Regional Presentations

- Referred to website for viewing examples:
- 2018 <https://food.ndtv.com/health/7-amazing-prunes-benefits-1404766>
- 2017 https://tonic.vice.com/en_us/article/the-cruel-truth-about-burning-fat
<http://www.prevention.com/weight-loss/mistakes-you-make-when-losing-last-10-pounds>
<http://time.com/4701447/lemon-water-weight-loss/>
- 2016 <http://www.prnewswire.com/news-releases/new-research-indicates-regular-fresh-pear-consumption-may-improve-blood-pressure-in-middle-aged-men-and-women-with-metabolic-syndrome-300248627.html>
- 2015 <http://www.californiadriedplums.org/nutrition/bone-health>
<http://www.nutraingredients-usa.com/Research/Blueberry-powder-shows-big-blood-pressure-benefits-Study>

<http://www.newsfood.com/172300/>
 2014 <http://www.webmd.com/food-recipes/features/apple-recipes-tips>
 2013 WGUV-NPR in Grand Rapids (radio):
<http://www.wgvu.org/wgvunews/index.cfm?id=tmsdetail&sty=19870>
 2012 <http://www.medicalnewstoday.com>
<http://www.medilexicon.com>
<https://www.youtube.com/watch?v=TTSTLFidGdg>
 2011 <http://emedist.com/orthopaedic/eating-dried-plums-really-helps-prevent-osteoporosis-and-fractures/>
<http://www.fsu.com/Videos/Research/Behold-the-power-of-dried-plums>
http://www.tbyil.com/Reverse_Osteoporosis_with_Prunes.htm
<http://www.fasthealing.co.uk/health-news/309/eating-dried-plums-treats-fractures-and-osteoporosis.html>
<http://www.sciencedaily.com/releases/2011/04/110412131923.htm>
 2010 http://in.news.yahoo.com/43/20101014/982/tsc-watermelon-lowers-blood-pressure_1.html
 2010 - 2003 http://www.zoominfo.com/people/Arjmandi_Bahram_1707939.aspx

Examples:

- September 2015; International Osteoporosis Foundation (Athens, Greece) and media tour (Warsaw, Poland): Invited Speaker
- November 2015; 19 Natural Ways to Boost Your Health; MORE Magazine
- September 2014; An apple a day: recipes and tips; WebMD
- July 2009; A sweet way to stay strong; Reader's Digest
- November 18, 2008; Prunes prime bones for growth and repair
- February 19, 2008; Five foods to fight disease
- Jan 17, 2007; Can prunes reverse bone loss?
- January 1, 2007; Plum polyphenols to offer osteoporosis benefits?

Oct. 2002 *Association between soy or soy isoflavones and bone and osteoarthritis.* Invited speaker, College of Osteopathic Medicine, Oklahoma State University, Tulsa, OK.
 Sept. 2002 *Osteoarthritis: the role of functional foods.* Invited speaker, Department of Nutritional Sciences, Oklahoma State University, Tulsa, OK.
 May 2002 *Functional foods and successful aging.* Invited Speaker, 28th Annual Oklahoma Conference on Aging, Norman, OK.
 Nov. 2001 *Functional foods: present and future directions.* Invited Speaker, Department of Dietetics and Nutrition, University of Kansas Medical Center, Kansas City, KS.
 Oct. 2001 *Phytochemicals: new insights into their health benefits.* Invited Speaker, Department of Microbiology and Molecular Genetics, Oklahoma State University.
 Jan. 2001 *Why Soy? Its roles in women's health.* Keynote Speaker, Illinois Dietetics, St. Louis, MO.
 Dec. 2000 *The role of phytoestrogens in health and disease.* Invited Speaker, Department of Animal Science, Oklahoma State University, Tulsa, OK.
 Aug. 2000 *Nutrition and aging teleconference.* Invited Speaker and Discussion Panel

- Member, University of Oklahoma Health Science Center at Oklahoma City.
- Feb. 2000 *The role of sex steroids in intestinal calcium absorption.* Invited Speaker, College of Veterinary Medicine, Oklahoma State University, Tulsa, OK.
- July 1998 *The role of soy or its isoflavones on bone in ovarian hormone deficiency.* Invited Speaker, Consortium on Human Health and Soybeans, Lisle, Illinois (coordinated by Iowa State University).
- April 1998 *Why soy? Its roles in health and disease.* Invited Speaker, Sixth Annual Rural Elderly Conference “Questioning: The key to Quality Healthcare”, Kirksville College of Osteopathic Medicine and Northeast Area Health Education Center, Kirksville, MO.
- Oct. 1997 *World Food Day/World Hunger.* Panel Member, University of Illinois at Chicago.
- March 1997 *Moderator (community outreach session) 18th Annual Allied Health Research Forum, University of Illinois at Chicago.*
- Oct. 1996 *Role of nutrition in prevention and treatment of osteoporosis.* Invited Speaker, Physical Therapy Month, Department of Physical Therapy, University of Illinois at Chicago.
- Oct. 1996 *World Food Day/People Power: Harvest of Hope.* Panel Member, John Nuveen Center for International Affairs, University of Illinois at Chicago.
- Oct. 1996 *Comparative effects of estrogen and phytoestrogens on cholesterol metabolism.* Invited Speaker, Section of Endocrinology and Metabolism, College of Medicine, University of Illinois at Chicago.
- March 1996 *Assessing the nutritional status of older persons.* Invited Speaker, Geriatric Medicine Conferences, Department of Medicine, University of Illinois at Chicago.
- March 1996 *Hormonal regulation of bone.* Guest Lecturer, Department of Pediatric Dentistry, University of Illinois at Chicago.
- March 1996 *Moderator and Presenter, 18th Annual Allied Health Research Forum, University of Illinois at Chicago.*
- Sept. 1995 *Hormonal modulation of bone.* Guest Lecturer, Department of Pediatric Dentistry, University of Illinois at Chicago.
- June 1995 *Nutritional assessment in older persons.* Invited Speaker, Illinois Geriatrics Mini-Fellowship, Department of Medicine, University of Illinois at Chicago.
- May 1995 *National Osteoporosis Week: Osteoporosis Awareness.* Member of Panel Experts, Department of Medicine, Section of Endocrinology, University of Illinois at Chicago.
- April 1995 *The beneficial effects of soy protein in postmenopausal women.* Invited for round table discussion, Center for Research on Women and Gender, University of Illinois at Chicago.
- April 1995 *Moderator and Presenter, 17th Annual Allied Health Research Forum, University of Illinois at Chicago.*
- March 1995 *Functional foods for health program round table: present and future.* Department of Human Nutrition & Dietetics, University of Illinois at Chicago.
- March 1995 *The effect of soy protein on bone in ovarian hormone deficiency.* Invited Speaker, Illinois Soybean Program Operating Board, Urbana-Champaign.
- Dec. 1994 *The role of sex-steroid hormones in bone and calcium metabolism.* Invited

- Speaker, College of Medicine, Digestive and Liver Disease, University of Illinois at Chicago.
- Sept. 1994 *Evidence for steroid receptor-linked calcium transport*. Seminar Presentation, Department of Human Nutrition and Dietetics, University of Illinois at Chicago.
- May 1994 *Modulation of age-related bone loss by isoflavones*. Invited Speaker, Functional Foods for Health, Monticello, IL.
- April 1994 Moderator, 16th Annual Allied Health Research Forum, University of Illinois at Chicago.
- March 1994 *Nutrition Round Table: Nutrition and fitness in postmenopausal women*. University of Illinois Hospital, Chicago, IL.
- March 1994 *Evidence for estrogen receptor-linked calcium transport in the intestine*. Invited Speaker, Nutritional Sciences Seminar, University of Illinois at Urbana.

TEACHING EXPERIENCE

Department of Nutrition, Food and Exercise Sciences, Florida State University, Tallahassee, FL
Functional Foods for Health (HUN 4362; 3 credit hrs; an undergraduate online course). Spring 2021

Science of Nutrition (HUN 1201; 3 credit hrs; undergraduate level). Spring 2021

Functional Foods for Health (HUN 4362; 3 credit hrs; an undergraduate online course). Fall and Spring 2020

Vitamins and Minerals (HUN 5243; 3 credit hrs; graduate level), Spring 2020

Research Design and Methodology (HUN 5802; 2 credit hr; graduate level). Fall 2020

Research Design and Methodology Lab (HUN 5802L; 1 credit hr; graduate level). Fall 2020

Functional Foods for Health (HUN 4362; 3 credit hrs; an undergraduate online course). Spring 2019

Vitamins and Minerals (HUN 5243; 3 credit hrs; graduate level), Spring 2019

Functional Foods for Health (HUN 4362; 3 credit hrs; an undergraduate online course). Fall 2018

Research Design and Methodology (HUN 5802; 2 credit hr; graduate level). Fall 2018

Research Design and Methodology Lab (HUN 5802L; 1 credit hr; graduate level). Fall 2018

Vitamins and Minerals (HUN 5243; 3 credit hrs; graduate level), Spring 2018

Functional Foods for Health (HUN 4362; 3 credit hrs; an undergraduate online course). Spring 2018

Functional Foods for Health (HUN 4362; 3 credit hrs; an undergraduate online course). Fall 2017

Research Design and Methodology (HUN 5802; 2 credit hr; graduate level). Fall 2017

Research Design and Methodology Lab (HUN 5802L; 1 credit hr; graduate level). Fall 2017

Seminar (FOS/PET/HUN 5930/6930; 1 credit hr; graduate level). Summer 2017

Vitamins and Minerals (HUN 5243; 3 credit hrs; graduate level), Spring 2017

Functional Foods for Health (HUN 4362; 3 credit hrs; an undergraduate online course). Spring 2017

Functional Foods for Health (HUN 4362; 3 credit hrs; an undergraduate online course). Fall 2016

Research Design and Methodology (HUN 5802; 2 credit hr; graduate level). Fall 2016
Research Design and Methodology Lab (HUN 5802L; 1 credit hr; graduate level). Fall 2016
Science of Nutrition (HUN 1201; 3 credit hrs; undergraduate level). Summer 2016 (Florence, Italy)
Food and Society (HUN2125; 3 credit hrs; undergraduate level). Summer 2016 (Florence, Italy)
Science of Nutrition (HUN 1201; 3 credit hrs; undergraduate level). Spring 2016
Functional Foods for Health (HUN 3934; 3 credit hrs; an undergraduate online course). Spring 2016
Research Design and Methodology (HUN 5802; 2 credit hr; graduate level). Fall 2015
Research Design and Methodology Lab (HUN 5802L; 1 credit hr; graduate level). Fall 2015
Functional Foods for Health (HUN 3934; 3 credit hrs; an undergraduate online course). Fall 2015
Seminar (FOS/HUN 5930; 1 credit hr; graduate level). Spring 2014
Science of Nutrition (HUN 1201; 3 credit hrs; undergraduate level). Spring 2014
Introduction to Dietetics (DIE 3005; 1 credit hr; undergraduate level). Spring 2014
Research Design and Methodology (HUN 5802; 2 credit hr; graduate level). Fall 2014
Research Design and Methodology Lab (HUN 5802L; 1 credit hr; graduate level). Fall 2014
Seminar (FOS/HUN/PET 6930; 1 credit hr; graduate level). Spring 2013
Seminar (FOS/HUN/PET 5930; 1 credit hr; graduate level). Spring and Fall 2012
Seminar (FOS/HUN/PET 6930; 1 credit hr; graduate level). Spring and Fall 2011
Seminar (FOS/HUN/PET 5930; 1 credit hr; graduate level). Spring and Fall 2011
Seminar (FOS/HUN/PET 6930; 1 credit hr; graduate level). Spring and Fall 2010
Seminar (FOS/HUN/PET 5930; 1 credit hr; graduate level). Spring and Fall 2010
Seminar (FOS/HUN/PET 6930; 1 credit hr; graduate level). Fall 2009
Vitamins and Minerals (HUN5243; 3 credit hrs; graduate level). Spring 2009
Nutrition and Sports (PET 3361; 3 credit hrs). Fall 2009
Seminar (FOS/HUN/PET 6930; 1 credit hr; graduate level). Spring 2009
Seminar (FOS/HUN/PET 6930; 1 credit hr; graduate level). Fall 2008
Seminar (FOS/HUN/PET 6930; 1 credit hr; graduate level). Spring 2008
Seminar (FOS/HUN/PET 5930; 1 credit hr; graduate level). Fall 2007
Advances in Bone Biology/Researches (HUN6248; 1-3 credit hrs; graduate level). Spring 2007
Bone Biology (HUN 4906; 6906), directive individual studies 2007 - 2012

Department of Nutritional Sciences, Oklahoma State University, Stillwater, OK

Advanced Human Nutrition (NSCI 5463; 3 credit hrs; graduate level). Fall 1999, 2000, 2005.
New Findings in Nutrition (NSCI 5230; 2 credit hrs; graduate level). Spring 1999, Summer 1999.
Nutrition for Elderly (NSCI 5393; 3 credit hrs; graduate level). Spring 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006.
Nutrition & Health Issues (NSCI 4023; 3 credit hrs; undergraduate/graduate level). Spring 2000, Fall 2001, Fall 2002, Fall 2003, Fall 2004, Fall 2005.
Research Development in Nutritional Sciences (NSCI 5123; 3 credit hrs; graduate level). Fall 1998, Summer 2003.
Seminar in Nutritional Sciences (NSCI 5960; 1 credit hr; graduate level). Fall 1999, Spring

2006.

Department of Human Nutrition and Dietetics, University of Illinois at Chicago
Advances in Clinical Nutrition (HND 571; 2 credit hrs; graduate level). Summer 1995, Spring 1996, 1997.

Clinical Nutrition II - Gastroenterology (HND 420, 1.5 credit hrs; graduate/undergraduate level). Fall 1993, 1994, 1995, 1996, Summer 1997.

Introduction to Nutrition (HND 196, 2 credit hrs; undergraduate level). Spring of 1994.

Minerals in Human Nutrition (HND 515; 2 credit hrs; graduate level). Summer 1997.

Science of Food (HND 300, 3 credit hrs; undergraduate level). Fall 1993, 1994, 1995, 1996.

Other Departments/Institutions

Growth and Development (PE 323), Department of Pediatric Dentistry, University of Illinois at Chicago. Guest Lecturer: 1995 (2 sessions), 1996 (2 sessions), 1997 (1 session)

Nutrition and Aging (physicians' continuing education), College of Medicine, University of Illinois at Chicago. Guest Lecturer: 1995 (4 hrs), 1996 (4 hrs)

Food Program Management (graduate level course), Kansas State University, Manhattan, KS. Guest Lecturer: Fall of 1990 (2 sessions)

Food Technology (graduate level course), Department of Dietetics and Nutrition, University of Kansas Medical Center, Kansas City, KS. Guest Lecturer: 1984-1987 (2 sessions per year)

Food Service Systems, University of Kansas Medical Center, Kansas City, KS

Preceptor for Dietetic Interns: 1982-1987

ACADEMIC ADVISING

Postdoctoral Fellows:

Florida State University

Raedeh Basiri, PhD, December 2019- Aug 2021.

Neda S. Akhavan, PhD, January 2019 - present.

Sarah A. Johnson, PhD, RD, CSO, Dec. 2013 – Aug. 2015.

Shirin Hooshmand, PhD, Aug. 2010 – Aug. 2011.

Sara Chelland Campbell, PhD, Jul. 2007 – Aug. 2010.

Latha Devareddy, PhD, Sep. 2005 - 2007.

Oklahoma State University

Dania A. Khalil, PhD, RD, Aug. 1998 to Jun. 2002. Postdoctoral Fellow.

Do Y. Soung, PhD, Jan. 2005 to Nov. 2005. Postdoctoral Fellow.

Nehad Omara, PhD, 2002-2003. Postdoctoral Fellow.

Visiting Scholars/Mentorship:

Florida State University

Yuko Tokuno, PhD, RD, Instructor, Department of Food and Nutrition, Faculty of Human Life,

Jumonji University (Feb. 2012 – Jun. 2013).

Jong-Kwon Seo, PhD, Professor, Department of Medicinal Food, International University of Korea, Jinju, Gyeongnam South Korea (Jan. 2012 - Dec. 2013).

Sun Kug Jho, MD, Chief, Department of Rehabilitation Medicine and Director, Clinical Aging Research Institute (CARI), Busan Medical Center; South Korea (Jan. 2012 – Apr. 2013).

Eunhee Hwang, PhD, Professor from the Wonkwang University, Iksan, Republic of Korea (Sept. 2010 – Dec. 2011).

Nader Rahnama, PhD, Adjunct Professor from the University of Isfahan, Iran (Sept. 2009 – Aug. 2010).

Oklahoma State University

Joyce Jones, PhD, Associate Professor of Design, Housing, and Merchandizing; College of Human Environmental Sciences; Oklahoma State University. Served as her mentor for new faculty (2001-2002).

Veronica Mocanu, PhD, MD, Visiting Scholar from Romania (Sept. 2002).

Hailin Qu, PhD, Professor of Hotel and Restaurant Administration; College of Human Environmental Sciences; Oklahoma State University. Served as his mentor for new faculty (2000-2001).

Yamini Bhusan Tripathi, PhD, Head, Department of Medicinal Chemistry, Visiting Scholar from Banaras Hindu University Varanasi, India. 2004 (3 months).

Taiyun Chen, Visiting Scholar.

University of Illinois

Dilshad A. Khan, MD, and **Naheed Khan, MD**, Visiting Scholars from Pakistan (1995-1996).

Vivian Haley-Zitlin, PhD, RD, Visiting Scholar from the University of Texas Health Science Center at San Antonio, Texas (1995 - 3 months).

PhD Students:

Florida State University

Major Advisor

Saiful Anuar Bin Singar, Augst 2021-Present; Dissertation Topic: to be decided.

Amy Mullins, August 2019 – Present; Dissertation Topic: to be decided.

RaedeH Basiri, August 2018- December2019; Dissertation Topic: Nutritional Supplementation Concurrent with Education Accelerates the Wound Healing Process in Patients with Diabetic Foot Ulcers

Joseph Munoz, Aug. 2017-December 2020; Dissertation Topic: 6-Months Of Dried Plum Consumption Improves Bone Health In Osteopenic Men By Modulating Serum Cytokine Profiles To Favor An M2 Macrophage Phenotype

Recipient of Pao-Sen Chi Scholarship, Department of Nutrition, Food and Exercise Sciences, College of Human Sciences, Florida State University, Spring 2018

Kelli George, Jan. 2016 – December 2019; Dissertation Topic: Do dried plums prevent inflammation and improve indices of bone turnover/health in osteopenic men? (A three month clinical trial)

Glenn Society Member, Department of Nutrition, Food and Exercise Sciences, College of Human Sciences, Florida State University, Spring 2018

Recipient of McNair Scholars Fellowship, The Graduate School, Florida State University, Spring 2018

Recipient of Pao-Sen Chi Scholarship, Department of Nutrition, Food and Exercise Sciences, College of Human Sciences, Florida State University, Spring 2018

Recipient of Dr. Ava D. Rodgers Endowed Scholarship, Department of Nutrition, Food and Exercise Sciences, College of Human Sciences, Florida State University, Spring 2017

Recipient of OLLI Scholarship, Florida State University, Spring 2017

Recipient of Travel Award Grant, Congress of Graduate Students, Florida State University, Spring 2017

Recipient of Travel Award Grant, College of Human Sciences, Florida State University, Spring 2017

Third place winner of poster presentation: Research and Creativity Day, College of Human Sciences, Florida State University, Spring 2017

Elizabeth Foley, Aug. 2015- August 2020; Dissertation Topic: Alterations in the Gut Microbiome of Osteopenic Men after Three Months of Dried Plum Consumption.

Recipient of the uBiome Academic Grant (\$20,000)

FSU Fellow's Society Member

Kappa Omicron Nu National Honor Society Member, 2015

Gamma Sigma Alpha Honor Society Member, 2014

Neda Akhavan, Aug. 2014 – December 2018; Dissertation Topic: The Relationship Between Protein Intake on Factors Associated with Glycemic Control and Cardiovascular Health in Individuals with Pre- and Type 2-Diabetes.

Glenn Society Member, Department of Nutrition, Food and Exercise Sciences, College of Human Sciences, Florida State University, Spring 2017

Recipient of Anne Marie Erdman Scholarship, Department of Nutrition, Food and Exercise Sciences, College of Human Sciences, Florida State University, Spring 2016

Recipient of Travel Award Grant, College of Human Sciences, Florida State University, Spring 2016

First place winner of poster presentation: Research and Creativity Day, College of Human Sciences, Florida State University, Spring 2014

Recipient of Travel Award Grant, Congress of Graduate Students, Florida State University, Spring 2014

Recipient of Travel Award Grant, College of Human Sciences, Florida State University, Spring 2014

Recipient of the Travel Award Grant, Congress of Graduate Students, Florida State University, Spring 2013.

Negin Navaei, Aug. 2012 – May 2017; Dissertation Topic: Daily consumption of two medium-sized pears will improve biochemical markers associated with the development of CVD in men and women with metabolic syndrome.

Recipient of the Travel Award Grant, Congress of Graduate Students, Florida State University, Spring 2017

Recipient of the College of Dissertation Award Program, College of Human Sciences, Florida State University, Fall 2016

Recipient of the Travel Award Grant, Congress of Graduate Students, Florida State University, Spring 2013

One of three recipients for the Florida Academy of Nutrition and Dietetics (FAND) Stipend Award, Summer 2014.

Recipient of Travel Award Grant, Congress of Graduate Students, Florida State University, Spring 2014

Recipient of Travel Award Grant, College of Human Sciences, Florida State University, Spring 2014

Shirin Pourafshar, Aug. 2012 – 2017; Dissertation Topic: Daily Incorporation of Eggs into a Diet Improves Factors Associated with Glycemic Control and Insulin Sensitivity in Pre-Diabetics.

Recipient of a Dissertation Fellowship from the Egg Nutrition Center and American Egg Board \$38,000 per year; Duration: 2015-2018.

Recipient of the Travel Award Grant, Congress of Graduate Students, Florida State University, Spring 2017

Recipient of the Travel Award Grant, College of Human Sciences, Florida State University, Spring 2017

Recipient of Anne Marie Erdman Scholarship, Department of Nutrition, Food and Exercise Sciences, College of Human Sciences, Florida State University, Spring 2013

Recipient of the Travel Award Grant, Congress of Graduate Students, Florida State University, Spring 2013

Recipient of the Travel Award Grant, Congress of Graduate Students, Florida State University, Spring 2014

Recipient of the Travel Award Grant, College of Human Sciences, Florida State University, Spring 2014

Kappa Omicron Nu National Honor Society Member

Golden Key Society Member

Marcus L. Elam, Aug. 2011 – Aug. 2015; Dissertation Topic: The Effects of a Calcium-Collagen Chelate on Bone Health in Osteopenic Postmenopausal Women.

Winner of the Office of Dietary Supplements (NIH) Training Award for the Dietary Supplement Research Practicum, June 2013

Second place winner of poster presentation: Research and Creativity Day, College of Human Sciences, Florida State University, Spring 2013

Second place winner of poster presentation: Research and Creativity Day, College of Human Sciences, Florida State University, Spring 2012

McKnight Doctoral Fellowship Recipient, Fall 2011-2015

American Society for Nutrition Minority Access to Research Careers (MARC) Travel Award (2011, 2012, 2014)

Glenn Society Member

Kappa Omicron Nu National Honor Society Member

Rafaela G. Feresin, Aug. 2011 – May 2015; Dissertation Topic: Regular consumption of strawberry may improve bone turnover rate and endothelial function in pre- and stage 1-hypertensive postmenopausal women.

Winner of the Office of Dietary Supplements (NIH) Training Award for the Dietary Supplement Research Practicum, June 2013

Second place winner of poster presentation: Research and Creativity Day, College of Human Sciences, Florida State University, Spring 2011
Travel Award Grant, Congress of Graduate Students, Florida State University, Spring 2014
Travel Award Grant, College of Human Sciences, Florida State University, Spring 2014
Travel Award Grant, Congress of Graduate Students, Florida State University, Spring 2013
Travel Award Grant, College of Human Sciences, Florida State University, Spring 2012
Travel Award Grant, Congress of Graduate Students, Florida State University, Spring 2012
Glenn Society Member, 2012
Kappa Omicron Nu National Honor Society Member
Golden Key Society Member
Recipient of Anna Marie Erdman Scholarship; Department of Nutrition, Food and Exercise Sciences; College of Human Sciences, Florida State University, Spring 2012
Recipient of the Latin American Caribbean Scholarship, Fall 2011-2014
Sarah A. Johnson, Aug. 2009 – Dec. 2013; Dissertation Topic: The extent to which regular consumption of blueberries improves blood pressure and blood biomarkers implicated in cancer.
Nutrient Supplementation Workgroup Member for the Evidence Analysis Library and Position Paper Project, The Academy of Nutrition and Dietetics, 2013-2014
Recipient of Jean A. Reutlinger and Lillian H. Munn Scholarship, Department of Nutrition, Food and Exercise Sciences, College of Human Sciences, Florida State University, Spring 2013
Travel Award Grant, Congress of Graduate Students, Florida State University, Spring 2013
Winner of the Office of Dietary Supplements (NIH) Training Award for the Dietary Supplement Research Practicum, June 2012
USDA Nutrition Evidence Library Abstractor, United States Department of Agriculture 2012-present
Winner of Professional Development Award, Oncology Nutrition Dietetics Practice Group, The Academy of Nutrition and Dietetics, Fall 2012
Travel Award Grant, Congress of Graduate Students, Florida State University, Spring 2012
Kappa Omicron Nu National Honor Society Member
Zahra Ezzat-Zadeh, Jan. 2010 – May 2013; Dissertation Topic: The underlying mechanisms by which estrogen regulates energy metabolism and body composition.
Recipient of Florence Smith McAllister Scholarship; Department of Nutrition, Food and Exercise Sciences; College of Human Sciences, Florida State University, Spring 2012
Recipient of Anna Marie Erdman Scholarship; Department of Nutrition, Food and Exercise Sciences; College of Human Sciences, Florida State University, Spring 2012
Recipient of the Florida Canada Linkage Institute Scholarship, Spring 2012
First place winner of oral presentation; Research and Creativity Day; College of Human Sciences, Florida State University, Spring 2012
Glenn Society Member, Spring 2012
Second place winner of oral presentation: Research and Creativity Day, College of Human Sciences, Florida State University, Spring 2011
Kappa Omicron Nu National Honor Society Member, 2011
Recipient of: the Florida-Canada Linkage Institute Scholarship, Spring 2011
Recipient of: Eva Maria Erdman Scholarship; NFES; College of Human Sciences, Florida State University, Spring 2011
Recipient of: Florida-Canada Linkage Institute Scholarship, Spring 2010

Golden Key Society (member), 2010
Recipient of: Betty Watts Memorial Scholarship, NFES, Florida State University (2010)
Canadian Institutes of Health Research (CIHR; 2009)
Queen Elizabeth II Graduate Scholarships (2008)
Neema Bakshalian, Jan. 2008 – May 2011; Dissertation Topic: Osteopromotive properties of demineralized allogenic dentin matrix.
Winner of the FSU Academic Leadership Award; Florida State University, Spring 2011
Dissertation Award, College of Human Sciences, Florida State University, Spring 2010
Research and Creativity Award (Best Oral Presentation), College of Human Sciences, Florida State University, Spring 2010
Florence Smith McAllister Scholarship, College of Human Sciences, Florida State University, spring 2010
Jean Reutlinger & Lillian Munn Scholarship, College of Human Sciences, Florida State University, Spring 2010
Travel Award Grant, College of Human Sciences, Florida State University, Spring 2009
Travel Award Grant, Congress of Graduate Students, Florida State University, Fall 2009
Research and Creativity Award (Best Poster Presentation), College of Human Sciences, Florida State University, Spring 2009
Anne Marie Erdman award, College of Human Sciences, Florida State University, spring 2009
Dissertation Award, College of Human Sciences, Florida State University, Fall 2008
Sheau Ching Chai, Jan. 2007 – Dec. 2010; Dissertation Topic: Regular consumption of apple promotes cardiovascular health in postmenopausal women.
Second place winner of oral presentation: Research and Creativity Day, College of Human Sciences, Florida State University, Spring 2010
Recipient of Travel Award to give an Oral Presentation: Daily apple consumption promotes cardiovascular health in postmenopausal women. Plant Phenolic and Human Health Research Interest Group, American Society for Nutrition, Experimental Biology Annual Meeting, Washington, DC, 2011
USDA Nutrition Evidence Library Abstractor, United States Department of Agriculture, 2010-present
Executive Board Committee for American Society for Nutrition Student Interest Group, 2009-2013
Graduate Student Leadership Award, Florida State University, 2010
Winner in Oral Presentation, College of Human Sciences Research and Creativity Day, Florida State University, 2010
Munn-Reutlinger Graduate Scholarship, Florida State University, 2010
Jacqeline Boudier Clemens & Leslie E Clements Scholarship, Florida State University, 2010
Winner of the Office of Dietary Supplements (NIH) Training Award for the Dietary Supplement Research Practicum, June 2009
Winner of Dissertation Award, College of Human Sciences, Florida State University, Spring 2009
First Place Winner in Poster Presentation, Research and Creativity day, College of Human Sciences, Florida State University, 2009
Munn and Reutlinger Scholarship, College of Human Sciences, Florida State University 2009
Winner of Dissertation Award, College of Human Sciences, Florida State University, Spring

2009

Outstanding Graduate Scholar Award, Golden Key International Honor Society, Florida State University, 2009

Third Place Winner in Poster Presentation, Research and Creativity day, College of Human Sciences, Florida State University, March 2008

Shirin Hooshmand, Aug. 2006 – May 2010; Dissertation Topic: Bone reversal effects of plants bioactive compounds in postmenopausal women.

Margaret Rector Sandels Scholarship, College of Human Sciences, Florida State University, 2010

Sigma Delta Epsilon/Graduate Women in Science Nell I. Mondy Fellowship - \$8,333.00. She was one of the ten winners among more than 300 applicants, 2009

Graduate Research and Creativity Award, Florida State University, 2009

Natholyn D. Harris Scholarship, College of Human Sciences, Florida State University, 2009

First Place Winner in Oral Presentation, Research and Creativity Day, College of Human Sciences, Florida State University, 2009

Graduate Scholar Award, Phi Kappa Phi Honor Society, Florida State University, 2009

Winner of Dissertation Award, College of Human Sciences, Florida State University, Fall 2008

Winner of NIH Training Award for Botanical and Medicinal Plant, One of the four winners among the faculty, postdoctoral fellows and predoctoral students nationwide, August 2008

Recipient of Florence McAlister Scholarship, College of Human Sciences, Florida State University, FL, USA, 2008-2009

Winner of Young Investigators' Travel Award, American Society of Bone and Mineral Research, 2007

Recipient of Ann Marie Erdman Scholarship, College of Human Science, Florida State University, 2007-2008

Erin Kelly Monaghan, 2003 – Aug. 2008; Dissertation Topic: Chemical composition and protein antigenicity – almond (*Prunus dulcis*) and macadamia nut (*Macadamia integrifolia*) seeds.

Awarded 1st place in the Food Safety & Toxicology Division Student Paper Competition, IFT National Conference, Chicago, Illinois, July 28-August 2, 2007

Outstanding Teaching Assistant Award nominee, Spring 2003 and Spring 2004

Committee Member (PhD students)

Taylor Behl, August 2017-Present; Dissertation Topic: The Effects of Almond Consumption on Functional Performance, Aerobic Capacity, and Physical Activity in Overweight Active Older Adults

Amir Sasan Mahjoor, Aug. 2014-May 2021; Dissertation Topic: Effect of Wetland Spatial Pattern and Human Activities on Wetland Habitat Quality: Case Study in Florida's Wetland-Agriculture Interface (Department of Geography).

Ming-Chia Yeh, Aug. 2013-May 2019; Dissertation Topic: Effects of MindWorks supplementation on cognitive function, motor skills and balance in middle-aged and older individuals.

Do Houn Kim, Aug. 2012 – December 2018; Dissertation Topic: Anti-diabetic and ergogenic effects of vitamin d and resistance exercise training on type 2 diabetes mellitus.

Behnam Keshavarz, Aug. 2012- May 2017; Dissertation Topic: Immunodetection of allergens

from mullet (*mugil cephalus*) and salmon (*salmo salar*).

Ashley Carter, Aug. 2012 – May 2018; Dissertation Topic: Effects of dairy foods on multiple cardiovascular disease indicators in community dwelling mid-life and older African Americans.

Julia Inglis, Aug. 2012- May 2017; Dissertation Topic: identifying osteosarcopenic obesity in a group of older women.

Christopher D. Mojock, Nov. 2011 – Dec. 2013; Dissertation Topic: The effects of calcium collagen chelate on bone status in trained cyclists.

Edward Jo, Aug. 2009 – Dec. 2013; Dissertation Topic: The clinical application of periodized resistance training during a 12-week hypocaloric treatment for obesity: a joint retrospective and prospective single-center study.

Andy Vilay Khamoui, Aug. 2009 – Dec. 2014; Dissertation Topic: Exercise dependent skeletal muscle plasticity and signaling in cancer cachexia.

Wenting Wang, Aug. 2009 – Dec. 2010; Dissertation Topic: Some new methods for design and analysis of survival data (Department of Statistics).

Emily Simonavice, Aug. 2009 – Dec. 2011; Dissertation Topic: The ability of dried plum consumption and resistance exercise, individually, and in combination to improve bone mineral density, physical function, muscular strength, body composition, and quality of life in a randomized clinical trial in post-menopausal breast cancer survivors.

Yitien Chen, Mar. 2008 – Dec. 2012; Dissertation Topic: Development of a fish-specific immunoassay.

Paul Henning, Oct. 2008 – Dec. 2010; Dissertation Topic: Leucine metabolite, β -Hydroxy- β -Methylbutyrate (HMB), as an intervention to maintain lean body mass and performance during sustained military operations.

Girdhari Sharma, Dec. 2006 – May 2010; Dissertation Topic: (A) Identification and characterization of select allergens in pecan nut seed, and (B) development of competitive ELISA for Brazil nut detection.

Harshal H Kshirsagar, Oct. 2006 – 2009; Dissertation Topic: An investigation into structure of tree nut legumins isolated from edible nut seeds.

MS Students:

Major Advisor for Thesis

Kanisha Parikh, January 2017-May 2019; Thesis Title: The effects of *Borage Officinalis* extract on pro-inflammatory markers in lipopolysaccharide-activated RAW264.7 macrophages.

Neda Akhavan, Aug. 2012 – Aug. 2014; Thesis Title: The anti-inflammatory and antioxidative properties of cornus fruit.

Yitong Zhao, Aug. 2011 – Dec. 2013; Thesis Title: The effects of blueberry extract on preosteoblast differentiation.

Jenna Browne, May 2010 – Aug. 2012; Thesis Title: The etiology of osteoarthritis.

Marcus L. Elam, Jan. 2010 – Aug. 2011; Thesis Topic: The effectiveness of ferutinin on osteoblastic differentiation and mineralization of MC3T3-E1 cells.

Emily Page (co-advisor), Aug. 2009 – Aug. 2011; Thesis Title: Dietary change after diagnosis and the relationship between diet and bone mineral density in postmenopausal breast cancer survivors.

Jiyao Zhang, Aug. 2009 – Aug. 2011; Thesis Title: Anti-inflammatory properties of blueberry polyphenol extract using inflammatory-induced MC3T3-E1 preosteoblasts.

Yelizaveta Muravyeva, Aug. 2009 – Aug. 2011; Thesis Title: Does ferutinin dose-dependently increase nodule formation in TNF-alpha activated MC3T3-E1 preosteoblast-like cells?
Rafaela G. Feresin, Aug. 2009 – Aug. 2011; Thesis Title: Effects of blackberry and blueberry polyphenols extracts on NO and TNF- α production in LPS-stimulated RAW264.7 macrophages.
Ajay Kumar, Jan. 2008 – May 2009; Thesis Title: Anti-inflammatory and anti-oxidative properties of dried plum polyphenols in Raw 264.7 macrophage cells.
Raz Saadat, Aug. 2006 – May 2010; Thesis Title: Bone protective effects of dried fruits in postmenopausal women.

Major Advisor for Non-thesis

Meagan Reisinger, August 2020-Present
Ala'a Alhemyari, Aug 2019- Summer 2021
Ilexis Aruj, Aug-2018 – Summer 2021
Shalom Siebert, January 2018- December 2020
Anna Rhoads, Aug 2019 – December 2020
Katherine Gallagher, Aug 2019 – December 2020
Kaitlyn Frontera, Aug 2018 – December 2020
Ericka Biagioni, Aug 2018 – August 2020
Ashley Ball, Aug. 2017 – May 2019
Stefanie English, Aug 2017 – May 2019
Malory Fry, Aug. 2017 – May 2019
Elizabeth Clark, Aug. 2015 – Dec 2018
Gabriela Proano, Aug. 2013 – May 2015
Laurel Deininger, Aug. 2013 – May 2015
Kelly Anderson, Aug. 2012 – May 2015
Mallory Kiley, Aug. 2012 – Aug. 2014
Jennifer Tapken, Apr. 2011 – May 2012
Megan Stafford, Aug. 2012 – May 2014
Krizia Chinchilla Cartin, Aug. 2010 – May 2013
Abbey Folsom, Aug. 2011 – May 2013
Nathan Brock, Apr. 2011 – Aug. 2012
Brandon Sanders, Apr. 2011 – Spring 2012
Sandra Hensley, Aug. 2010 – May 2013
Jessica Dangelmaier, Aug. 2010 – May 2012
Katie Foster, Aug. 2010 – May 2012
Nicole Gehman, Aug. 2010 – August 2012
Sarah Hylton, Aug. 2010 – May 2012
Christine Riggle, Aug. 2010 – May 2012
Rafael Vivas, Aug. 2010 – August 2012
Monica Figueroa, Aug. 2009 – May 2014
Edward Archer, Jun. 2009 – May 2010

Committee Member (MS Students)

Manuella Ribas Andrade, August 2019-May 2021
Sydney Olsen, August 2019-May 2021

Anni Liu, Jan 2017 – May 2020
Kathryn Davidson, Sept. 2017 – May 2019
Christina Leta, Aug. 2014 – 2015
Robert Anello, Aug. 2014 – 2015
Palmer Johnson, Aug. 2014 – 2015
Brandon Sanders, August 2011– 2013
Kelly Andrews, May 2011 – 2013
Elan Hanopole, Aug. 2010 – Present
Colin Riley, Aug. 2010 – Present
Ashley Overstreet, Aug. 2008 – Dec. 2009
Holly Pudwill, Aug. 2008 – Dec. 2009
Alexandra Rocha, Aug. 2008 – Dec. 2009
Carrie McAliley, Aug. 2008 – Dec. 2009
Bryan Sommer, Dec. 2008 – May 2010
Katherine C. Payor, Dec. 2008 – May 2010
Alexandra Vermillion, Dec. 2008 – Dec. 2009

Undergraduate Students:

Roei Golan, an undergraduate advisee; *Honors in the Major*, (2018-2019)
Shannon Keen, an undergraduate advisee; *Honors in Major*, (2017 – 2018)
Aazim Arif, an undergraduate advisee; *Honors in Major*, (2012 – 2013)
Jenna Schmidt, an undergraduate advisee; *Honors in Major*, (2009 – 2010)
Megan O'Donnell, an undergraduate advisee; *Honors in Major*, (2009 – 2010)
Bryan Stover, an undergraduate advisee; *Honors in Major*, (2008 – 2010)
Alpha Journal, an undergraduate advisee; *MEMS Research Scholar*, (2007 – 2008)
Gabriel Bryant, an undergraduate advisee; *Science Prep Scholar*, (2006 – 2007)

PhD Students:

Oklahoma State University

Major Advisor

Latha Devareddy, Jan. 2003 – Aug. 2005. Dissertation Topic: Soy isoflavones may reverse bone loss in an ovariectomized rat model of postmenopausal osteoporosis.
Scholarship Recipient: 1) K. & L. Wolf Human Environmental Sciences Graduate Scholarship 2) Jean Shipman Scholarship, College of Human Environmental Sciences Graduate Scholarship (2003 and 2004); 3) MB Seretean Nutritional Sciences Scholarship, College of Human Environmental Sciences; 4) Buck and Irene Clements Scholarship, College of Human Environmental Sciences. Dissertation Defense: July 2005.
Do Yu Soung, Jun. 2000 – Dec. 2004. Dissertation Topic: The effect of soy isoflavones on male osteoporosis.
Scholarship Recipient: 1) Joseph and Louis Weber Gerontology Fellowship, College of Human Environmental Sciences Graduate Scholarship (2003- 2005); 2) Jean Shipman Scholarship; and 3) Esther Winterfeldt Scholarships, College of Human Environmental Sciences Graduate Scholarship (2002 - 2003); 4) NIH Travel Award for Scientist in Training to attend the “Vitamin D and Health in the 21st Century: Bone and Beyond” Conference in Washington, DC; Oct. 2003. Dissertation Defense: December 2004.

Julie Collins, Jan. 1999 – May 2003. Dissertation Topic: Bioavailability and antioxidant protection of lycopene from watermelon. Dissertation Defense: April 2003.

Shanil Juma, Aug 1996 – July 2002. Dissertation Topic: The roles of estrogen and estrogen receptors in knee osteoarthritis. Dissertation Defense: May 2002.

Winner of 1997 University of Illinois Research Forum Award for outstanding research Recipient of Research Excellence Award, May 10, 2002, Oklahoma State University. Dissertation Defense: May 2002.

Farzad Deyhim, Research advisor (completed his research project under my directions from April 1998 – June 2000). Dissertation Title: The beneficial effects of prune on bone in ovarian hormone deficiency. Dissertation Defense: June 2000.

Committee Member (PhD students)

Amani Soliman, Jan. 2005 – Present: Dissertation Topic: Dried plum may reverse cadmium-induced bone loss in female rats.

Yan Huang, (School of Chemical Engineering), Fall 2001- Spring 2005; Dissertation Title: Characterization of HUVEC on chitosan/PLGA blends and differentiation of murine ES for tissue engineering.

Yan Xiaorong, (Veterinary Biomedical Sciences, Department of Physiological Sciences), Fall 2002 – 2006.

Mark A. Patton, (Human Development and Family Science), Fall 1999 – 2005; Status: Inactive.

April M. Borg, (Human Development and Family Science), 1995 – May 2005; Dissertation Title: Intergenerational solidarity: A comparison of views between Jewish grandfathers and adult grandchildren about their relationships in Oklahoma.

Matthew Stone, (Zoology), Fall 2005 – 2009; Dissertation Title: Calcium physiology on turtles.

Fanta Toure, (Nutritional Sciences), Fall 2001 – Summer 2005; Dissertation Title: Selenium deficiency and bone.

Glee Absher, (Human Development and Family Science), Fall 2001 – Summer 2005; Dissertation Title: Divorced grandparents' of the nature of their relationship with grandchildren.

MS Students:

Major Advisor

Shirin Hooshmand, Fall 2004 – Spring 2006; Thesis Title: Genistein reduced production of proinflammatory molecules in human chondrocytes. Thesis Defense: May 2006; Recipient of Jean Shipman Scholarship (2005 – 2006), OK, USA, \$1000.

Lily Kamkar, Spring 2004 – Spring 2006; Thesis Title: The anti-inflammatory/antioxidant role of lignans in a cell culture system. Thesis Defense: May 2006.

Kiranmayi Korlagunta, Fall 2003 – Summer 2006; Thesis Title: Effects of flaxseed on improving glucose tolerance in Native American postmenopausal women. Thesis Defense: July 2006.

Anagha Patade, Fall 2003 – Summer 2005; Thesis Title: Effects of flaxseed on lipid profiles in Native American postmenopausal women. Thesis Defense: May 2005.

Sheau Ching Chai, Fall 2003 – Summer 2005 (research-advisor); Thesis Title: Vitamin E may improve bone quality in orchidectomized rat model of male osteoporosis. Thesis Defense: July 2005.

Latha Devareddy, Fall 1999 – Fall 2002; Thesis Title: The dose- dependent effect of isoflavones

on cholesterol in ovariectomized hamsters. Thesis Defense: December 2002.

Amanda Georgis, Summer 2000 – Summer 2002; Thesis Title: Effect of prune on lipid metabolism in postmenopausal women. Thesis Defense: July 2002.

Lisa Hammond, Spring 1999 – Spring 2002. Thesis Title; Effects of flaxseed on indices of bone formation and bone resorption. Thesis Defense: April 2002.

Winner of Esther Winterfeldt's Scholarship (2002), and Laura Savage Memorial Fund (2002).

Brandon Hodges, Spring 1999 – Spring 2000; Thesis Title: Effects of soy protein on lipid profiles in elderly men and women. Thesis Defense: April 2000.

Nasrin Sinichi, Fall 1998 – Spring 2000; Thesis Title: The beneficial effects of soy on bone in elderly men and women. Thesis Defense: April 2000.

Amani Soliman, Spring 1998 – Fall 1999; Thesis Title: Can prune protect skeletal health in ovarian hormone deficiency? Thesis Defense: November 1999.

Committee Member (Masters Students)

Christina Evans, Fall 2005 – 2006; Thesis Title: Blueberry's cholesterol lowering effects.

Meenu Pandey, Fall 2005 – Summer 2006; Thesis Title: Effect of feeding grapefruit pulp on bone microarchitecture and strength in orchidectomized rats. Thesis Defense: June 2006.

Rori E. Morrow, Aug. 2005 – Summer 2006; Thesis Title: Feeding orange pulp improved bone quality in a rat model of male osteoporosis. Thesis Defense: July 2006.

Sachin Mahajan, Fall 2005 – Spring 2006; Thesis Title: Hypocholesterolemic effect of flaxseed and its oil in the ovariectomized Golden Syrian hamsters; Thesis Defense: March 2006.

Archana Ellath, Fall 2004 – Summer 2006; Thesis Title: Cardiovascular risk factors in American Indian and African American women of child bearing age and the relationship of these factors to blood leptin concentration, insulin resistance and waist circumference. Thesis Defense: July 2006.

Emily Lancaaster, Spring 2003 – Spring 2005; Thesis Title: Can select components of dried plum reverse bone loss induced by hindlimb unloading. Thesis Defense: May 2005.

Russel D. Hueffmeier, Fall 2003 – 2005; Thesis Title: Nutrition knowledge among an aging population. Thesis Defense: Dec. 2005.

Kavitha Sankavaram, Fall 2003 – Fall 2005; Thesis Title: Thesis Defense: December 2005

Jennifer Brittain, Summer 2002 – 2004; Thesis Title: Mechanisms of action of vitamin E supplementation on osteoclasts under inflammatory conditions. Thesis Defense: Dec. 2004.

Ashley Ethriedge, Summer 2002 – 2004; Thesis Title: Bone loss reversal by prune in an animal model of osteoporosis. Thesis Defense: Dec. 2004.

Ann M Flannagan, Fall 2002 – Fall 2004; Thesis Title: The relationship between high fat feeding, insulin resistance and TNF- α gene expression in growing rats. Defense: December 2004.

Melissa Franklin, Fall 2002 – Fall 2004; Thesis Title: Dried plum prevents bone loss in male osteoporosis. Defense: November 2004.

Djibril Traore, Fall 2001 – Spring 2004; Thesis Title: Analysis of fonio cereal (*Dactylaria exiliz*), beer, and darkasso for selected micronutrients, fibers, essential fatty acids, and antioxidant vitamins. Defense: January 2004.

Sarah Williams, (Gerontology - NAS), Spring 2001 – June 2002; Creative Component Title: Lifelong learning education programs for older adults. Defense: June 2002.

Andrea Shotton, Fall 1998 – Spring 2001; Thesis Title: Effects of iron and dietary fat

interactions on immune system. Thesis Defense: February 2001.

Charles Porter, Summer 1998 – Spring 2001; Thesis Title: The effect of chromium on bone in weanling rats. Thesis Defense: April 2001.

Cathy Jordan, Fall 2000 – Spring 2001; Thesis Title: Leisure, quality of life and aging. Thesis Defense: April 2001.

Sloan D. Martin, Spring 2000 – Fall 2001; Thesis Title: The role of vitamin E in skeletal unloading. Thesis Defense: October 2001.

Kevin Juozapvicius, Spring 1999 – Spring 2000; Thesis Title: A relative study of Alzheimer's caregivers. Thesis Defense: March 2000.

Dawn Kukuk, Fall 1998 – Summer 2000; Thesis Title: Effects of dietary iron and ovariectomy on bone in skeletally mature-operated rats. Thesis Defense: July 2000.

Lauren McDonald, Fall 1998 – Summer 2000; Thesis Title: Effects of dietary iron on bone in young mature female rats. Thesis Defense: July 2000.

Phyllis Nichols, Fall 1998 – Spring 2000; Thesis Title: The relationship between food intake, demographic variables and the formation of pressure ulcers in southeastern Oklahoma long term care facility residents. Thesis Defense: April 2000.

Fanta Toure, Summer 1999 – Fall 2000; Thesis Title: Effect of sea-foods, including fish, on the bioavailability of iodine in a cassava and millet containing staple in Guinea. Thesis Defense: Aug. 2000.

Undergraduate Students Trained as Wentz and Niblack Scholars:

Mary Whiteneck, an undergraduate advisee from the Department of Nutritional Sciences (2005 – 2006)

Jennifer McDonald, an undergraduate advisee from the Department of Nutritional Sciences (2002 – 2003)

Undergraduate Students in “Retention of Students in the Biological Sciences Scholarship” (RSBS):

Autumn Ferris, an undergraduate from Human Environmental Sciences (Jan 2002 – May 2003)

Jennifer Johnston, an undergraduate from Arts and Sciences (Aug 2002 – Summer 2003)

Kimberlee Campbell, an undergraduate from the Department of Nutritional Sciences (2003)

PhD Students:

University of Illinois at Chicago

Genoveva Murillo, Spring 1996 – Fall 1999; Dissertation Topic: Antitumorigenicity of genistin and ipriflavone: sites and mechanisms for breast and colon cancer prevention. Dissertation research advisor; Dissertation Committee member. Dissertation Defense: December 1999

Eugenia Sohn, Fall 1996 – Spring 2001; Dissertation Topic: Estrogenic properties of natural and synthetic (ipriflavone) isoflavones in the ovariectomized hamster model. Dissertation Defense: March 2001

Winner of 1999 American Society for Nutritional Sciences Graduate Student Research Award Abstract Competition

Winner of 1997 Sixth Annual Meeting of Functional Foods for Health Program, poster presentation award.

Winner of 1996 – 1997 Kraft Foods Fellowship Program

Winner of 1996 Savitri K and Kris A Kamath Scholarship

Winner of 1995 – 1996 Paul D. Doolen Graduate Scholars for the Study of Aging Award

MS Students:

Major Advisor

Daxa Amin, Fall 1993 – Summer 1996; Thesis Title: The role of androgens in intestinal calcium transport. Thesis Defense: May 1996

Winner of 1994-1995 Paul D. Doolen Graduate Scholars for the Study of Aging Award

Mary J Getlinger, Fall 1994 – Fall 1996; Thesis Title: The effect of soy protein on bone in ovarian hormone deficient rats. Thesis Defense: July 1996

Shanil Juma, Fall 1994 – Spring 1996; Thesis Title: The effect of soy protein isolate on bone in orchidectomized rats. Thesis Defense: August 1996

Winner of 1997 University of Illinois Research Forum Award for outstanding research

Sreevidya Kannaiyan, Spring 1995 – Spring 1999; Thesis Title: Effects of flaxseed on serum lipids and lipoproteins in postmenopausal women. Thesis Defense: Oct. 1997

Elizabeth Kenny, Fall 1995 – Spring 2001; Thesis Title: The bone protective effects of natural and synthetic isoflavones in ovarian hormone deficiency. Thesis Defense: April 2001

Eugenia Sohn, Fall 1994 – Fall 1996; Thesis Title: The effects of ipriflavone and dihydrotestosterone on bone in gonadal hormone deficiency in male rats. Thesis Defense: August 1996.

Lili Wei, Fall 1996 – Fall 1998; Thesis Title: Effects of flaxseed on serum and urinary indices of bone formation and bone resorption in postmenopausal women. Thesis Defense: August 1997

Winner of 1997 John Nuveen Center for International Affairs Research Award

Noopur Goyal, Fall 1994 – Fall 1996; Thesis Title: Does soy protein feeding prevent ovarian hormone deficiency bone loss? Supervisor and Thesis Committee; Thesis Defense: December 1995

Committee Member

Peilin Guo, Fall 1991 – Spring 1995; Thesis Title: Effects of dietary fiber on fat excretion and bowel function. Supervisor and Thesis Committee

Eram Hussain, Fall 1994 – Spring 1999; Thesis Title: Body composition, regional fat distribution, and lipid profile of women from two distinct ethnic groups. Thesis Defense: Aug. 1997

GRANTS, PROMOTION AND TENURE REVIEWED

A. Grants

- | | |
|-----------|--|
| 2021 | Invited to serve as a panel member, US Army Medical Research and Development Command Military Operational Medicine Research Program (MOMRP), Medical Readiness-Military Operational Medicine. |
| 2017-2019 | Invited to serve as a panel member for the USDA/NIFA program. |
| 2014 | Reviewer , Canada Foundation for Innovation, Canada (3 grant proposals). |
| 2012 | Reviewer , Oklahoma State University (1 internal grant proposal). |
| 2012 | Reviewer , Oklahoma Agricultural Experimental Station (OAES), Oklahoma State University (1 grant proposal). |
| 2011 | Atwater Memorial Lecture Rating Committee member (a six-member |

- committee). Reviewed 7 applications; this lecture is Co-sponsored by the American Society for Nutrition and will be presented at Experimental Biology 2012 in San Diego, CA.
- 2011 **Reviewer**, National Medical Research Council (NMRC), Singapore (1 grant proposal).
- 2010 **Panel member**, Behavioral Science Applications to NIGMS's Minority Biomedical Research Support (MBRS) Program.
- 2010 **Expert reviewer**, Maryland Technology Development Corporation (TEDCO).
- 2009 Atwater Memorial Lecture Rating **Committee member** (a six-member committee). Reviewed 10 applications; this lecture is Co-sponsored by the American Society for Nutrition and was presented at the Experimental Biology 2010 in Anaheim, CA.
- 2009 **External advisory panel member** of the Dry Grain Pulses Collaborative Research Support Program (CRSP) supported by the Office of Agriculture, EGAT, United States Agency for International Development (USAID).
- 2009 **Reviewer**, Kentucky Science and Engineering Foundation, R&D Excellence awards (1 proposal).
- 2008 **Panel member**, KCF-008 Review Panel; Kentucky and Technology Corporation; the Kentucky Commercialization Fund Program, Lexington, KY. Reviewed and presented four proposals.
- 2008 Atwater Memorial Lecture Rating **Committee member** (a six-member committee). Reviewed 9 applications; this lecture was Co-sponsored by the American Society for Nutrition and was presented at Experimental Biology 2009 in New Orleans, LA.
- 2008 **Panel member**, USDA National Need Fellowship. Reviewer (12 grant proposals).
- 2007 **Reviewer**, National Medical Research Council (NMRC), Singapore (1 grant proposal).
- 2007 **Reviewer**, Kentucky Science and Engineering Foundation, R&D Excellence awards (2 proposals).
- 2007 **Reviewer**, Florida State University, CHS Faculty Development Program Research Award (6 proposals).
- 2006 **Reviewer**, Florida State University, Faculty Development Award (6 proposals).
- 2005 **Panel member**, NIH, National Center for Complementary and Alternative Medicine (NCCAM) International Centers review panel. Washington, DC.
- 2005 **Reviewer**, City University of New York (1 grant proposal); The Kentucky Science and Engineering Foundation's R&D Excellence Program (1 grant proposal).
- 2005 **Mentor**, Department of Pathology, Texas Tech University, (1 NIH grant proposal).
- 2004 **Reviewer**, Texas A&M University, College Station, TX (Designing Foods for Health Program).
- 2004 **Reviewer**, National Medical Research Council (NMRC), Singapore (2 grant proposals).
- 2001-2003 **Panel manager** (2 terms), USDA National Research Initiative (NRI) Competitive

- Grants, Improving Nutrition for Optimal Health.
- 2003 **Ad hoc reviewer** for 2 USDA National Research Initiative Competitive Grants Program (NRICGP) proposals, Human Nutrition and Obesity Section.
- 2001 **Panel member**, NIH; National Center for Complementary and Alternative Medicine (NCCAM).
- 2000-2001 **Panel member**, USDA National Research Initiative Competitive Grants; Improving Nutrition for Optimal Health. Reviewer (30 grant proposals).
- 1998 **Panel member**, NIH; National Institute on Aging, Biology and Neuroscience of Aging and Geriatric.
- 2003 **Reviewer**, North Dakota University; Advancing Science Excellence in North Dakota (1 grant proposal).
- 2003 **Reviewer**, National Medical Research Council (NMRC), Singapore (1 grant proposal).
- 2001 **Reviewer**, National Science Foundation Major Research Instrumentation Internal Review Committee Member for Oklahoma State University (6 pre-proposals).
- 2001 **Reviewer**, The University of Illinois at Urbana; C-FAR (8 grant proposals).
- 1999-2000 **Panel member**, USDA National Research Initiative Competitive Grants; Improving Nutrition for Optimal Health. Reviewer (27 grant proposals).
- 2000 **Reviewer**, The University Of New York Medical School (2 grant proposals).
- 1999 **Reviewer**, Clemson University (1 grant proposal).
- 1995 **Reviewer**, Campus Research Board of the University of Illinois at Chicago (6 grant proposals).

B. Manuscripts

- 201 *Nutrient* (5 papers); *Nutrition and Healthy Aging* (1 paper)
- 2020 *Nutrients* (10 papers); *Experimental Gerontology* (1 paper)
- 2019 *Nutrients* (5 papers); *Food & Function* (2 papers); *J Nutr Biochem* (1 paper)
- 2018 *Nutrients* (5 papers); *Food & Function* (1 paper)
- 2017 *Bone* (1 paper); *J Med Food* (1 paper); *J Nutr* (2 papers); *Nutrients* (2 papers); *Eur J Nutr* (1 paper); *Pharm Biol* (1 paper)
- 2016 *Plosone* (1 paper); *J Med Food* (1 paper); *Bone* (1 paper)
- 2015 *Calcif Tissue* (1 paper); *JFND* (4 papers); *Nutrients* (1 paper); (1 paper); *J Biomed Sci* (1 paper); *PLOS ONE* (1 paper).
- 2014 *British Journal of Nutrition* (1 paper), *Calcified Tissue International* (1 paper), *Journal of Diabetes Mellitus* (1 paper), *Journal of Medicinal Food* (1 paper), *Nutrition* (1 paper), *Nutrition Research* (3 papers), *Journal of Nutrition* (1 paper), *Journal of the Academy of Nutrition and Dietetics* (1 paper)
- 2013 *BioMed Research International* (1 paper), *British Journal of Nutrition* (1 paper), *Calcified Tissue International* (1 paper), *FASEB Journal* (1 paper), *Journal of Agricultural and Food Chemistry* (2 papers), *Journal of Medicinal Food* (1 paper), *The Journal of Nutrition* (1 paper), *Journal of Osteoporosis* (1 paper)
- 2012 *International Journal of Molecular Sciences* (1 paper); *European Journal of Food Research and Review* (1 paper); *Bone* (1 paper); *Applied Physiology, Nutrition Metabolism* (1 paper)

- 2011 *Journal of Bone and Mineral Research* (1 paper); *BMC Complementary and Alternative Medicine* (1 paper); *Journal of Diabetes and Metabolism* (1 paper); *International Journal of Molecular Sciences* (1 paper); *International Journal of Experimental Pathology* (1 paper); *Nutrition Reviews* (1 paper); *The Nutrition Journal* (1 paper), *International Journal of Molecular Science* (1 paper)
- 2010 *Journal of the Science of Food and Agriculture* (1 paper); *Calcified Tissue International* (2 papers); *British Journal of Nutrition* (2 papers); *Bone* (paper); *Journal of Molecular Signaling* (1 paper); *Journal of Nutrition* (1 paper); *Food and Chemical Toxicology* (1 paper); *Nutrition Research* (1 paper); *Journal of Medicinal Food* (1 paper)
- 2009 *Annals of Nutrition and Metabolism* (1 paper); *Aging Clinical & Experimental Research* (1 paper); *British Journal of Nutrition* (1 papers); *Phytotherapy Research* (3 paper); *Calcified Tissue International* (1 papers); *Journal of Nutrition* (3 papers); *International Journal for Vitamin and Nutrition Research* (1 paper); *Osteoporosis International* (1 paper)
- 2008 *Journal of Nutrition* (2 papers); *Bone* (2 papers); *Cell and Tissue Research* (1 paper); *British Journal of Nutrition* (3 papers); *Calcified Tissue* (3 papers); *Journal of Nutritional Biochemistry* (2 papers); *Journal of Medicinal Food* (1 paper); *Journal of Women's Health* (1 paper)
- 2007 *Toxicology and Applied Pharmacology* (1 paper); *Food Reviews International* (1 paper); *Bone* (2 paper); *Journal of Agricultural and Food Chemistry* (1 paper); *Nutrition, Metabolism & Cardiovascular Diseases* (1 paper); *Lipids* (1 paper); *Phytotherapy Research* (1 paper); *Cell and Tissue Research* (1 paper); *Bone* (1 paper); *Phytomedicine* (1 paper)
- 2006 *European Journal of Clinical Nutrition* (1 paper); *Journal of nutrition* (1 paper); *the British Journal of Nutrition* (1 paper); *Journal of the American Dietetic Association* (1 paper); *Nutritional Journal of Biochemistry* (1 paper); *Bone* (1 paper); *Nutrition, Metabolism & Cardiovascular Diseases* (1 paper)
- 2005 *Journal of the American Dietetic Association* (1 paper); *American Journal of Clinical Nutrition* (1 paper); *Bone* (4 papers); *Journal of Medicinal Food* (2 papers); *Evidence Based Complementary and Alternative Medicine* (1 paper); *European Journal of Clinical Nutrition* (2 papers); *Clinical Nutrition* (1 paper); *Journal of Nutritional Biochemistry* (1 paper); *Journal of Nutrition* (3 papers); *Journal of Pharmacy and Pharmacology* (1 paper); *Endocrinology* (1 paper)
- 2004 *Alcohol* (1 paper), *Journal of the American Dietetic Association* (1 papers); *American Journal of Clinical Nutrition* (1 paper); *Journal of Nutritional Biochemistry* (1 paper); *European Journal of Clinical Nutrition* (1 paper), *Gerontology* (1 paper); *Gerontology* (1 paper), *Journal of Nutrition* (2 papers)
- 2003 *Journal of the American Dietetic Association* (3 papers); *Journal of Nutrition* (5 papers); *Endocrinology* (4 papers); *Experimental Biology* (1 paper); *Journal of Endocrinology and Metabolism* (2 papers); *Japanese International Journal of Nutrition* (1 paper); *Phytomedicine* (1 paper); *Experimental Biology and Medicine* (1 paper); *Journal of Complementary and Alternative Medicine* (1 paper), *Journal of Nutritional Biochemistry* (1 paper); *Nutrition Research* (1 paper)
- 2002 *Journal of the American Dietetic Association* (3 papers); *Calcified Tissue*

- 2001 *International* (1 paper); *Maturitas* (2 papers); *Journal of Biochemical Pharmacology* (2 papers); *Journal of Nutrition* (4 papers)
Journal of American Dietetic Association (1 paper); *Journal of Bone and Mineral Research* (2 papers);
- 2000 *Journal of the American Dietetic Association* (1 paper); *Journal of the American College of Nutrition* (1 paper); *Journal of Bone and Mineral Research* (1 paper); *Journal of Nutrition* (1 paper); Book review for the American Dietetic Association
- 1999 *Journal of American Dietetic Association* (1 paper); *American Journal of Clinical Nutrition* (1 paper); *Journal of Biochemical Pharmacology* (1 paper); *Journal of Endocrinology* (1 paper); *Journal of Nutritional Biochemistry* (1 paper)
- 1998 *Journal of the American Dietetic Association* (2 papers)
- 1997 *Journal of the American Dietetic Association* (2 papers); *Journal of Nutrition* (1 paper)

C. Promotion and Tenure

- 2020 UMass Amherst, Department of Nutrition, School of Public Health and Health Sciences. Reviewer for the rank of Full Professor.
- 2020 Hunter College (New York), Nutrition Program, School of Urban Public Health. Reviewer for the rank of Full Professor.
- 2019 *Arizona State University*, Department of Food Science. Reviewer for the rank of Full Professor and Executive Dean.
- 2019 *University of Connecticut*, Department of Nutritional Sciences. Reviewer for the rank of Full Professor.
- 2018 *University of Connecticut*, Department of Nutritional Sciences. Reviewer for the rank of Associate Professor with Tenure.
- 2018 *University of Arkansas*, Department of Food Science. Reviewer for the rank of Associate Professor with Tenure.
- 2017 *University of North Florida*, Department of Nutrition and Dietetics. Reviewer for the rank of Associate Professor.
- 2016 *Oregon State University*, College of Public Health and Human Sciences. Reviewer for the rank of Full Professor.
- 2016 *University of Connecticut*, Department of Nutritional Sciences. Reviewer for the rank of Full Professor.
- 2014 *West Virginia University*, Division of Animal and Nutritional Sciences. Reviewer for the rank of Full Professor.
- 2014 *The Ohio State University*, Human Sciences Department. Reviewer for the rank of Full Professor.
- 2013 *University of Connecticut*, Department of Nutritional Sciences. Reviewer for tenure in the rank of Associate Professor.
- 2012 *Clemson University*, Department of Food, Nutrition, and Packaging Sciences. Reviewer for the rank of Full Professor.
- 2012 *The Ohio State University*, College of Education and Human Ecology, School of Physical Activity & Educational Services. Reviewer for the rank of Associate Professor.
- 2011 *University of Connecticut*, Department of Nutritional Sciences. Reviewer for

- tenure in the rank of Associate Professor.
- 2011 *University of New York, Hunter College, Schools of the Health Professions.* Reviewer for a promotion to the rank of Professor.
- 2010 *University of Massachusetts, Department of Nutrition.* Reviewer for a promotion to the rank of Associate Professor.
- 2010 *University of Connecticut, Department of Nutritional Sciences.* Reviewer for a promotion to Associate Professor.
- 2009 *University of Kansas Medical Center, Department of Dietetics and Nutrition.* Reviewer for the rank of Full Professor.
- 2008 *University of Maine, College of Natural Sciences, Forestry & Agriculture.* Reviewer for the rank of Associate Professor.
- 2008 *University of Texas Medical Branch, College of Medicine, Division of Oral and Maxillofacial Surgery.* Reviewer for the rank of Associate Professor.
- 2008 *Creighton University Osteoporosis Research Center (Omaha, NE).* Reviewer for the rank of Full Professor.
- 2007 *Texas Tech University Health Sciences Center, Department of Pathology.* Reviewer for the rank of Associate Professor.
- 2006 *Pennsylvania State University, College of Health and Human Development, Department of Nutritional Sciences.* Reviewer for the rank of Associate Professor.
- 2006 *University of Connecticut, Department of Nutritional Sciences.* Reviewer for a promotion to Full Professor.
- 2006 *University of Connecticut, Department of Nutritional Sciences.* Reviewer for a promotion to Full Professor.
- 2006 *The University of Oklahoma Health Science Center, Department of Medicine.* Reviewer for a promotion to Associate Professor.
- 2006 *Creighton University Osteoporosis Research Center (Omaha, NE).* Reviewer for a promotion to Full Professor.
- 2006 *Texas A&M University, Department of Human Sciences, Kingsville.* Referee for tenure decision at the rank of Associate Professor.
- 2005 *University of Texas Medical Branch, College of Medicine, Division of Oral and Maxillofacial Surgery.* Reviewer for a promotion to Associate Professor.
- 2005 *Oklahoma State University, College of Human Environmental Sciences, Department of Nutritional Sciences.* Reviewer for a promotion to Associate Professor.
- 2004 *Oklahoma State University, College of Human Environmental Sciences, Department of Nutritional Sciences.* Reviewer for three faculty members (1 for promotion to Associate professor and 2 for retention).
- 2003 *University of Arkansas for Medical Sciences, College of Medicine, Department of Pediatrics.* Reviewer for a promotion to Professor.
- 2003 *University of Cincinnati, College of Allied Health Sciences, Department of Nutritional Sciences.* Reviewer for a promotion and tenure to Associate Professor.
- 2003 *Clemson University, Department of Food Science & Human Nutrition.* Reviewer for a promotion and tenure to Associate Professor.
- 2002 *Creighton University, School of Medicine (Omaha, NE).* Reviewer for a promotion and tenure to Professor.

- 2002 *Creighton University*, School of Medicine and College of Dentistry (Omaha, NE).
Reviewer for a promotion and tenure to Associate Professor.
- 2001 *Virginia Polytechnic Institute and State University*, Department of Human
Nutrition, Foods, and Exercise (Blacksburg, VA). Reviewer for a promotion and
tenure to Associate Professor.
- 1998 *University of New York*, Hunter College. Reviewer for a promotion and tenure to
Associate Professor.