

CURRICULUM VITAE

Name: Nicholas A. Burd, PhD
Address: Department of Kinesiology and Community Health
College of Applied Health Sciences
Division of Nutritional Sciences
University of Illinois at Urbana-Champaign
156 Louise Freer Hall
906 S. Goodwin Ave.
Urbana, IL 61801

Telephone: +1 217-244-0970 (work) | **Fax:** (217) 244-7322 | **Email:** naburd@illinois.edu

Website: <http://publish.illinois.edu/nutritionexerciselab/>

EDUCATION & TRAINING

- 2011 – 2013 **Postdoctoral research fellow, Preservation of muscle mass with advancing age**
Maastricht University Medical Centre+, Department of Human Movement Sciences,
Maastricht, The Netherlands
Mentor: Luc JC van Loon, Ph.D.
- 2007 – 2011 **Ph.D., Kinesiology**
McMaster University, Hamilton, ON Canada
Dissertation title: Contractile and nutritional modulation of human skeletal muscle
protein synthesis
Mentor: Stuart M. Phillips, Ph.D.
- 2005-2007 **M.S., Exercise Physiology**
Ball State University, Human Performance Laboratory, Muncie, IN USA
Thesis Title: The effect of a cyclooxygenase-2 inhibitor on human muscle protein synthesis
after acute resistance exercise
Mentor: Todd A Trappe, Ph.D.
- 2000-2005 **B.S., Exercise Science, Applied Science**
Ball State University, Muncie, IN USA

PROFESSIONAL EXPERIENCE

- 2019-current Associate Professor of Kinesiology and Community Health and faculty affiliate of
Division of Nutritional Sciences, University of Illinois at Urbana-Champaign, Urbana, IL
USA
- 2013 - 2019 Assistant Professor of Kinesiology and Community Health and faculty affiliate of
Division of Nutritional Sciences, University of Illinois at Urbana-Champaign, Urbana, IL
USA
- 2018-current Sport and Exercise Science Research Centre, University of Roehampton (UK), Honorary
Research Member
- 2017 – 2018 Gatorade Sports Science Institute (GSSI) Expert Panel
- 2017 - current Adjunct Faculty, The Faculty of Kinesiology & Physical Education, University of
Toronto

2011-2013	Postdoctoral research fellow: Human Movement Sciences Maastricht University, Maastricht, The Netherlands
2007-2011	Graduate Research/Teacher Assistant: Exercise Metabolism Research Group McMaster University, Hamilton, ON Canada
2005-2007	Graduate Research Assistant: Human Performance Laboratory Ball State University, Muncie, IN USA
2003-2005	Undergraduate Research Assistant: Human Performance Laboratory Ball State University, Muncie IN USA
2004	Internship: Human Performance Clinical/Research Laboratory Colorado State University, Fort Collins, CO USA

DISSERTATION AND THESIS SUPERVISION

University of Illinois

Doctoral or Master's Thesis Advising & Committees

Name of Student	Role	Degree; Research title	Date
PhD			
Emily Erlenbach	Committee member	PhD in Kinesiology, Exercise Psychology Dissertation title: <i>TBD</i>	TBD
Andrew Askow	Primary Advisor	PhD in Kinesiology, Exercise Physiology Dissertation title: <i>TBD</i>	Spring 2023 (expected)
Colleen McKenna	Primary Advisor	PhD in Division of Nutritional Sciences Dissertation title: <i>TBD</i> AWARDS: College of ACES Jonathan Baldwin Turner Fellowship	Spring 2022 (expected)
Anmarie Chizewski	Committee member	PhD in Kinesiology; Exercise Psychology Dissertation title: <i>Fire Fighters: Fitness Intervention in Recruit Firefighters</i>	Spring 2019
Amadeo Salvador	Primary Advisor	PhD in Kinesiology; Exercise Physiology Dissertation title: <i>Performance nutrition to support athletes and aging.</i> AWARDS: CAPES Foundation Grant	Spring 2021
Kevin Paulussen	Primary Advisor	PhD in Kinesiology; Exercise Physiology Dissertation title: <i>TBD</i>	Spring 2022 (expected)
Richard Kesler	Primary Advisor	PhD in Kinesiology; Exercise Physiology Dissertation title: <i>TBD</i>	Spring 2022 (expected)
Yu-Fu Wu	Committee member	PhD in Kinesiology; Exercise Physiology Dissertation title: <i>Development of a pericyte-based therapy for recovery of aged skeletal muscle following immobilization</i>	Spring 2021 (expected)
Alex Baldeon	Committee member	PhD in Division of Nutritional Sciences Dissertation title: <i>TBD</i>	Spring 2023 (expected)
Tyler Wood	Committee member	PhD in Kinesiology; Motor Control	Summer 2019

		Dissertation title: <i>Traumatic Brain Injuries and Older Adults: the Implications of Neck Strength, Muscle Activation, and Range of Motion</i>	(expected)
Lauren Killian	Committee member	PhD in Division of Nutritional Sciences Dissertation title: <i>Gastrointestinal symptoms and nutritional strategies of endurance athletes</i>	Spring 2019 (expected)
Joseph Beals	Primary Advisor	PhD in Division of Nutritional Sciences Dissertation title: <i>Human obesity and its influence on muscle protein synthesis</i> AWARDS: ACSM Foundation Doctoral Student Grant; Kraft Human Nutrition Fellowship	Spring 2018
Ziad Mahmassani	Committee member	PhD in Kinesiology; Exercise Physiology Dissertation title: <i>$\alpha 7\beta 1$ integrin regulation of skeletal muscle growth in response to mechanical stimulation</i>	Spring 2017
Stephan van Vliet	Primary Advisor	PhD in Kinesiology; Exercise Physiology Dissertation title: <i>Regulation of postprandial protein metabolism after food ingestion and exercise</i> AWARDS: ACSM Foundation Doctoral Student Grant; KCH Laura J. Huelster Award; ESPEN fellowship; Egg Nutrition Center fellowship	Spring 2017
Elizabeth Hubbard	Committee member	PhD in Kinesiology; Exercise Psychology Dissertation title: <i>The acute effects of high-intensity interval and continuous aerobic exercise on physiological and functional outcomes in persons with multiple sclerosis</i>	Summer 2017
MS			
Jade Hamann	Primary Advisor	MS in Division of Nutritional Sciences Thesis title: TBD	Spring 2021
Rafael Alamilla	Primary Advisor	MS in Kinesiology; Exercise Physiology Thesis title: <i>The Effect of Leucine and Dileucine Ingestion on Muscle Protein Turnover in Health Young Men</i> AWARDS: Graduate School Fellowship	Spring 2020
Jonathan Cerna	Committee member	MS in Division of Nutritional Sciences Thesis title: TBD	Spring 2021 (expected)
Susannah Scaroni	Primary Advisor	MS in Division of Nutritional Sciences Thesis title: <i>TBD</i> AWARDS: Craig Neilsen Foundation Scholarship	Spring 2020 (expected)
Nate Willis	Committee member	MS in Division of Nutritional Sciences Thesis title: <i>TBD</i>	Spring 2020 (expected)
Isabel Martinez	Primary Advisor	MS in Kinesiology; Exercise Physiology Thesis title: <i>Manipulating dietary protein density and its effect on training induced muscle performance and overall health among middle-aged adults</i>	Spring 2018
Justin Parel	Primary Advisor	MS in Kinesiology; Exercise Physiology Thesis title: <i>The whole body protein turnover response to the ingestion of intrinsically labeled eggs at rest and after endurance exercise</i>	Spring 2017
Evan Shy	Primary Advisor	MS in Kinesiology; Exercise Physiology Thesis title: <i>Effect of meal composition to modulate the anabolic response during recovery from resistance exercise</i>	Spring 2016

Sasha McCorkle	Committee member	MS in Division of Nutritional Sciences Thesis title: <i>Macular pigment optical density and academic achievement among preadolescent children</i>	Spring 2016
----------------	------------------	--	-------------

University of Toronto

Name of Student	Role	Degree; Research title	Date
PhD			
Michael Mazzulla	Committee member	PhD in Exercise Science Dissertation title: <i>Development of oral tracers to study protein metabolism in humans</i>	Spring 2020
Eric Williamson	Committee member	PhD in Exercise Science Dissertation title: <i>The effect of dietary protein dose on muscle and whole body protein metabolism during energy restriction</i>	Spring 2021
Marcus Waskiw-Ford	Committee member	PhD in Exercise Science Dissertation title: TBD	Spring 2021

Maastricht University

Name of Student	Role	Degree; Research title	Date
PhD			
Stefan Gorissen	Co-promoter Promoter: Prof. van Loon	PhD in NUTRIM School of Nutrition and Translational Research in Metabolism Dissertation title: <i>Dietary factors modulating postprandial protein handling</i>	Spring 2016
MS			
Nicole Verbaarschot	Primary Advisor	MS in Human Movement Sciences Thesis title: <i>The relationship between power output and heart rate in power profile and maximal incremental exercise testing in trained cyclist</i>	Spring 2012
Roy Meys	Primary Advisor	MS in Human Movement Sciences Thesis title: <i>The reliability of power-testing in semi-professional road cyclists</i>	Spring 2012

Stockholm University

Name of Student	Role	Degree; Research title	Date
MS			
Imre Kouw	Co-Supervisor w/ Prof. van Loon	MS in Biosciences and Nutrition Thesis title: <i>The impact of dietary protein digestion and carbohydrate co-ingestion on whole-body protein turnover in young and elderly men</i>	Spring 2012

Doctoral or Master's Thesis External Committee

George Pavis, PhD, University of Exeter, (Spring 2021). Thesis titled: *The effect of a protein-polyphenol nutritional intervention on the skeletal muscle metabolic and functional response to eccentric exercise and resistance exercise training*

Rebekah Alcock, PhD, Australian Catholic University, (Summer 2020). Thesis titled: *Dietary collagen intake and sources for support of dense connective tissues in athletes*

Karolina Grzyb, MS in Kinesiology and Health Studies, University of Regina (Spring 2019). Thesis titled: *Effects of equal volume high-repetition resistance training with different workout frequency on muscle mass and muscle performance in postmenopausal women*

Andrew T. Askow, MS in Kinesiology, Texas Christian University (Spring 2019). Thesis titled: *The effect of differential bouts of resistance exercise on anabolic signaling in human skeletal muscle tissue*

Undergraduate Thesis Supervision

Carly Hofreiter, BS in Molecular and Cellular Biology (Fall 2018). Thesis titled: *Characterization of sex hormones in middle-aged women*

Elizabeth Poozhikunnel, BS in Biochemistry (Spring 2019). Thesis titled: *Skeletal muscle anabolic signaling through fortified low protein doses in aging females*
*received thesis distinction award

ACADEMIC TEACHING EXPERIENCE

University of Illinois

- 2019-current **KIN 494 Special Topics: Physiology of High Performance**, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign.
Role: Instructor, new course
- 2017-current **KIN 453 Nutrition for Performance**, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign.
Role: Instructor, new course
- KIN 453 James Scholar Mentor for Honors Credit**, Students: David Sierant (2017), Rosalyn Park (2017), Adam Skoff (2018), Annie Mokate (2018), Matthew Beyer (2020).
- 2014-current **KIN 551 Scientific Basis of Physical Performance**, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign.
Role: Instructor
- 2015-current **KIN 352 Bioenergetics of Human Movement**, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign.
Role: Instructor
- KIN 352 James Scholar Mentor for Honors Credit**, Students: Sarah Hovey (2016) Garret Waterstradt (2017), Kelsey Thompson, (2017), Shirali Shah (2018), Rosalyn Park (2018), Paul Teodoro (2018), Maria Corazzi (2019), Emilie Pettersen (2019), Megan Kalinowski (2020), Emily Hwu (2020), Naman Thakrar (2021).
- 2013, 2018 **KIN 565 Teaching in the Professoriate**, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign. Students: Stephan van Vliet, Amadeo Salvador

Role: Mentor

- 2017 **KIN 125 Orientation in Kinesiology & Community Health**, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign.
Role: Guest Lecturer
- 2017 **KIN 201 Physical Activity Research Methods**, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign.
Role: Guest Lecturer, Human Research: Exercise, Nutrition, and Substrate Metabolism
- 2013-2016 **KIN 494 Special topics: Nutrition for Sport and Exercise**, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign.
Role: Instructor, new course.

Maastricht University

- 2012-2013 **BGZ2004 Food for life**, Department of Human Movement Sciences, Maastricht University Medical Centre+
Role: Guest Lecturer, Protein and Amino Acid Metabolism
- 2012-2013 **BHP4704 Review**, Department of Human Movement Sciences, Maastricht University Medical Centre+ Maastricht University
Role: Guest Lecturer, How to Write a Research Review
- 2012-2013 **BHP4703 Writing a Research Proposal**, Maastricht University Medical Centre+, Department of Human Movement Sciences, Maastricht University
Role: Guest Lecturer

McMaster University

- 2007-2010 **KIN 2CC3: Cardiorespiratory & Metabolic Exercise Physiology**, Department of Kinesiology
Role: Teaching assistant
- 2008-2011 **KIN 2C03: Neuromuscular Exercise Physiology**, Department of Kinesiology,
Role: Teaching assistant
- Fall 2010 **KIN 1F03: Introduction to Human Nutrition & Health**, Department of Kinesiology
Role: Teaching assistant
- Spring 2009 **KIN 4Q03: Pediatric Exercise Physiology**, Department of Kinesiology
Role: Teaching assistant
- Fall 2007 **KIN 1AA3: Human Anatomy & Physiology II**, Department of Kinesiology
Role: Teaching assistant

SCHOLARLY ACTIVITY

Primary research articles in refereed journals

1. Willis, N. B., Muñoz, C. X., Mysonhimer, A. R., Edwards, C. G., Wolf, P. G., Hillman, C. H., **Burd, N. A.**, Holscher, H. D., & Khan, N. A. (2021). Hydration Biomarkers Are Related to the Differential Abundance of Fecal Microbiota and Plasma Lipopolysaccharide-Binding Protein in Adults. *Annals of nutrition & metabolism*, 77 Suppl 4, 37–45. <https://doi.org/10.1159/000520478>
2. Perkins, R. K., van Vliet, S., Miranda, E. R., Fuller, K., Beisswenger, P. J., Wilund, K. R., Paluska, S. A., **Burd, N. A.**, & Haus, J. M. (2021). Advanced Glycation End Products and Inflammatory Cytokine Profiles in Maintenance Hemodialysis Patients After the Ingestion of a Protein-Dense Meal. *Journal of renal nutrition : the official journal of the Council on Renal Nutrition of the National Kidney Foundation*, S1051-2276(21)00295-8. Advance online publication. <https://doi.org/10.1053/j.jrn.2021.11.006>
3. McKenna, C. F., Salvador, A. F., Hughes, R. L., Scaroni, S. E., Alamilla, R. A., Askow, A. T., Paluska, S. A., Dilger, A. C., Holscher, H. D., De Lisio, M., Khan, N. A., & **Burd, N. A.** (2021). Higher protein intake during resistance training does not potentiate strength, but modulates gut microbiota, in middle-aged adults: a randomized control trial. *American journal of physiology. Endocrinology and metabolism*, 320(5), E900–E913. <https://doi.org/10.1152/ajpendo.00574.2020>
4. Paulussen, K., Alamilla, R. A., Salvador, A. F., McKenna, C. F., Askow, A. T., Fang, H. Y., Li, Z., Ulanov, A. V., Paluska, S. A., Rathmacher, J. A., Jäger, R., Purpura, M., & **Burd, N. A.** (2021). Dileucine ingestion is more effective than leucine in stimulating muscle protein turnover in young males: a double blind randomized controlled trial. *Journal of applied physiology (Bethesda, Md. : 1985)*, 131(3), 1111–1122. <https://doi.org/10.1152/jappphysiol.00295.2021>
5. Salvador, A. F., McKenna, C. F., Paulussen, K., Keeble, A. R., Askow, A. T., Fang, H. Y., Li, Z., Ulanov, A. V., Paluska, S. A., Moore, D. R., & **Burd, N. A.** (2021). Early resistance training-mediated stimulation of daily muscle protein synthetic responses to higher habitual protein intake in middle-aged adults. *The Journal of physiology*, 599(18), 4287–4307. <https://doi.org/10.1113/JP281907>
6. Guo, B., Holscher, H. D., Auvil, L. S., Welge, M. E., Bushell, C. B., Novotny, J. A., Baer, D. J., **Burd, N. A.**, Khan, N. A., & Zhu, R. (in press) "Estimating Heterogeneous Treatment Effect on Multivariate Responses using Random Forests." *Statistics in Biosciences*. <https://doi.org/10.1007/s12561-021-09310-w>
7. Pindus, D. M., Edwards, C. G., Walk, A. M., Reeser, G., **Burd, N. A.**, Holscher, H. D., & Khan, N. A. (2021). Sedentary time is related to deficits in response inhibition among adults with overweight and obesity: An accelerometry and event-related brain potentials study. *Psychophysiology*, 58(8), e13843. <https://doi.org/10.1111/psyp.13843>
8. Khan, N. A., Edwards, C. G., Thompson, S. V., Hannon, B. A., Burke, S. K., Walk, A., Mackenzie, R., Reeser, G. E., Fiese, B. H., Burd, N. A., & Holscher, H. D. (2021). Avocado Consumption, Abdominal Adiposity, and Oral Glucose Tolerance Among Persons with Overweight and Obesity. *The Journal of nutrition*, 151(9), 2513–2521. <https://doi.org/10.1093/jn/nxab187>

9. Thompson, S. V., Bailey, M. A., Taylor, A. M., Kaczmarek, J. L., Mysonhimer, A. R., Edwards, C. G., Reeser, G. E., Burd, N. A., Khan, N. A., & Holscher, H. D. (2021). Avocado Consumption Alters Gastrointestinal Bacteria Abundance and Microbial Metabolite Concentrations among Adults with Overweight or Obesity: A Randomized Controlled Trial. *The Journal of nutrition*, 151(4), 753–762. <https://doi.org/10.1093/jn/nxaa219>
10. Cannavale, C. N., Bailey, M., Edwards, C. G., Thompson, S. V., Walk, A. M., **Burd, N. A.**, Holscher, H. D., & Khan, N. A. (2021). Systemic inflammation mediates the negative relationship between visceral adiposity and cognitive control. *International journal of psychophysiology : official journal of the International Organization of Psychophysiology*, 165, 68–75. Advance online publication. <https://doi.org/10.1016/j.ijpsycho.2021.03.010>
11. Killian, L. A., Muir, J. G., Barrett, J. S., **Burd, N. A.**, & Lee, S. Y. (2021). High Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols (FODMAP) Consumption Among Endurance Athletes and Relationship to Gastrointestinal Symptoms. *Frontiers in nutrition*, 8, 637160. <https://doi.org/10.3389/fnut.2021.637160>
12. McKenna, C. F., Salvador, A. F., Hughes, R. L., Scaroni, S. E., Alamilla, R. A., Askow, A. T., Paluska, S. A., Dilger, A. C., Holscher, H. D., De Lisio, M., Khan, N. A., & **Burd, N. A.** (2021). Higher protein intake during resistance training does not potentiate strength, but modulates gut microbiota, in middle-aged adults: a randomized control trial. *American journal of physiology. Endocrinology and metabolism*, 10.1152/ajpendo.00574.2020. Advance online publication. <https://doi.org/10.1152/ajpendo.00574.2020>
13. Edwards CG, Walk AM, Thompson SV, Reeser GE, Dilger RN, Erdman JW Jr, **Burd NA**, Holscher HD, Khan NA. Dietary lutein plus zeaxanthin and choline intake is interactively associated with cognitive flexibility in middle-adulthood in adults with overweight and obesity. *Nutr Neurosci*. 2021 Jan 15:1-16. doi: 10.1080/1028415X.2020.1866867. Online ahead of print. PMID: 33448903
14. Pindus DM, Edwards CG, Walk AM, Reeser G, **Burd NA**, Holscher HD, Khan NA. The relationships between prolonged sedentary time, physical activity, cognitive control, and P3 in adults with overweight and obesity. *Int J Obes (Lond)*. 2021 Feb 1. doi: 10.1038/s41366-020-00734-w. Online ahead of print. PMID: 33526853
15. Draicchio F, van Vliet S, Ancu O, Paluska SA, Wilund KR, Mickute M, Sathyapalan T, Renshaw D, Watt P, Sylow L, **Burd NA**, Mackenzie R. Integrin-associated ILK and PINCH1 protein content are reduced in skeletal muscle of maintenance hemodialysis patients. *J Physiol*. 2020 Sep 24. doi: 10.1113/JP280441. PMID: 32969494
16. Gorissen, S. H. M., Trommelen, J., Kouw, I. W. K., Holwerda, A. M., Pennings B, Groen BBL, Wall BT, Churchward-Venne TA, Horstman, A. M. H., Koopman, R., **Burd, N. A.**, Fuchs, C. J., Dirks, M.L., Res, P.T., Senden, J. M. G., Steijns, J. M. J. M., de Groot, L. C. P. G. M., Verdijk, L. B., & van Loon L. J. C. (in press). Protein Type, Protein Dose, and Age Modulate Dietary Protein Digestion and Phenylalanine Absorption Kinetics and Plasma Phenylalanine Availability in Humans. *Journal of Nutrition*. doi: 10.1093/jn/nxaa024.

17. Avevedo, M. B., Teran-Garcia, M., Buchholz, K. K., Eagon, J. C., Bartholow, B. D., **Burd, N. A.**, Khan, N., Rowitz, B., & Pepino, M. Y. (in press). Alcohol sensitivity in women after undergoing bariatric surgery: a cross-sectional study. *Surg Obes Relat Dis*. doi: 10.1016/j.soard.2020.01.014.
18. Edwards, C. G., Walk, A.D., Thompon, S.V., Reeser, G, Erdman, J.W., **Burd, N. A.**, Holscher, H.D., & Khan, N.A. (2020). Effects of 12-week avocado consumption on cognitive function among adults with overweight and obesity. *International Journal of Psychophysiology*. 148:13-24. <https://doi.org/10.1016/j.ijpsycho.2019.12.006>
19. Hannon, B. A., Edwards, C. G., Thompon, S.V., Reeser, E. G, **Burd, N. A.**, Holscher, H. D., Teran-Garcia, M. T., & Khan, N. A. (in press). Single nucleotide polymorphisms related to lipoprotein metabolism are associated with blood lipid changes following regular avocado intake in a randomized control trial among adults with overweight and obesity. *Journal of Nutrition*. doi: 10.1093/jn/nxaa054.
20. Hannon, B. A., Edwards, C. G., Thompon, S.V., Burke, S.A., **Burd, N. A.**, Holscher, H. D., Teran-Garcia, M. T., & Khan, N. A. (in press). Genetic variants in lipid metabolism pathways interact with diet to influence blood lipid concentrations in adults with overweight and obesity. *Lifestyle Genomics*.
21. van Vliet, S., Beals, J.W., Holwerda, A.M., Emmons, R.S., Goessens, J.P., Paluska, S.A., De Lisio, M., van Loon, L.J.C., & Burd, N. A. (2019). Time-dependent regulation of postprandial muscle protein synthesis rates after milk protein ingestion in young men. *J Appl Physiol*. 127(6):1792-1801. doi: 10.1152/jappphysiol.00608.2019
22. Salvador, A. F., Askow, A. T., McKenna, C. F., Fang, H. Y., Burke, S. K., Li, Z., Ulanov, A. V., Paluska, S. A., Petruzzello, S. J., Boppart, M. D., Oliver, J. M., & **Burd, N. A.** (in press). Resistance Exercise-induced Regulation of Muscle Protein Synthesis to Intra-set Rest. *Med Sci Sports Exerc*. doi: 10.1249/MSS.0000000000002213. PMID: 31703023.
23. Barclay, R. D., Beals, J. W., Drnevich, J., Imai, B. S., Yau, P. M., Ulanov, A. V., Tillin, N. A., Villegas-Montes, M., Paluska, S.A., Watt, P.W., De Lisio, M., & **Burd, N. A.**, Mackenzie RW. (2020). Ingestion of lean meat elevates muscle inositol hexakisphosphate kinase 1 protein content independent of a distinct post-prandial circulating proteome in young adults with obesity. *Metabolism*. 102:153996. doi:10.1016/j.metabol.2019.153996. PMID: 31678069.
24. Salvador, A. F., McKenna, C. F., Alamilla, R. A., Cloud, R. M. T., Keeble, A. R., Miltko, A., Scaroni, S. E., Beals, J. W., Ulanov, A. V., Dilger, R. N., Bauer, L. L., Broad, E. M., & Burd, N. A. (2019). Potato ingestion is as effective as carbohydrate gels to support prolonged cycling performance. *J Appl Physiol*. doi: 10.1152/jappphysiol.00567.2019. PMID: 31622159.
25. Chan, A. H., D'Souza, R. F., Beals, J. W., Zeng, N., Prodhon, U., Fanning, A. C., Poppitt, S. D., Li, Z., **Burd, N. A.**, Cameron-Smith, D., & Mitchell, C.J. (2019). The Degree of Aminoacidemia after Dairy Protein Ingestion Does Not Modulate the Postexercise Anabolic Response in Young Men: A Randomized Controlled Trial. *J Nutr*. 149(9):1511-1522. doi: 10.1093/jn/nxz099. PMID: 31152658
26. Cannavale CN, Hassevoort KM, Edwards CG, Thompson SV, **Burd NA**, Holscher HD, Erdman JW, Cohen NJ, Khan NA: Serum Lutein is related to Relational Memory Performance. *Nutrients*. 2019, 11:768. PMID: 30986960

27. Hannon BA, Thompson SV, Edwards CG, Skinner SK, Niemi GM, **Burd NA**, Holscher HD, Teran-Garcia M, Khan NA. Dietary fiber is independently related to blood triglycerides among adults with overweight and obesity. *Current Developments in Nutrition*. 2018. Nov 28;3(2):nzy094. PMID: 30820489
28. Niemi GM, Skinner SK, Walk AM, Edwards CG, De Lisio M, Holscher HD, **Burd NA**, Khan NA. Oral Glucose Tolerance is Associated with Neuroelectric Indices of Attention Among Adults with Overweight and Obesity. *Obesity (Silver Spring)*. 2018 Sep 11. doi: 10.1002/oby.22276. PMID: 30204939.
29. van Vliet S, Skinner SK, Beals JW, Pagni BA, Fang HY, Ulanov AV, Li Z, Paluska SA, Mazzulla M, West DWD, Moore DR, Wilund KR, **Burd NA**. Dysregulated handling of dietary protein and muscle protein synthesis after mixed meal ingestion in maintenance hemodialysis patients. *Kidney Int Rep*. 2018 Aug 17;3(6):1403-1415. PMID: 30450467
30. Whole egg, but not egg white ingestion, induces mTOR co-localization with the lysosome after resistance exercise in trained young men. Abou Sawan S, van Vliet S, West DWD, Beals JW, Paluska SA, **Burd NA**, Moore DR. *Am J Physiol Cell Physiol*. 2018 Aug 22. doi: 10.1152/ajpcell.00225.2018. PMID: 30133322
31. Physiological responses during a 25-km time trial in elite wheelchair racing athletes. Edwards T, Barfield JP, Niemi GM, Beals JW, Broad EM, Motl RW, De Lisio M, **Burd NA**, Pilutti LA. *Spinal Cord Ser Cases*. 2018 Aug 14;4:77. doi: 10.1038/s41394-018-0114-3. eCollection 2018. PMID: 30131876
32. Altered anabolic signaling and reduced stimulation of myofibrillar protein synthesis after feeding and resistance exercise in people with obesity. Beals JW, Skinner SK, McKenna CF, Poozhikunnel EG, Farooqi SA, van Vliet S, Martinez IG, Ulanov AV, Li Z, Paluska SA, **Burd NA**. *J Physiol*. 2018 Aug 16. doi: 10.1113/JP276210. PMID: 30113718.
33. Abou Sawan S, van Vliet S, Parel JT, Beals JW, Mazzulla M, West DWD, Philp A, Li Z, Paluska SA, **Burd NA**, Moore DR. Translocation and protein complex co-localization of mTOR is associated with postprandial myofibrillar protein synthesis at rest and after endurance exercise. *Physiol Rep*. 2018 Mar;6(5). doi: 10.14814/phy2.13628.
34. van Vliet S, Shy EL, Abou Sawan S, Beals JW, West DW, Skinner SK, Ulanov AV, Li Z, Paluska SA, Parsons CM, Moore DR, **Burd NA**. Consumption of whole eggs promotes greater stimulation of postexercise muscle protein synthesis than consumption of isonitrogenous amounts of egg whites in young men. *Am J Clin Nutr*. 2017 Oct 4. pii: ajcn159855. doi: 10.3945/ajcn.117.159855. [Epub ahead of print]. PMID: 28978542
35. Beals JW, Mackenzie RWA, van Vliet S, Skinner SK, Pagni BA, Niemi GM, Ulanov AV, Li Z, Dilger AC, Paluska SA, De Lisio M, **Burd NA**. Protein-Rich Food Ingestion Stimulates Mitochondrial Protein Synthesis in Sedentary Young Adults of Different BMIs. *J Clin Endocrinol Metab*. 2017 Sep 1;102(9):3415-3424. doi: 10.1210/jc.2017-00360. PMID: 28911136
36. Niemi GM, Edwards T, Barfield JP, Beals JW, Broad EM, Motl RW, **Burd NA**, Pilutti LA, De Lisio M. Circulating Progenitor Cell Response to Exercise in Wheelchair Racing Athletes. *Med Sci Sports Exerc*. 2017 Aug 11. doi: 10.1249/MSS.0000000000001402. [Epub ahead of print]

PMID: 28806276

37. Niemi GM, Parel J, Beals J, van Vliet S, Paluska SA, Moore DR, **Burd NA**, De Lisio M. Kinetics of circulating progenitor cell mobilization during submaximal exercise. *J Appl Physiol* (1985). 2017 Jan 12:jap.00936.2016. doi: 10.1152/japphysiol.00936.2016. PMID: 28082336
38. Mazzulla M, Parel JT, Beals JW, van Vliet S, Abou Sawan S, West DWD, Paluska SA, Ulanov AV, Moore DR, **Burd NA**. Endurance Exercise Attenuates Postprandial Whole-Body Leucine Balance in Trained Men. *Med Sci Sports Exerc*. 2017 Dec;49(12):2585-2592. doi: 10.1249/MSS.0000000000001394. PMID: 28767524
39. Gorissen SH, Horstman AM, Franssen R, Kouw IW, Wall BT, **Burd NA**, de Groot LC, van Loon LJ. Habituation to low or high protein intake does not modulate basal or postprandial muscle protein synthesis rates: a randomized trial. *Am J Clin Nutr*. 2016 Nov 30. pii: ajcn129924., PMID: 27903518
40. Wall BT, **Burd NA**, Franssen R, Gorissen SH, Snijders T, Senden JM, Gijsen AP, van Loon LJ. Pre-sleep protein ingestion does not compromise the muscle protein synthetic response to protein ingested the following morning. *Am J Physiol Endocrinol Metab*. 2016 Oct 25:ajpendo.00325.2016. doi: 10.1152/ajpendo.00325.2016., PMID: 27780822
41. van Vliet S, Beals JW, Parel JT, Hanna CD, Utterback PL, Dilger AC, Ulanov AV, Li Z, Paluska SA, Moore DR, Parsons CM, **Burd NA**. Development of Intrinsically Labeled Eggs and Poultry Meat for Use in Human Metabolic Research. *J Nutr*. 2016 Jun 8. pii: jn228338., PMID: 27360524
42. Beals JW, Sukiennik RA, Nallabelli J, Emmons RS, van Vliet S, Young JR, Ulanov AV, Li Z, Paluska SA, De Lisio M, **Burd NA**. Anabolic sensitivity of postprandial muscle protein synthesis to the ingestion of a protein-dense food is reduced in overweight and obese young adults. *Am J Clin Nutr*. 2016 Sep 7. pii: ajcn130385., PMID: 27604771
43. Gorissen SH, **Burd NA**, Kramer IF, van Kranenburg J, Gijsen AP, Rooyackers O, van Loon LJ. Co-ingesting milk fat with micellar casein does not affect postprandial protein handling in healthy older men. *Clin Nutr*. 2015 Dec 24. pii: S0261-5614(15)00349-0. doi: 10.1016/j.clnu.2015.12.011, PMID: 26774526
44. **Burd NA**, Gorissen SH, van Vliet S, Snijders T, van Loon LJ. Differences in postprandial protein handling after beef compared with milk ingestion during postexercise recovery: a randomized controlled trial. *Am J Clin Nutr*. 2015 Oct;102(4):828-36. doi: 10.3945/ajcn.114.103184, PMID: 26354539
45. Kouw IW, Gorissen SH, **Burd NA**, Cermak NM, Gijsen AP, van Kranenburg J, van Loon LJ. Postprandial protein handling is not impaired in type 2 diabetes patients when compared with normoglycemic controls. *J Clin Endocrinol Metab*. 2015, Aug;100(8):3103-11, PMID:26037513
46. **Burd NA**, Cermak NM, Kouw IW, Gorissen SH, Gijsen AP, van Loon LJ. The use of doubly labeled milk protein to measure postprandial muscle protein synthesis rates in vivo in humans. *J Appl Physiol*. 2014, 117(11):1363-70, PMID:25277738
47. An R, Chiu CY, Zhang Z, **Burd NA**. Nutrient intake among US adults with disabilities, *J Hum Nutr Diet*. 2014, Sep 19, PMID: 25233949

48. Moore DR, Churchward-Venne TA, Witard O, Breen L, **Burd NA**, Tipton KD, Phillips SM. Protein ingestion to stimulate mofibrillar protein synthesis requires a greater relative protein intakes in healthy older versus younger men, *J Gerontol A Biol Med Sci*. 2015, 70(1):57-62, PMID:25056502
49. An R, **Burd NA**. Carbohydrate, Fat, and Protein Intake in Association with Energy Intake across Sex, Race, and Body Weight Status in the US Adult Population: 1999-2010, *Public Health Nutrition*. 2014, 18(8):1343-52, PMID:25203716
50. Rowlands DS, Nelson AR, Phillips SM, Faulkner JA, Clarke J, **Burd NA**, Moore D, Stellingwerff T. Protein-leucine fed dose effects on muscle protein synthesis after endurance exercise. *Med Sci Sports Exerc*. 2015, 47(3):547-55, PMID: 25026454
51. Gorissen SH, **Burd NA**, Hamer HM, Gijsen AP, Groen BB, van Loon LJC. Carbohydrate co-ingestion delays dietary protein digestion and absorption but does not modulate postprandial muscle protein accretion. *J Clin Endocrinol Metab*. 2014 Mar 14:Jc20133970, PMID:23826365
52. **Burd NA**, Hamer HM, Pennings B, Pellikaan WF, Senden JMG, Gijsen AP, van Loon LJC. Substantial differences between organ and muscle specific tracer incorporation rates in a lactating dairy cow. *PLoSOne*. 2013 Jun 27;8(6):e68109, PMID:23826365
53. **Burd NA**, Pennings B, Groen BBL, Gijsen AP, Senden JMG, van Loon LJC. The single biopsy approach is reliable for the measurement of muscle protein synthesis rates in vivo in older men. *J Appl Physiol*. 2012 Sep;113(6):896-902, PMID: 22815390
54. Robinson MJ, **Burd NA**, Breen L, Rerечich T, Yang Y, Hector AJ, Baker SK, Phillips SM. Dose-dependent responses of myofibrillar protein synthesis with beef ingestion are enhanced with resistance exercise in middle-aged men. *Appl Physiol Nutr Metab*. 2013 Feb;38(2):120-5, PMID:23438221
55. Wall B, Dirks M, Verdijk L, Snijders T, Hansen D, Vranckx P, **Burd NA**, Dendale, van Loon LJ. Neuromuscular electrical stimulation increases muscle protein synthesis in elderly, type 2 diabetic men. *AJP-Endocrinology and Metabolism*. 2012 Sep;303(5):E615-23, PMID:22739107
56. Yang Y, Churchward-Venne TA, **Burd NA**, Breen L, Tarnopolsky, Phillips SM. Myofibrillar protein synthesis following ingestion of soy protein isolate at rest and after resistance exercise in elderly men. *Nutr Metab (Lond)*. 2012 Jun 14;9(1):57, PMID:22698458
57. Camera DM, West DW, **Burd NA**, Garnham A, Phillips SM, Hawley J, Coffey V. Low muscle glycogen concentration does not suppress the anabolic response to resistance exercise. *J Appl Physiol*. 2012 May 24, PMID:22628371
58. Mitchell CJ, Churchward-Venne TA, West DWD, **Burd NA**, Breen L, Baker SK, Phillips SM. Resistance exercise load does not determine training-mediated hypertrophic gains in young men. *J Appl Physiol*. 2012 Apr 19, PMID:22533517
59. Donges CE*, **Burd NA***, Duffield R, Smith GC, West DWD, Short MJ, Mackenzie R, Plank LD, Shepherd PR, Phillips SM, Edge JA. Concurrent resistance and aerobic exercise stimulates both myofibrillar and mitochondrial protein synthesis in sedentary overweight middle-aged men. *J Appl Physiol* 2012 Jun; 112(12):1992-2001, PMID:22492939 **designates co-authored manuscripts*

60. Churchward-Venne TA, **Burd NA**, Mitchell MJ, West DWD, Philp A, Marcotte GR, Baker SK, Baar K, Phillips SM. Supplementation of a suboptimal protein dose with leucine or essential amino acids: effects on myofibrillar protein synthesis at rest and following resistance exercise in men. *J Physiol* 2012 Mar 25, PMID:22451437
61. West DW, **Burd NA**, Churchward-Venne TA, Camera DM, Mitchell CJ, Baker SK, Hawley JA, Coffey VG, Phillips SM. Sex-based comparisons of myofibrillar protein synthesis after resistance exercise in the fed state. *J Physiol* 2012 Mar 1, PMID:22383503
62. **Burd NA**, Andrews RJ, West DWD, Little JP, Cochran AJR, Hector AJ, Cashaback JGA, Gibala MJ, Potvin JR, Baker SK, Phillips SM. Muscle time under during resistance exercise stimulates differential muscle protein sub-fractional synthetic responses in men *J Physiol* 2012, Jan 15;590(Pt 2):351-62, PMID:22106173
63. **Burd NA**, Groen BBL, Beelen M, Senden JMG, Gijsen AP, van Loon LJC. The reliability of using the single biopsy approach to assess basal muscle protein synthesis rates *in vivo* in humans. *Metabolism*, 2012 Mar 9;8:15, PMID:22209666
64. Yang Y, Breen L, **Burd NA**, Hector AJ, Churchward-Venne T, Josse AR, Tarnopolsky MA, Phillips SM. Resistance exercise enhances myofibrillar protein synthesis with graded intakes of whey in older men. *Br J Nutr.* 2012 Feb 7:1-9, PMID:22313809
65. **Burd NA**, Yang Y, Moore DR, Tang JE, Tarnopolsky, Phillips SM. Greater stimulation of myofibrillar protein synthesis with ingestion of whey protein isolate versus micellar casein at rest and after resistance exercise in elderly men. *Br J Nutr.* 2012 Jan 31:1-5, PMID:22289570
66. West DWD*, **Burd NA***, Coffey VG, Baker SK, Burke LM, Hawley JA, Moore DR, Stellingwerf T, Phillips SM. Rapid aminoacidemia enhances myofibrillar protein synthesis and anabolic intramuscular signaling responses after resistance exercise. *Am J Clin Nutr.* 2011 Sep;94(3):795-803, PMID:21795443 **designates co-authored manuscripts*
67. **Burd NA**, West DW, Rerecich T, Prior T, Baker SK, Phillips SM. Validation of a single biopsy approach and bolus protein feeding to determine myofibrillar protein synthesis in stable isotope tracer studies in humans. *Nutr Metab (Lond).* 2011 Mar 9;8:15, PMID:21388545
68. **Burd NA**, West DW, Moore DR, Atherton PJ, Staples AW, Prior T, Tang JE, Rennie MJ, Baker SK, Phillips SM. Enhanced Amino Acid Sensitivity of Myofibrillar Protein Synthesis Persists for up to 24 h after Resistance Exercise in Young Men. *J Nutr.* 2011 Apr 1;141(4):568-73, PMID:21289204
69. Coffey VG, Moore DR, **Burd NA**, Rerecich T, Stellingwerff T, Garnham AP, Phillips SM, Hawley JA. Nutrient provision increases signalling and protein synthesis in human skeletal muscle after repeated sprints. *Eur J Appl Physiol.* 2011 Jul; 111(7):1473-83, PMID:21131864
70. Staples AW, **Burd NA**, West DW, Currie KD, Atherton PJ, Moore DR, Rennie MJ, Macdonald MJ, Baker SK, Phillips SM. Carbohydrate Does not Augment Exercise-Induced Protein Accretion versus Protein Alone. *Med Sci Sports Exerc.* 2011 Jul; 43(7):1154-61, PMID:2231864

71. **Burd NA**, West DWD, Staples AW, Atherton PJ, Baker JM, Moore DR, Holwerda AM, Parise G, Rennie MJ, Baker SK, Phillips SM. Low-Load High Volume Resistance Exercise Stimulates Muscle Protein Synthesis More than High-Load Low Volume Resistance Exercise in Young Men. *PLoSOne*. 2010 Aug 9;5(8):e12033, PMID:20711498
72. **Burd NA**, Holwerda AM, Selby KC, West DWD, Staples AW, Cain NE, Cashaback JGA, Potvin JR, Baker SK, Phillips SM. Resistance exercise volume affects myofibrillar protein synthesis and anabolic signalling molecule phosphorylation in young men. *J Physiol*. 2010 Aug 15;588(Pt 16):3119-30, PMID:20581041
73. **Burd NA**, Dickinson JM, Lemoine JK, Carroll CC, Sullivan BE, Haus JM, Jemiolo B, Trappe SW, Hughes GM, Sanders CE Jr, Trappe TA. Effect of a cyclooxygenase-2 inhibitor on postexercise muscle protein synthesis in humans. *Am J Physiol Endocrinol Metab*. 2010 Feb;298(2):E354-61, PMID:19934404
74. West DW, **Burd NA**, Tang JE, Moore DR, Staples AW, Holwerda AM, Baker SK, Phillips SM. Elevations in ostensibly anabolic hormones with resistance exercise enhance neither training-induced muscle hypertrophy nor strength of the elbow flexors. *J Appl Physiol*. 2010 Jan;108(1)60-7, PMID:19910330
75. West, W.D., Kujbida, G.W., Moore, D.R., Atherton P., **Burd, N.A.**, Padzik J.P., De Lisio, M., Tang, J.E., Parise, G., Rennie, M.J., Baker, S.K., Phillips S.M. Resistance exercise-induced increases in putative anabolic hormones do not enhance muscle protein synthesis or intracellular signaling in young men. *J Physiol*. 2009 Nov 1;587 (Pt 21):5239-47, PMID:19736298
76. Moore DR, Tang JE, **Burd NA**, Rerecich T, Tarnopolsky MA, Phillips SM. Differential stimulation of myofibrillar and sarcoplasmic protein synthesis with protein ingestion at rest and after resistance exercise. *J Physiol*. 2009 Feb 15;587(Pt 4):897-904, PMID:19124543
77. Trappe, T.A., **Burd, N.A.**, Louis, E., Lee, G., and Trappe S. Influence of concurrent exercise or nutrition countermeasures on thigh and calf muscle volume and function during 60 d of bedrest in women. *Acta Physiol (oxf)*. 2007 Oct; 191(2):147-59, PMID:17655736
78. Weinheimer, E.M., Jemiolo, B., Carroll, C.C., Harber, M., Haus, J.M., **Burd, N.A.**, LeMoine, J.K., Trappe, S., and Trappe, T.A. Resistance exercise and cyclooxygenase (COX) expression in human skeletal muscle: implications for COX-inhibiting drugs and protein synthesis. *Am J Physiol Integr Comp Physiol*. 2007 Jun;292(6):R2241-8, PMID:17322116

Reviews (Peer-reviewed)

1. Paulussen, K. J., McKenna, C. F., Beals, J. W., Salvador, A. F., Wilund, K. R., & **Burd, N. A.** (in press). Anabolic resistance of muscle protein turnover comes in various shapes and sizes. *Frontiers in nutrition*. <https://doi:10.3389/fnut.2021.615849>
2. Askow AT, McKenna CF, Box AG, Khan NA, Petruzzello SJ, De Lisio M, Phillips SM, **Burd NA**. Of Sound Mind and Body: Exploring the Diet-Strength Interaction in Healthy Aging. *Front Nutr*. 2020 Aug 28;7:145. doi: 10.3389/fnut.2020.00145. eCollection 2020. PMID: 32984401

3. Ancu O, Mickute M, Guess ND, Hurren NM, **Burd NA**, Mackenzie RWA. Does high dietary protein intake contribute to the increased risk of developing prediabetes and type 2 diabetes? *Appl Physiol Nutr Metab.* 2020 Aug 5. doi: 10.1139/apnm-2020-0396. PMID: 32755490
4. Barclay RD, **Burd NA**, Tyler C, Tillin NA, Mackenzie RW. The Role of the IGF-1 Signaling Cascade in Muscle Protein Synthesis and Anabolic Resistance in Aging Skeletal Muscle. *Front Nutr.* 2019 Sep 10;6:146. doi: 10.3389/fnut.2019.00146. eCollection 2019. Review.
5. Hodson N, West DWD, Philp A, Burd NA, Moore DR. (2019). Molecular regulation of human skeletal muscle protein synthesis to exercise and nutrients: a compass for overcoming age-related anabolic resistance. *Am J Physiol Cell Physiol.* doi: 10.1152/ajpcell.00209.2019. PMID: 31461340
6. Beals, J.W., **Burd, N.A.**, Moore, D.R., and van Vliet, S. (2019). Obesity Alters the Muscle Protein Synthetic Response to Nutrition and Exercise. *Frontiers in Nutrition.* 6(87). doi: 10.3389/fnut.2019.00087. PMID: 31263701
7. **Burd, N.A.**, McKenna, C.F., Salvador, A.F., Paulussen, K.J.M., and Moore, D.R. (2019). Dietary Protein Quantity, Quality, and Exercise Are Key to Healthy Living: A Muscle-Centric Perspective Across the Lifespan. *Frontiers in Nutrition.* 6(83). doi: 10.3389/fnut.2019.00083. PMID: 31245378
8. McKenna CF, Salvador AF, Hendriks FK, Harris APY, van Loon LJC, **Burd NA**. Exercising to offset muscle mass loss in hemodialysis patients: The disconnect between intention and intervention. *Semin Dial.* 2019 Mar 22. doi: 10.1111/sdi.12805. PMID: 30903629
9. **Burd NA**, Beals JW, Martinez IG, Salvador AF, Skinner SK. Food-First Approach to Enhance the Regulation of Post-exercise Skeletal Muscle Protein Synthesis and Remodeling. *Sports Med.* 2019 Feb;49(Suppl 1):59-68. doi: 10.1007/s40279-018-1009-y. Review. PMID: 30671904
10. Van Vliet SV, Beals JW, Martinez IG, Skinner SK, **Burd NA**. Achieving Optimal Post-Exercise Muscle Protein Remodeling in Physically Active Adults through Whole Food Consumption. *Nutrients.* 2018 Feb 16;10(2). pii: E224. doi: 10.3390/nu10020224. Review. PMID: 29462924
11. **Burd NA**, De Lisio M. Skeletal Muscle Remodeling: Interconnections Between Stem Cells and Protein Turnover. *Exerc Sport Sci Rev.* 2017, PMID: 28419002
12. van Vliet S, **Burd NA**, van Loon LJ. The skeletal muscle anabolic response to plant versus animal-based protein consumption. *J. Nutr.* 2015, PMID:26224750
13. **Burd NA**, Tardif N, Rooyackers O, van Loon LJC. Optimizing the measurement of mitochondrial protein synthesis in human skeletal muscle. *Applied Physiology, Nutrition, and Metabolism.* 2015 Jan;40(1): 1-9, PMID:25494678
14. Trommelen J, van Vliet S, **Burd NA**. Postexercise 'window' of potential for the stimulation of muscle protein synthesis. *AgroFOOD Industry Vol 24(5) Sept-Oct 2013*
15. **Burd NA**, Gorissen SH, van Loon LJC. Anabolic resistance of muscle protein synthesis with aging. *Exerc Sport Sci. Rev.* 2013, PMID:23558692

16. Churchward-Venne TA, **Burd NA**, Phillips SM. Nutritional regulation of muscle protein synthesis with resistance exercise: strategies to enhance anabolism. *Nutr Metab (Lond)*. 2012 May 7;9(1):40, PMID:22594765
17. **Burd NA**, Mitchell CJ, Churchward-Venne TA, Phillips SM. Bigger weights may not beget bigger muscles: Evidence from acute muscle protein synthetic responses after resistance exercise. *Applied Physiology, Nutrition, and Metabolism* 2012 April 26, PMID:22533517
18. **Burd NA** and Phillips SM. Fast whey protein and the leucine trigger affect exercise-induced muscle protein synthesis. *NutraFoods. Special Issue on Whey Proteins*. 2010, 9(4) 7-11
19. West DWD, **Burd NA**, Staples AW, and Phillips SM. Human skeletal muscle hypertrophy is an intrinsic process. *International Journal of Biochemistry and Cell Biology* 2010 Sep;42(9):1371-5, PMID:20541030
20. **Burd NA**, Tang JE, Moore DR, Phillips SM. Exercise training and protein metabolism: influences of contraction, protein intake, and sex-based differences. *J Appl Physiol*. 2009 May 106(5):1692-701, PMID:19036897

Consensus statements (Peer-reviewed)

1. Desbrow B, **Burd NA**, Tarnopolsky M, Moore DR, Elliott-Sale KJ. Nutrition for Special Populations: Young, Female, and Masters Athletes. *Int J Sport Nutr Exerc Metab*. 2019 Jan 11:1-23. doi: 10.1123/ijsnem.2018-0269, PMID: 30632423

Editorials/Perspectives/Letters (Peer-reviewed)

1. McKenna, C. F., Wilund, K. R., & Burd, N. A. (2021). The devil is in the dialysate: A case for high-protein intradialytic nutrition to attenuate loss of skeletal muscle mass. *The American journal of clinical nutrition*, nqab324. Advance online publication. <https://doi.org/10.1093/ajcn/nqab324>
2. Trommelen J, Holwerda AM, Nyakayiru J, Gorissen SHM, Rooyackers O, **Burd NA**, Boirie Y, van Loon LJC. (2019). The intrinsically labeled protein approach is the preferred method to quantify the release of dietary protein-derived amino acids into the circulation. *Am J Physiol Endocrinol Metab*. Sep 1;317(3):E433-E434. doi: 10.1152/ajpendo.00155.2019. PMID: 31423800.
3. **Burd NA**, Beals JW, van Vliet S, van Loon LJC. The postexercise increase in muscle protein synthesis rate is indicative of skeletal muscle reconditioning rather than muscle hypertrophy per se. *J Appl Physiol*. 2015; 118: 498-503 (14)
4. **Burd NA**, Stear SJ, Burke LM, Castell LM. A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance—Part 47. *Br J Sports Med*. 2013; 47(14); 933-4, PMID:23973882
5. Ranchordas MK, **Burd NA**, Godfrey RJ, Senchina DS, Stear SJ, Burke LM, Castell LM. A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance—Part 43. *Br J Sports Med*. 2013; 47 155-156, PMID:23525752

6. **Burd NA**, Moore DR, Mitchell CJ, Phillips SM. Big claims for big weights but with little evidence. *Eur J Appl Physiol* 2012, PMID:23086296
7. **Burd NA**, Wall BT, van Loon LJ. Last word on Viewpoint: The curious case of anabolic resistance: old wives' tales or new fables? 2012 Apr 112(7):1237, PMID:22467757
8. Lee J and **Burd NA**. No role of muscle satellite cells in hypertrophy: Further evidence of a mistaken identity? *J Physiol* 2012, PMID:22707593
9. Ranchordas MK, **Burd NA**, Senchina DS, Burke LM, Stear SJ, Castell LM. A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance—Part 29. *Br J Sports Med.* 2012; 46 155-156
10. **Burd NA**, Wall BT, van Loon LJC. The curious case of anabolic resistance: old wives' tales or new fables? *J Appl Physiol.* 2012 Apr 112(7):1233-5, PMID:22134695
11. **Burd NA**, Jeukendrup A, Reid MB, Burke LM, Stear SJ, Castell LM. A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance—Part 26. *Br J Sports Med.* 2011; 45:1163-1164
12. **Burd NA**, West DW, Camera DM, Breen L. No role for early IGF-1 signalling in stimulating acute 'muscle building' responses. *J Physiol.* 2011 June 1;589(Pt 11):2667-8, PMID:21632529
13. **Burd NA**, West DWD, Churchward-Venne TA, Mitchell CJ. Growing collagen, not muscle, with weightlifting and 'growth' hormone. *J Physiol.* 2010 Feb 1;588(Pt 3):395-6, PMID:20123793
14. Moore DR, **Burd NA**. Exercise intensity matters for both young and old muscles. *J Physiol.* 2009 Feb 1;587(Pt 3):511-2, PMID:190749

Book chapters (Peer-reviewed)

1. **Burd, N.A.**, & Phillips, S.M. (2011). Nutrition for Power and Sprint Training. In S.A. Lanham-New, S.J. Stear, S.M. Shirreffs, & A.L. Collins (Eds.), *Sport and Exercise Nutrition*. Wiley-Blackwell: Oxford, UK.
2. **Burd, N.A.**, & Phillips, S.M. (2012). Protein and Exercise. In C.A. Rosenbloom, & E.J. Coleman (Eds.), *Sports Nutrition: A practice manual for professionals (5th Edition)*. Academy of Nutrition and Dietetics: Chicago, IL
3. **Burd, N.A.** (2015). Methionine. In L.M. Castell, S.J. Stear, & L.M. Burke (Eds.), *Nutritional Supplements in Sport, Exercise, and Health: An A-Z Guide*. Routledge Taylor & Francis Group: New York, NY.
4. **Burd, N.A.** (2015). Peptides. In L.M. Castell, S.J. Stear, & L.M. Burke (Eds.), *Nutritional Supplements in Sport, Exercise, and Health: An A-Z Guide*. Routledge Taylor & Francis Group: New York, NY.

5. **Burd, N.A.** (2015). Phosphatidylserine. In L.M. Castell, S.J. Stear, & L.M. Burke (Eds.), *Nutritional Supplements in Sport, Exercise, and Health: An A-Z Guide*. Routledge Taylor & Francis Group: New York, NY.
6. Van Vliet, S. & **Burd, N.A.** (2015). Protein. In L.M. Castell, S.J. Stear, & L.M. Burke (Eds.), *Nutritional Supplements in Sport, Exercise, and Health: An A-Z Guide*. Routledge Taylor & Francis Group: New York, NY.
7. **Burd, N.A.**, & Cermak, N. (2015). Threonine. In L.M. Castell, S.J. Stear, & L.M. Burke (Eds.), *Nutritional Supplements in Sport, Exercise, and Health: An A-Z Guide*. Routledge Taylor & Francis Group: New York, NY.
8. **Burd, N.A.** (2015). Methionine. In L.M. Castell, S.J. Stear, & L.M. Burke (Eds.), *Nutritional Supplements in Sport, Exercise, and Health: An A-Z Guide*. Routledge Taylor & Francis Group: New York, NY.
9. **Burd, N.A.** (2015). Whey Protein. In L.M. Castell, S.J. Stear, & L.M. Burke (Eds.), *Nutritional Supplements in Sport, Exercise, and Health: An A-Z Guide*. Routledge Taylor & Francis Group: New York, NY.
10. Beals, J.W., Shy, E.L., & **Burd, N.A.** (2017). Interaction between diet and physical activity in older people. In M.M. Raats, L.C.P.G.M. de Groot, D. van Asselt (Eds.), *Food for the Aging Population (2nd edition)*. Woodhead/Elsevier: Duxford, UK
11. **Burd, N.A.**, & Phillips, S.M. (2017). Protein and Exercise. In C.A. Rosenbloom, & E.J. Coleman (Eds.), *Sports Nutrition: A handbook for Professionals (6th Edition)*. Academy of Nutrition and Dietetics: Chicago, IL
12. Martinez, I.G., Skinner, S.K., **Burd, N.A.** (2018). Protein intake for Optimal Sports Performance. In D. Bagchi, S. Nair, C. Sen (Eds.), *Nutrition and Enhanced Sports Performance: Muscle Building, Endurance, and Strength (2nd Edition)*. Elsevier.
13. Martinez, I.G., McKenna, C.F., **Burd, N.A.** (2019). Egg proteins in sport nutrition. In Jianping Wu (Ed.) *Egg as Functional Foods and Nutraceuticals for Human Health*. Royal Society of Chemistry
14. Alamilla, R. A., Paulussen, K.J.M, Askow, A. T., & **Burd, N. A.** (in press). Dietary Approaches to Maintaining Muscle Mass. K. Sakuma (Ed). *Sarcopenia – Molecular Mechanisms and Management Strategies*. Elsevier. Amsterdam, Netherlands.

Selected published abstracts

1. **Burd, N.A.**, Lee, G., Trappe, S., & Trappe, T.A. (2006). Influence of exercise or nutrition countermeasures during 60 d of bedrest in women: Thigh and calf muscle volume. *FASEB J.* 20:LB34.
2. Trappe, T.A., Tesch, P. Alkner, B., **Burd, N.A.**, & Trappe, T.A. (2006). Gender specific changes in muscle mass with long-term bedrest. *FASEB J.* 20:LB34

3. Weinheimer, E. Jemiolo, B., Carroll, C.C., Harber, M.P., Haus, J.M., **Burd, N.A.**, LeMoine, Trappe, S.W., & Trappe, T.A. (2007). Resistance exercise and cyclooxygenase (COX) expression in human skeletal muscle: Implications for COX-inhibiting drugs and protein synthesis. *FASEB J.* 21:A937
4. **Burd, N.A.**, Dickinson, J.M., LeMoine, L.M., Carroll, C.C., Haus, J.M., Sanders, C., & Trappe, T.A. (2008). Consumption of a COX-2 inhibitor stimulates muscle protein synthesis after resistance exercise in humans. *FASEB J.* 22:958.15
5. **Burd, N.A.**, West, D.W., Staples, A.W., Holwerda, A.M., Moore, D.R., Tang, J.E., Baker, S., & Phillips, S.M. (2009). Influence of muscle contraction intensity and fatigue on muscle protein synthesis following resistance exercise. *Med. Sci. Sports Exerc.* 43(5):53-54.
6. **Staples, A.W.**, Sherriffs, S.S., Burd, N.A., West, D.W., Moore, D.R., Tang, J.E., Baker, S.K., & Phillips, S.M. (2009). Muscle protein synthesis is not augmented by protein-carbohydrate co-ingestion at rest or following resistance exercise. *Med. Sci. Sports Exerc.* 41(5):150.
7. **Burd, N.A.**, West, D.W., Staples, A.W., Atherton, P.J., Moore, D.R., Prior, T., Tang, J., Rennie, M.J., Baker, S.K., & Phillips, S.M. (2010). The latent resistance exercise and feeding interaction to stimulate myofibrillar protein synthesis post-exercise is dependent on effort. *Appl Physiol Nutr Metab.* Dec; 35(6): S12.
8. Holwerda, A.M., **Burd, N.A.**, Selby, K.C., West, D.W., Staples, A.W., Cain, N.E., Cashaback, J., Potvin, J.R., Baker, S.K., & Phillips, S.M. (2010). Three sets of resistance exercise elicit a greater elevation in myofibrillar protein synthesis than 1 set of resistance exercise in young men. *Appl Physiol Nutr Metab.* Dec; 35(6): S42.
9. West, D.W., **Burd, N.A.**, Coffey, V.G., Staples, A.W., Baker, S.K., Burke, L.M., Hawley, J.A., & Phillips, S.M. (2010) Bolus protein feeding is more beneficial than pulse feeding for enhancing myofibrillar protein synthesis. *Appl Physiol Nutr Metab.* Dec; 35(6): S109
10. Andrews, R.J., **Burd, N.A.**, Hector, A.J., Baker, S.K., & Phillips, S.M. (2010). Anabolic signaling with low-intensity resistance exercise performed with high and low time under tension in young men. *Appl Physiol Nutr Metab.* Dec; 35(6): S3.
11. **Burd, N.A.**, West, D.W.D., Little, J.P., Gibala, M.J., Baker, S.K., & Phillips, S.M. (2011). Low-intensity resistance exercise stimulates mitochondria protein synthesis and PGC-1 α mRNA expression. *Med. Sci. Sports Exerc.* 43(5, Suppl 1): 41.
12. Camera, D.M., **Burd, N.A.**, Phillips, S.M., Hawley, J.A., & Coffey, V.G. (2011). Effect of muscle glycogen status and nutrition on cell signaling following resistance exercise. *Med. Sci. Sports Exerc.* 43(5):583.
13. Mitchell, C., Churchward-Venne, T., Keegan, S., West, D., **Burd, N.A.**, Baker, S., & Phillips, S.M. (2011). The influence of training load and volume on anabolic signaling and muscle hypertrophy with resistance training. *Med. Sci. Sports Exerc.* 43(5):53-54.
14. **Burd, N.A.**, Wall, B.T., Dirks, M.L., Verdijk, L.B., Snijders, T., Hansen, D., Senden, J.M., Vranckx, P., Dendale, P., & van Loon. L.J. (2012). Neuromuscular electrical stimulation increases muscle protein synthesis rates in type 2 diabetic men. *FASEB J.* 26:1b712

15. Kouw, I.W., Cermak, N.M., **Burd, N.A.**, Gijsen, A.P., van Kranenburg, J., & van Loon, L.J. (2013). Dietary nitrate co-ingestion with protein does not further enhance whole body protein synthesis rates in older, type 2 diabetic men. *Clinical Nutrition*. Vol 32, S4.
16. Kouw, I.W., Gorissen, S.H., **Burd, N.A.**, Cermak, N.M., Gijsen, A.P., & van Loon, L.J. (2014). Postprandial muscle protein synthesis is not impaired in elderly type 2 diabetes patients when compared with healthy age-matched controls. *Clinical Nutrition*. Vol 33, S125.
17. Gorissen, S.H., **Burd, N.A.**, Kramer, I.F., van Kranenburg, J., Gijsen, A.P., & van Loon, L.J. (2014). Fat co-ingestion does not impair postprandial protein digestion and absorption kinetics or whole body net protein balance in elderly males. *Clinical Nutrition*. Vol 33, S124.
18. Gorissen, S.H., Horstman, A.M., Franssen, R., Kouw, I.W., Kramer, I.F., Wall, B.T., **Burd, N.A.**, de Groot, L.C., & van Loon, L.J. (2015). The impact of habitual protein intake on dietary protein digestion and absorption kinetics and postprandial muscle protein synthesis rates in older males. *Clinical Nutrition*. Vol 34, S4.
19. Van Vliet, S., Beals, J.W., Utterback, P.L., Hanna, C.D., Dilger, A.C., Ulanov, A.V., Moore, D.R., Parsons, C.M., & **Burd, N.A.** (2015). The production of intrinsically labelled eggs and poultry meat for use in human metabolic research. *Applied Physiology, Nutrition, and Metabolism*. 40(S1): S1-S69.
20. Parel, J., van Vliet, S., Emmons, R.S., Beals, J.W., van Loon, L.J., Paluska, S.A., De Lisio, M., & **Burd, N.A.** (2015). Protein ingestion does not modulate skeletal muscle LAT1 protein content throughout the postprandial period in healthy young men. *Applied Physiology, Nutrition, and Metabolism*. 40(S1): S1-S69.
21. **Burd, N.A.**, Wall, B.T., Franssen, R., Gorissen, S.H., Snijders, T., & van Loon, L.J. (2015) Protein ingestion before sleep does not modulate postprandial protein handling to the subsequent morning protein meal in young males. *Applied Physiology, Nutrition, and Metabolism*. 40(S1): S1-S69
22. **Burd, N.A.**, Parel, J.T., Mazzulla, M., Sawan, S.A., Beals, J.W., Shy, E.L., van Vliet, S., & Moore, D.R. (2016). Running Induces Gut Injury but Does Not Modulate Postprandial Release of Dietary Protein Derived-amino acids. *Med Sci Sports Exerc*. May;48(5 Suppl 1):442.
23. van Vliet, S., Emmons, R.S., Parel, J.T., Beals, J.W., van Loon, L.J., Paluska, S.A., De Lisio, M., & **Burd, N.A.** (2016). mTOR Activation occurs Independent of Changes in Skeletal Muscle LAT1 Protein Content after Protein Ingestion. *Med Sci Sports Exerc*. May;48(5 Suppl 1):443.
24. Beals, J.W., Sukiennik, R.A., van Vliet, S., Young, J.R., Ulanov, A.V., Li, L., Paluska, S.A., & **Burd, N.A.** (2016). Diminished Postprandial Muscle Protein Synthetic Response to Protein Ingestion in Obese Adults. *Med Sci Sports Exerc*. May;48(5 Suppl 1):5.
25. Skinner, S.K., Beals, J., van Vliet, S. Niemi, G.M., Dilger, A.C., De Lisio, M., Paluska, S., & **Burd, N.A.** (2017). Elevated Muscle Inflammatory Response after Protein-Dense Food Ingestion in Obese Adults. *FASEB J*. April; 31:794.17.

26. **Burd, N.A.**, van Vliet, S., van Loon, L.J.C., Beals, J.W., & Paluska S.A. (2017). Sustained Postprandial Muscle Protein Synthesis Rates after Protein Ingestion in Healthy Young Males. *FASEB J.* April; 31:652.2.
27. Abou Sawan, S., van Vliet, S., Shy, E.L., Beals, J.W., Paluska, S.A., **Burd, N.A.**, & Moore, D.R. (2017). Whole Eggs and Egg Whites Ingestion Induce Similar Increases in Muscle Anabolic Signaling Phosphorylation after Resistance Exercise in Trained Young Men. *FASEB J.* April; 31:1036.15.
28. Moore, D.R., Lysecki, P., Breen, L., **Burd, N.A.**, Smith, K., Atherton, P.J., & Phillips, S.M. (2017). Chronic alterations in blood pH affect fasting-state amino acid oxidation and myofibrillar and albumin protein synthesis in healthy young men. *FASEB J.* April; 31:1036.14.
29. Bailey, M.A., Beals, J.W., Skinner, S.K., Paluska, S.A., **Burd, N.A.**, & Holscher, H.D. (2017). Investigating the links between habitual diet, the gastrointestinal microbiota, and cardiovascular disease risk factors in healthy weight, overweight, and obese men and women. *FASEB J.* April; 31:965.37.
30. Martinez, I.G., van Vliet, S., Shy, E.L., Beals, J.W., Ulanov, A.V., Orlando, M., West, D.W., Moore, D.R., Paluska, S.A., & **Burd, N.A.** (2017). Post-Exercise Consumption of Whole Eggs or Egg Whites Improves Whole Body Leucine Balance but Does Not Differentially Modulate Leucine Kinetics in Resistance-Trained Young Men. *FASEB J.* April; 31:652.4.
31. Beals, J.W., van Vliet, S., Sukiennik, R.A., Young, J.R., Dilger, A.C., Ulanov, A.V., Li, Z., Paluska, S.A., & **Burd, N.A.** (2017). Protein-Dense Whole Food Ingestion Augments Postprandial Mitochondrial Protein Synthesis in Healthy-Weight, Overweight, and Obese Young Adults. *FASEB J.* April; 31:44.8.
32. Van Vliet, S., Shy, E.L., Beals, J.W., Ulanov, A.V., Li, Z., Paluska, S.A., Moore, D.R., & **Burd, N.A.** (2017). Greater Stimulation of Postexercise Muscle Protein Synthesis after Consumption of Whole Eggs versus Egg Whites in Healthy Young Men. *FASEB J.* April; 31:167.7
33. De Lisio, M., Niemi, G.M., Edwards, T., Barfield, J.P., Beals, J.W., Broad, E., Motl, R.W., Newsome, L., **Burd, N.A.**, & Pilutti, L.A. (2017). Progenitor Cell Mobilization Following a Half-Marathon in Elite Wheelchair Athletes. *Med Sci Sports Exerc.* May;49 (5 Suppl):459-460.
34. Barfield, J.P., Edwards, T., Beals, J.W., Niemi, G.M., Broad, E., Motl, R.W., De Lisio, M., Newsome, L., **Burd, N.A.**, & Pilutti, L.A. (2017). Physiological Responses to a Simulated Half-marathon Road-race in Elite Wheelchair Racing Athletes. *Med Sci Sports Exerc.* May;49 (5 Suppl):857-858.
35. Thompson, S. Skinner, S., Edwards, C., Khan, N. **Burd, N.**, & Holscher H. Cross-sectional links between volatile fatty acids and indices of glucose and insulin homeostasis. *The Obesity Society Annual Meeting at ObesityWeek 2017*; November 2, 2017. Washington, DC.
36. Niemi, G. Skinner, S., Walk, A., Edwards, C. Beals, J., Covello, A., Holscher, H., **Burd, N.**, & Khan, N. Oral Glucose Tolerance Is Associated With Behavioral and Neuroelectric Indices of Attention. *The Obesity Society Annual Meeting at ObesityWeek 2017*; November 2, 2017. Washington, DC.

37. **Burd, N.A.**, van Vliet, S., Skinner, S.K., Beals, J.W., Hsin-Yu, F., Ulanov, A.V., Paluska, S.A., & Wilund, K.R. (2018). Dietary amino acid availability and anabolic signaling molecule phosphorylation is blunted in maintenance hemodialysis patients. *Med Sci Sports Exerc.* May;50 (5 S):825.
38. Skinner, S.K., Beals, J.W., van Vliet, S., Parel, J.T., Poozhikunnel, E. Ulanov, A.V., Li, L., Jäger R, Purpura, M., Paluska, S.A., Oliver, J., & **Burd, N.A.** (2018). Muscle protein synthetic responses after low-dose protein ingestion and resistance exercise in older women. *Med Sci Sports Exerc.* May;50 (5 S):750-751.
39. Scaroni, S.E., Skinner, S.K., Beals, J.W., van Vliet, S., Poozhikunnel, E., Jäger R., Purpura, M., Paluska, S.A., Oliver, J., & **Burd, N.A.** (2018). Resistance exercise and low dose protein ingestion augments anabolic signaling mechanisms in older women. *Med Sci Sports Exerc.* May;50 (5S):750.
40. Beals, J.W., Skinner, S.K., van Vliet, S., Martinez, I.G., Poozhikunnel, E.G., Ulanov, A.V., Li, L., Paluska, S.A., & **Burd, N.A.** (2018). Blunted muscle protein synthetic response to feeding and resistance exercise in obese young adults. *Med Sci Sports Exerc.* May;50 (5S):647.
41. Niemi, G.M., Walk, A.M., Edwards, C.G., Bailey, M.A., Skinner, S.K., De Lisio, M., **Burd, N.A.**, Holscher, H.D., & Khan, N. (2018). Chronic systemic inflammation moderates the relationship between adiposity and behavioral and neuroelectric indices of attention. *Med Sci Sports Exerc.* May;50 (5S):756.
42. Salvador, A.F., Skinner, S.K., Beals, J.W., Parel, J., Ulanov, A., Li, L., Paluska, S.A., Oliver, J.M., & **Burd, N.A.** (2018). Myofibrillar protein synthesis to traditional and cluster sets in trained young men and women. *Med Sci Sports Exerc.* May;50 (5S):646.
43. Thompson, S.V., Taylor, A. Han, A., Edwards, C.G., Skinner, S.K., Khan, N., **Burd, N.A.**, O'Brien, W.D., & Holscher, H.D. (2018). Microbial taxa differ by metabolic syndrome and hepatic health status among overweight or obese adults. *Curr Dev Nutr.* (2)11. doi.org/10.1093/cdn/nzy050.
44. Edwards, C., Walk A., Thompson, S., Reeser, G., Erdman, J., **Burd, N.A.**, Holscher, H., & Khan, N. Effects of a 12-week Avocado Randomized-controlled Trial on Cognitive Function and Lutein Status Among Adults with Overweight and Obesity (OR05-01-19), *Current Developments in Nutrition*, Volume 3, Issue Supplement_1, June 2019, nzz029.OR05-01-19, <https://doi.org/10.1093/cdn/nzz029.OR05-01-19>
45. Dinsmoor, A., Thompson, S., Edwards, C., **Burd, N.A.**, Khan, N., Erdman, J., & Holscher, H. Associations Between Serum Lutein and Human Gut Microbiota (P02-004-19), *Current Developments in Nutrition*, Volume 3, Issue Supplement_1, June 2019, nzz029.P02-004-19, <https://doi.org/10.1093/cdn/nzz029.P02-004-19>
46. Hannon, B., Edwards, C., Thompson, S., **Burd, N.A.**, Holscher, H., Teran-Garcia, M., & Khan, N. Genetic Variants in Lipid Metabolism Pathways Interact with Diet to Influence Blood Lipid Concentrations in Adults with Overweight and Obesity (P15-015-19), *Current Developments in Nutrition*, Volume 3, Issue Supplement_1, June 2019, nzz037.P15-015-19, <https://doi.org/10.1093/cdn/nzz037.P15-015-19>

47. Golden, R., Hassevoort, K., Cannavale, C., Edwards, C., Thompson, S., **Burd, N.A.**, Holscher, H., Cohen, N., & Khan, N. Lean Body Mass, but Not Fat Mass, Is Associated with Hippocampal Memory Performance (P14-011-19), *Current Developments in Nutrition*, Volume 3, Issue Supplement_1, June 2019, nzz052.P14-011-19, <https://doi.org/10.1093/cdn/nzz052.P14-011-19>
48. Scaroni, S., Salvador, A., McKenna, C., Alamilla, R., Martinez, I., Cloud, R., Miltko, A., Keeble, A., Paluska, S., Broad, E., & **Burd, N.A.** Gastrointestinal Symptoms Related to Potato Ingestion During Cycling in Trained Athletes (P23-012-19), *Current Developments in Nutrition*, Volume 3, Issue Supplement_1, June 2019, nzz043.P23-012-19, <https://doi.org/10.1093/cdn/nzz043.P23-012-19>
49. Cannavale, C., Bailey, M., Edwards, C., Walk, A., Thompson, S., **Burd, N.A.**, Holscher, H., & Khan, N.A., Interplay Between Systemic Inflammation, Visceral Fat, and Cognitive Control in People with Excess Fat Mass (OR32-06-19), *Current Developments in Nutrition*, Volume 3, Issue Supplement_1, June 2019, nzz052.OR32-06-19, <https://doi.org/10.1093/cdn/nzz052.OR32-06-19>
50. Khan, N., Edwards, C., Thompson, S., Burke, S., Walk, A., Reeser, G., **Burd, N.A.**, & Holscher, H. Effects of Avocado Consumption on Abdominal Adiposity and Glucose Tolerance: Findings from the Persea Americana for Total Health (PATH) Randomized Controlled Trial (P21-005-19), *Current Developments in Nutrition*, Volume 3, Issue Supplement_1, June 2019, nzz041.P21-005-19, <https://doi.org/10.1093/cdn/nzz041.P21-005-19>
51. Alamilla, R. A., McKenna, C. F., Salvador, A. F., Scaroni, S., Martinez, I. G., Beals, J. W., & **Burd, N. A.** (2019). Higher Protein Intake does Not Potentiate Resistance Training-Induced Muscular Adaptations in Middle-aged Adults: 2877: Board #7 May 31 3:15 PM - 5:15 PM. 51(6), 791. doi:10.1249/01.mss.0000562862.73585.43
52. McKenna, C. F., Salvador, A. F., Askow, A. T., Burke, S. S., Paluska, S. A., Oliver, J. M., & **Burd, N. A.** (2019). Anabolic Signaling Phosphorylation Does Not Explain Differential Muscle Protein Synthesis with Intra-Set Rest Manipulation: 315: Board #153 May 29 11:00 AM - 12:30 PM. 51(6), 78. doi:10.1249/01.mss.0000560726.20097.9c
53. Salvador, A. F., McKenna, C. F., Scaroni, S., Alamilla, R. A., Martinez, I. G., Cloud, R., & **Burd, N. A.** (2019). Potato Ingestion as an Effective Race Fuel to Improve Cycling Performance in Trained Cyclists: 541: Board #7 May 29 1:00 PM - 3:00 PM. 51(6), 139. doi:10.1249/01.mss.0000560916.49940.f7
54. Pindus, Dominika M.¹; Edwards, Caitlyn G.¹; Walk, Anne D.²; Thompson, Sharon V.¹; Reeser, Ginger¹; **Burd, Nicholas A.**¹; Holscher, Hannah D.¹; Khan, Naiman A.¹ Accelerometer-measured Sedentary Patterns Are Related To Poorer Inhibitory Control In Obese-middle-aged Adults, *Medicine & Science in Sports & Exercise*: July 2020 - Volume 52 - Issue 7S - p 959 doi: 10.1249/01.mss.0000685984.21261.d9
55. Kim, Jeongwoon¹; McKenna, Colleen F.¹; Salvador, Amadeo F.¹; Scaroni, Susannah E.¹; Cerna, Jonathan¹; Cannavale, Corinne N.¹; Paluska, Scott A. FACSM¹; de Lisio, Michael²; **Burd, Nicholas A.**¹; Khan, Naiman A.¹ Relationships Between Muscular Strength, Cognitive Control, And Hippocampal Dependent Relational Memory Function, *Medicine & Science in Sports & Exercise*: July 2020 - Volume 52 - Issue 7S - p 837 doi: 10.1249/01.mss.0000684548.57159.bd

56. Kevin Paulussen, Amadeo Salvador, Colleen McKenna, Susannah Scaroni, Alexander Ulanov, Zhong Li, Daniel Moore, Scott Paluska, Ryan Dilger, Laura Bauer, **Nicholas Burd**, Effects of Salmon Ingestion on Post-Exercise Muscle Protein Synthesis: Exploration of Whole Protein Foods Versus Isolated Nutrients, *Current Developments in Nutrition*, Volume 4, Issue Supplement_2, June 2020, Page 650, https://doi.org/10.1093/cdn/nzaa049_043
57. Amadeo Salvador, Colleen McKenna, Andrew Askow, Hsin-Yu Fang, Sarah Burke, Alexander Keeble, Rafael Alamilla, Kevin Paulussen, Scott Paluska, **Nicholas Burd**, Resistance Exercise Does Not Up-Regulate YAP Expression in Aged Human Skeletal Muscle, *Current Developments in Nutrition*, Volume 4, Issue Supplement_2, June 2020, Page 656, https://doi.org/10.1093/cdn/nzaa049_049
58. Caitlyn Edwards, Anne Walk, Sharon Thompson, Ginger Reeser, Ryan Dilger, John Erdman Jr., **Nicholas Burd**, Hannah Holscher, Naiman Khan, Dietary Xanthophyll and Choline Intake Interactively Influence Cognitive Flexibility in Middle-Adulthood, *Current Developments in Nutrition*, Volume 4, Issue Supplement_2, June 2020, Page 101, https://doi.org/10.1093/cdn/nzaa041_005
59. Monica Kashi, Caitlyn Edwards, Sharon Thompson, John Erdman Jr., **Nicholas Burd**, Hannah Holscher, Naiman Khan, Differential Relationships Between Serum Xanthophylls and Macular Pigment and Retinal Morphology, *Current Developments in Nutrition*, Volume 4, Issue Supplement_2, June 2020, Page 114, https://doi.org/10.1093/cdn/nzaa041_018
60. Amadeo Salvador, Colleen McKenna, Kevin J.M. Paulussen, Alexander Keeble, Andrew Askow, Susannah Scaroni, Zhong Li, Alexander Ulanov, Scott Paluska, Daniel Moore, Nicholas Burd, Higher Protein Intake Does Not Augment Muscle Protein Synthetic Responses During the Early Stages of Resistance Training in Middle-Aged Adults, *Current Developments in Nutrition*, Volume 5, Issue Supplement_2, June 2021, Page 520, https://doi.org/10.1093/cdn/nzab041_035
61. Colleen McKenna, Amadeo Salvador, Andrew Askow, Kevin J.M. Paulussen, Alexander Keeble, Scott Paluska, Michael De Lisio, Naiman Khan, Nicholas Burd, Higher Protein Intake Does Not Potentiate Skeletal Muscle Vitamin D Receptor, *Current Developments in Nutrition*, Volume 5, Issue Supplement_2, June 2021, Page 512, https://doi.org/10.1093/cdn/nzab041_027
62. Kevin J.M. Paulussen, Andrew Askow, Amadeo Salvador, Colleen McKenna, Susannah Scaroni, Alexander Ulanov, Zhong Li, Daniel Moore, Daniel W.D. West, Scott Paluska, Ryan N. Dilger, Laura Bauer, & **Nicholas Burd**, Leucine Is More Readily Oxidized When Ingested as an Isolated Nutrient versus Incorporated in Its Whole-Food Matrix, *Current Developments in Nutrition*, Volume 5, Issue Supplement_2, June 2021, Page 516, https://doi.org/10.1093/cdn/nzab041_031
63. Fuchs, Cas J.; Hermans, Wesley J.H.; Smeets, Joey S.J.; Senden, Joan M.; van Kranenburg, Janneau; Gorissen, Stefan H.M.; **Burd, Nicholas A.**; Verdijk, Lex B.; van Loon, Luc J.C. Ingesting Raw Eggs To Support Muscle Reconditioning: Did Rocky Get It Right Or Wrong?, *Medicine & Science in Sports & Exercise*: August 2021 - Volume 53 - Issue 8S - p 270 doi: 10.1249/01.mss.0000762220.06410.39

Selected Media Appearances (2013-present)

2021, Guest on *ParaSports Nutrition* with Dr. Liz Broad

2020, Guest on talk show for *Hawksbee and Jacobs* talkSPORT

2020, Research featured in *the Atlantic*. Should I Eat Potatoes While Run?

2018, Research featured in *Men's Health*. Want to Get Ripped? Eat 3 Whole Eggs After Your Workout.

2016, Interview for the *Globe and Mail*. The muscle-building power of milk vs. beef after a workout: which is better?

2015, Video for *Physiology of Sport and Exercise* (6th edition). L.W. Kenny, J.H. Wilmore, & D.L. Costill (Eds.). Leucine

2013, Video for *Nestle Nutrition Institute*. Does chronically consuming protein immediately after exercise actually cause you to get stronger or faster?

UNIVERSITY SERVICE (2013-Present)

Campus, University, and College Committees served.

University of Illinois

Campus Committees

2020	Institutional Biosafety Committee Role: Member
2019-2020	Institutional Review Board-BioMedical (IRB2) Role: Vice Chair
2017-2019	Institutional Review Board-BioMedical (IRB2) Role: Member
2017-present	Exercise is Medicine on Campus (EIM-OC) Role: Committee Chair; founding member; awarded gold level campus, 2018, 2020, 2021
2014, 2016, 2019	UIUC Research Board Grant Reviewer Role: Reviewer

College committees

2015-2016	Search committee , Open-Rank Position, Communication Disorders Related to Head and Neck Cancer
2018-2020	Diversity and Inclusion Committee , KCH member
2019	Applied Health Sciences, Research Space Allocation Committee Role: Committee Chair
2019-2021	Elections and Credentials Role: Committee member

2019-2020 **Applied Health Sciences, Strategic Planning Committee**

2020-present **CHAD senior faculty committee, member**

2021- **AHS Educational Policy committee, member**

Departmental committees

2016-2017 **Search committee, Assistant Professor in Exercise Physiology**

2017-2018 **Search committee, Assistant/Associate Professor in Exercise Psychology**

2019-2020 **Search committee, Assistant Professor in Exercise Physiology Microbiome**

2020-present **DNS Student Annual Reviews Committee, member**

2020 **Educational policy committee, member**

2020-present **Faculty advisory committee, member**

Departmental Task Forces

2021 **Undergraduate Curriculum Review Task Force, member**

2021 **Restructuring Task Force, member**

Departmental Administrative Roles

2020- **Exercise Physiology area coordinator**

PROFESSIONAL & PUBLIC SERVICE

National Peer Review Committees

2015-present **American College of Sports Medicine, Grant Review Committee**

2018, 2021 **American Society of Nutrition, Peter J. Reeds Memorial Young Investigator Award, Award Jury**

2020 **Panel Member, 2020 Congressionally Directed Medical Research Programs (CDMRP), Peer Reviewed Medical Research Program (PRMRP), Focused Program Award**

Editorial Board

2015-2017 **BMC Nutrition – Associate editor**

2017-present **Frontiers Nutrition—Review editor**

Manuscript Review (Ad-hoc)

The Journal of Physiology; The Journal of Applied Physiology; American Journal of Physiology: Endocrinology & Metabolism; American Journal of Physiology: Regulatory, Integrative, and Comparative Physiology; Clinical Nutrition; Medicine and Science in Sports and Exercise; Scandinavian Journal of Medicine & Science in Sports; International Journal of Sport Nutrition and Exercise Metabolism; Journal of Sport Sciences; Nutrition & Metabolism; Nutrition Research; British Journal of Nutrition; Medicina Sportiva; American Journal of Clinical Nutrition; PlosOne; Experimental Gerontology; Sports Medicine Exercise and Sport Sciences Reviews; Applied Physiology, Nutrition, and Metabolism; Physiological Reports; Journal of Strength and Conditioning Research; Amino Acids; Journal of Musculoskeletal & Neuronal Interactions; Nutrients; Food Research International; Frontiers in Physiology; Obesity Journal; Frontiers in Nutrition

Public Service

2018-present	Director, Human Performance Testing
2018	Strength Summit, Steering committee
2018	NASA Sports Nutrition and Sports in Space (with Bruce W. Fouke)
2018, 2019	Christie Clinic Illinois Marathon Runner's Symposium
2018, 2019	EIM-OC sponsored event: Illini Veterans Memorial 5K
2017, 2018	Wellness on Wheels: Health promotion outreach
2017	Kinesiology Student Association (KSA): Health promotion outreach

INVITED SPEAKER (Selected presentations)

2022	“Food based recommendations to optimize the muscle adaptive response” In Muscle Health Research Centre, York University. March 4, 2022
2021	“Food matrix effects on protein nutrition and the implications for athletes” In Dairy Council Northern Ireland sponsored Performance Nutrition Seminar. November 10, 2021. “The potential anabolic action of the food matrix”. Washington State University, In Nutrition and Exercise Physiology Graduate Seminar. September 22, 2021 “The role of isolated protein supplements as contributors to anabolic fueling strategies”. In National Dairy Council sponsored Expert Session. June 22, 2021.
2020	“Defining strength: Exploring the evidence for strength as a measure of health across the lifespan. NCBA webinar. November 19, 2020. “The food matrix and its potential to optimize the regulation of skeletal muscle mass”. Purdue University Interdepartmental Nutrition Program (INP). Virtual. October 23 rd 2020. *nominated invited speaker by graduate students “Strong is the new healthy: exploring the evidence for strength as a measure of health” Food & Nutrition Conference & Expo (FNCE). Virtual. October 20 th 2020. “Stimulating skeletal muscle protein synthesis: Is the quality of isolated protein important when it is ingested with other nutrients?” Physiological Society (Human, Environmental, & Exercise Physiology) sponsored webinar. September 8, 2020.

- “How potato consumption can contribute to human nutrition and improve athletic performance”. Research Chefs Association (RCA) Powered up. Webinar: Plant-Powered Performance: Innovation with Functional Potato Ingredients. June 10, 2020.
- 2019 “A shift to a holistic viewpoint to optimize dietary protein & exercise interactions”. Nutrition & Exercise Interactions—what we currently know conference. London, England. December 13, 2019.
- “Optimizing protein intake: Whole protein vs. amino acids. GSSI-Pre-Con/Collegiate & Professional Sports Dietitians Association (CSPDA) Annual conference. Grapevine, Texas. May 20, 2019.
- “Adopting a food first approach to optimize protein intakes for athletes and other physically active adults” Texas Chapter, American College of Sports Medicine (ACSM). Fort Worth, Texas. March 1, 2019.
- “Optimizing protein intake for athletes using whole foods”. NFL Combine: Sports RD day Fueled by Gatorade. Gatorade/Collegiate Sports Dietitian Association. Indianapolis, Indiana. February 27, 2019
- “Optimizing protein intake for athletes using whole foods”. NFL Combine: Strength Coaches Education Event. Gatorade/Professional Football Strength & Conditioning Coaches Association. Indianapolis, Indiana. February 26, 2019
- “Carbohydrate ingestion and its role in performance nutrition”. Alliance for Potato Research & Education (APRE) Board Meeting. Austin, Texas. January 9, 2019.
- 2018 “Regulation of skeletal muscle mass *in vivo* in humans”. Human Subjects Research Conference. Urbana, IL. November 09, 2018.
- “Protein” Gatorade Sports Science Institute’s Sports Nutrition Preconference to ACSM-Recent Advances in Sports Nutrition: Re-Visiting the Basics. Minneapolis, Minnesota. May 29th, 2018.
- 2017 “Recent concepts related to dietary protein sources in optimizing protein intakes for athletes”. Gatorade Sports Institute (GSSI) Expert Panel. Sarasota, Florida. October 18th, 2017.
- “Physiological demands on the tactical population from early to mid-career”. NSCA tactical strength and conditioning (TSAC) Leadership course. Colorado Springs, Colorado. October 11th, 2017.
- “Maximizing protein in the diet with exercise” UIUC DNS Nutrition Symposium 2017. Faculty Mini-Symposium: Protein in the Modern World. April 19, 2017
- 2016 “Protein dense food consumption for skeletal muscle remodeling, and effect of adiposity”. National Pork Board meeting. St. Louis, Missouri. July 27, 2016
- “Muscle protein synthesis: does protein and peptide intake matter, and is there a difference between proteins?”, The Marine Proteins and Peptides Symposium. Alesund, Norway, April 2016

- 2015 “Impact of protein ingestion on dietary protein digestion and absorption kinetics and postprandial muscle protein synthesis rates in healthy weight and obese adults”, Obesity week 2015, Young Investigator Challenge Competition. Los Angeles California, November, 2015
- “Strategies to maximize skeletal muscle mass” Midwest University. May 20, 2015. Phoenix, AZ, USA
- 2014 “Maximizing muscle mass with postexercise protein intake” Experimental Biology (EB), San Diego, CA, USA
- 2013 “The ups and downs of muscle protein turnover: the role of food and exercise” University of Illinois at Urbana-Champaign. Nov 6 2013; Urbana, Illinois, USA
- “The role of dietary protein in the regulation of muscle mass” University of Illinois at Chicago. Oct 18 2013; Chicago, Illinois, USA
- “Does chronically consuming protein immediately after exercise actually cause you to get strong (resistance training) or faster (endurance training)?” American College of Sports Medicine (ACSM). May 28-June 1, 2013; Indianapolis, Indiana USA
- “The effect of resistive exercise on muscle carbohydrate and protein metabolism. In symposium: “Acute and chronic responses to concentric and eccentric exercise”. American College of Sports Medicine (ACSM). May 28-June 1, 2013; Indianapolis, Indiana USA
- “Contraction induced changes in muscle protein synthesis—Does exercise load matter?” In symposium: “Sensing the tension: Identifying Mechanotransducers that Regulate Muscle Growth”. American College of Sports Medicine (ACSM). May 28-June 1, 2013; Indianapolis, Indiana USA
- “Protein intake – before, during, or after to enhance endurance and strength training adaptations” Danish Sports Medicine Congress. Invited lecture. Jan 31 – Feb 2, 2013; Kolding, Denmark
- 2012 “Protein and recovery from exercise – Are guidelines the same for all sorts of exercise?” American College of Sports Medicine (ACSM), invited lecture. May 30 2012, San Francisco, California USA
- “Contractile and nutritional modulation of human skeletal muscle protein synthesis” In the masterclass for Prof. dr. Alfred Goldberg, Striated muscle plasticity and metabolism in health and disease, Maastricht University, January 16, 2012, Maastricht, Netherlands
- 2009 “Impact of resistance exercise intensity on human skeletal muscle protein synthesis.” Department of kinesiology seminar, McMaster University, October 22, 2009, Hamilton, ON, CA
- “Impact of resistance exercise intensity and anabolic hormones on human skeletal muscle protein turnover” Department of Sport & Exercise Science Research seminar, University of Auckland, Tamaki Campus, October 9 2009, Auckland, NZ
- “Scientific update related to resistance exercise intensity and protein dose effects on human skeletal muscle”. Sobre Entrenamiento Group Symposium. Online symposium. June 15, 2009

FUNDING

Ongoing Research Support

NIH RO1 (Role: Co-I; PI: Neha Gothe). Yoga, Aerobic, and stretching exercise effects on neurocognitive performance: a randomized controlled trial. Awarded: \$3,584,875

Dairy Management Inc, Primary Investigator: “Dairy food consumption and its effects on inflammation and the postprandial regulation of muscle protein synthesis” Awarded: \$460,293 (July 2019- June 2021)

North Dakota Beef Commission, Primary Investigator: “Defining beef and meal frequency as key components of a healthy eating pattern for muscle health and well-being”. Awarded: \$179,024 (Aug 2020- June 2022)

UIUC Research Board, Primary Investigator: “Exercise regulation of muscle protein synthesis in hemodialysis patients”. Awarded: \$25,000 (October 2018 – 2021)

Almond Board of California. (Role: Co-I; PI: Hannah Holscher). Effects of almond consumption on the gastrointestinal microbiota and postprandial glucose handling in adults with overweight obesity. Awarded: \$409,086 (Nov 11, 2019 – 2021).

USDA NIFA (Role: Co-I; PI: Hannah Holscher). Walnuts, the human gastrointestinal microbiome, and metabolic health. Awarded: \$500,000 (Aug 2020- 2023).

Office of Research, College of ACES, University of Illinois. (Role: Co-I; PI: Juan Loor). A systems approach to define biological pathways utilizing methyl groups from methionine and choline in dairy cattle. Awarded: \$50,000 (March 2020 – 2021).

Renal Research Institute. (Role: Co-I; PI: Ken Wilund). Exercise intervention to restore sodium-potassium pump capacity and reduce sodium deposition in skeletal muscle in hemodialysis patients.

Industrial-sponsored clinical trials

Monster Energy, Dietary supplement and resistance training. Awarded: \$460,000 (Sept 2020 – Aug 2021).

BIO-CAT, Dietary supplement ingestion and aminoacidemia. Awarded: \$145,000 (Feb 2021 to Sept 2022).

BIO-CAT, A Randomized, Double-blind, Placebo-Controlled, Crossover Study to Investigate the Effects of Microbial Enzyme Supplementation on Postprandial Nutrient Levels and Gastrointestinal Symptoms in Healthy. Awarded: \$253,720.00 (Sept 2021 – March 2023)

Completed Research Support

North Dakota Beef Commission, Co-PI with Hannah Holscher: “Delineating the influence of the gut microbiota on the impact of regular beef consumption on training induced gains in muscle strength and performance in healthy adults.” Awarded: \$39,219 (July 2019 – May 2020).

USDA Hatch program, Primary Investigator: “Food first approach to stimulate muscle protein synthesis in healthy adults” Awarded: \$20,000 (September 2018 – 2020).

National Cattleman’s Association, Primary Investigator (with Naiman Khan & Steven Petruzzello): “The role of beef ingestion in supporting exercise-derived benefits for the muscle-brain interconnect”

Awarded: \$74,187 USD (July 2018 – June 2019)

Alliance for Potato Research & Education (APRE), Primary Investigator: “Ingestion of potatoes as a nutritional strategy to improve cycling time-trial performance in endurance trained cyclist”

Awarded: \$90,378 USD (Sept 2017 – Feb 2019)

Worlds Greatest Ingredients LP, Primary Investigator: “Anabolic action of peptides” Requested: \$94,233

Japan *Curves*, Co-Primary Investigator: “Nutritional strategies to augment the postprandial muscle protein synthetic response to the ingestion of a low dose of protein in older women”

Awarded: \$200,000 USD (June 2016-September 2019).

BiRimingham-Illinois Partnership for Discovery, EnGagement, and Education (BRIDGE) Seed Grant, Co-PI (with Leigh Breen): “Identifying the human protein turnover signature associated with exercise and inactivity by the use of dynamic proteomics”.

Awarded: \$9,000 USD (UIUC); £8500 (UoB) (June 2017 – May 2018)

National Cattleman’s Association, Primary Investigator: “The influence of regular beef consumption and protein density of the diet on training induced gains in muscle strength and performance in healthy adults”,

Awarded: \$253,626 USD (July 2016-November 2018).

Hass Avocado Board, Co-Investigator: “Investigating the Effects of Avocado Intake on Metabolic and Cognitive Health: A Systems Approach”.

Awarded: \$887,221 USD (December 2015 – December 2018)

National Pork Board, Primary Investigator: “Effect of pork ingestion on postprandial mitochondrial protein synthesis and inflammation in healthy weight, overweight, and obese adults”,

Awarded: \$42,348 USD (May 2016 - April 2017).

UIUC Division of Nutritional Sciences, Primary Investigator: “Whole egg versus egg white consumption on postprandial protein handling *in vivo* in humans”

Awarded: \$20,000 USD (Oct 2015 – Oct 2017)

Division of Nutritional Sciences Vision 20/20 research program award, Co-Investigator: “The effects of overweight/obesity and acute dietary protein ingestion on muscle stem cell function”.

Awarded: \$22,500 USD (Oct 2014 – Oct 2016) - completed

National Pork Board, Primary Investigator: “Postprandial muscle protein synthetic response after high quality pork consumption in lean, overweight, and obese adults”.

Awarded: \$135,400 USD (Oct 2014 – Oct 2016) - completed

UIUC Center on Health, Aging, and Disability, Primary Investigator: “Protein ingestion after endurance exercise for muscle mass maintenance and metabolic health”

Awarded: \$20,000 USD - completed

University of Toronto Faculty of Kinesiology and Physical Education Research Grant, Co-Investigator: “Development of intrinsically-labeled egg proteins for the study of human protein metabolism”.

Awarded: \$5,000 CAD - completed

UIUC Research Board, Primary Investigator: “The time-dependent measurement of postprandial muscle protein synthesis rates by the use of doubly labeled milk proteins in humans”
Awarded: \$30,000 USD - completed

Graduate Student Fellowships/Grants

ACSM World Athletics Research Grant, Amadeo Salvador, KCH graduate student: “Identifying the ideal carbohydrate intake dose for wheelchair marathoners”
Awarded: \$5,000 USD

CAPES Foundation (Ministry of Education of Brazil), Amadeo Salvador, KCH graduate student: “Effect of the protein density of the diet on the skeletal muscle adaptive response to resistance exercise training”
Awarded: \$200,000 USD

Egg Nutrition Center/American Egg Board, Stephan van Vliet, KCH graduate student: “Nutritional strategies to support skeletal muscle mass maintenance with advancing age”
Awarded: \$20,000 USD - Completed

ACSM Foundation Doctoral Student Grant, Joseph Beals, DNS graduate student: “Resistance exercise as a strategy to enhance basal and postprandial muscle protein synthesis in obese adults”
Awarded: \$5,000 USD - Completed

European Society for clinical nutrition and metabolism (ESPEN), Stephan van Vliet, KCH graduate student: “Protein ingestion as a strategy to enhance muscle protein anabolism in hemodialysis patients”
Awarded: €50,000 - Completed

ACSM Foundation Doctoral Student Grant, Stephan van Vliet, KCH graduate student: “Intrinsically labeled egg protein for the in vivo measurement of human protein metabolism”
Awarded: \$5,000 USD-Completed

Kraft Human Nutrition Fellowship (2014), Joseph Beals, DNS graduate student
Awarded: \$20,810

AWARDS & RECOGNITION

2011	ACSM Charles M. Tipton National Student Research Award
2010	The Physiological Society Travel Grant. 2010 Awarded: £ 500
2010	McMaster University School of Graduate Studies International Excellence Award Awarded: \$10,000 CAD
Fall 2013	University of Illinois List of Teachers Ranked as Excellent by Their Students
2015	The American Society for Nutrition (ASN) Peter J. Reeds Young Investigator Award
Fall 2015	University of Illinois List of Teachers Ranked as Excellent by Their Students
Spring 2016	University of Illinois List of Teachers Ranked as Excellent by Their Students
2016	NIH Loan Repayment Program
Spring 2017	University of Illinois List of Teachers Ranked as Excellent by Their Students
Fall 2017	University of Illinois List of Teachers Ranked as Excellent by Their Students
2018	NIH Loan Repayment Program (renewal)
Spring 2018	University of Illinois List of Teachers Ranked as Excellent by Their Students
Fall 2018	University of Illinois List of Teachers Ranked as Excellent by Their Students

2019 AHS Excellence in Undergraduate Teaching Award—Faculty
Spring 2020 University of Illinois List of Teachers Ranked as Excellent by Their Students
Fall 2020 University of Illinois List of Teachers Ranked as Excellent by Their Students

ASSOCIATION MEMBERSHIPS

American Society for Nutrition
American College of Sports Medicine