

## ZACH CONRAD, PhD, MPH

### Assistant Professor

Department of Kinesiology, William & Mary, Williamsburg, VA

Faculty Affiliate, Global Research Institute

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Nutritional epidemiologist and food systems scientist evaluating the complex relationships between diet quality, health outcomes, environmental sustainability, and affordability.

*Epidemiologic modeling • Food system modeling • Diet pattern analysis • Survival analysis • Complex survey data analysis • Stata • ArcGIS*

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### Current Positions

**Assistant Professor** – Human Nutrition Aug 2019-Present  
Department of Kinesiology  
College of Arts & Sciences  
William & Mary, Williamsburg, VA

**Faculty Affiliate** Feb 2021-Present  
Global Research Institute  
William & Mary, Williamsburg, VA

### Education and Training

**Postdoctoral Research Scientist** Aug 2016-June 2019  
Human Nutrition Research Center, Grand Forks, ND  
US Department of Agriculture, Agricultural Research Service  
Nutritional Epidemiology and Behavioral Sciences

**Postdoctoral Scholar** Aug 2015-July 2016  
Friedman School of Nutrition Science and Policy  
Tufts University, Boston, MA  
Nutritional Epidemiology

**PhD** – Nutrition 2015  
Friedman School of Nutrition Science and Policy  
Tufts University, Boston, MA

**Master of Science** – Food Systems and Public Health 2010  
Friedman School of Nutrition Science and Policy  
Tufts University, Boston, MA

**Master of Public Health** – Nutrition 2010  
School of Medicine  
Tufts University, Boston, MA

**Bachelor of Arts** – Biology and Anthropology (Honors) 2007  
Food Systems and Human Health  
Trent University, Peterborough, Ontario, Canada

### Peer-reviewed Publications

51 total, 24 first author (\* indicates current or former student co-author)

51. Basak Tukun, Avonti; Rowe, Sarah;\* Johnson, LuAnn K; Love, David C; Belury, Martha; **Conrad, Zach**. (2023). Micronutrient intake from three popular diet patterns in the United States: modeled replacement of foods highest in added sugar and sodium using the National Health and Nutrition Examination Survey, 2005-2018. *Frontiers in Nutrition*, 10: 1217774.

50. **Conrad, Zach**; Drewnowski, Adam; Love, David C. (2023). Greater adherence to the Dietary Guidelines for Americans is associated with lower diet-related greenhouse gas emissions but higher costs. *Frontiers in Nutrition*, 10: 1220016.
49. **Conrad, Zach**; Drewnowski, Adam; Belury, Martha A; Love, David C. (2023). Greenhouse gas emissions, cost, and diet quality of specific diet patterns in the United States. *American Journal of Clinical Nutrition*, 117: 1186-1194.
48. Dustin, Dakota; Kowalski, Corina\*; Salesses, Meredith\*; McDowell, Acree\*; Kris-Etherton, Penny; Belury, Martha; **Conrad, Zach**. (2023). Carbohydrate intakes below recommendations with a high intake of fat are associated with higher prevalence of metabolic syndrome. *Journal of the Academy of Nutrition and Dietetics*, 123: 1022-1032.
47. Love, David C.; Asche, Frank; Gephart, Jessica A; Zhu, Jiafeng; Garlock, Taryn; Stoll, Joshua S.; Anderson, James; **Conrad, Zach**; Nussbaumer, Elizabeth M; Thorne-Lyman, Andrew L; Bloem, Martin W. (2023). Identifying opportunities for aligning production and consumption in United States fisheries by considering seasonality. *Reviews in Fisheries Science and Aquaculture*, 31: 259-273.
46. Kowalski, Corina\*; Dustin, Dakota; Johnson, LuAnn K.; Belury, Martha; **Conrad, Zach**. (2022). Fat intake modifies the association between restricted carbohydrate diets and prevalent cardiometabolic diseases among adults in the United States: National Health and Nutrition Examination Survey, 1999-2018. *Current Developments in Nutrition*, 7: 100019.
45. Rowe, Sarah\*; Tukun, Avonti Basak; Johnson, LuAnn K.; Love, David C; Belury, Martha A; **Conrad, Zach**. (2022). Consumption of key food groups by individuals consuming popular diet patterns: mixed effects of replacing foods high in added sugar, sodium, saturated fat, and refined grains. *Nutrients*, 14: 5226.
44. **Conrad, Zach**; Kowalski, Corina\*; Dustin, Dakota; Johnson, LuAnn K; McDowell, Acree\*; Salesses, Meredith\*; Nance, Julie; Belury, Martha A. (2022). Quality of popular diet patterns in the United States: evaluating the effect of substitutions for foods high in added sugar, sodium, saturated fat, and refined grains. *Current Developments in Nutrition*, 6: nzac119.
43. **Conrad, Zach**; Cyril, Ashley\*; Kowalski, Corina\*; Jackson, Erin; Hendrickx, Brittany\*; Lan, Jessie Jie; McDowell, Acree\*; Salesses, Meredith\*; Love, David C; Wiipongwii, Troy; Zhang, Fang Fang; Blackstone, Nicole Tichenor. (2022). Diet sustainability analyses can be improved with updates to the Food Commodity Intake Database. *Frontiers in Nutrition*, 9: 868485.
42. Love, David C; Thorne-Lyman, Andrew L; **Conrad, Zach**; Gephart, Jessica A; Asche, Frank; Godo-Solo, Dakoury; McDowell, Acree\*; Nussbaumer, Elizabeth M; Bloem, Martin W (2022). Affordability influences nutritional quality of seafood consumption among income and race/ethnicity groups in the United States. *American Journal of Clinical Nutrition*, 4: 415-425.
41. Belury, Martha; Raatz, Susan; **Conrad, Zach**. (2022). Modeled substitution of traditional oils with high oleic acid oils decreases essential fatty acid intake in children. *American Journal of Clinical Nutrition*, 115: 1180-1188.
40. Love, David C; Ashe, Frank; Young, Ruth; Nussbaumer, Elizabeth M.; Anderson, James L.; Botta, Robert; **Conrad, Zach**; Froehlich, Halley E.; Garlock, Taryn M.; Gephart, Jessica A.; Ropicki, Andrew; Stoll, Joshua S.; Thorne-Lyman, Andrew L. (2022). An overview of retail sales of seafood in the United States, 2017-2019. *Reviews in Fisheries Science and Aquaculture*, 30: 259-270.

39. **Conrad, Zach**; Stern, Alexandra; Love, David C; Salesses, Meredith\*; Cyril, Ashley\*; McDowell, Acree\*; Blackstone, Nicole Tichenor Blackstone. (2021). Data integration for diet sustainability analyses. *Sustainability*, 13: 8082.
38. **Conrad, Zach**; Reinhardt, Sarah; Boehm, Rebecca; McDowell, Acree\*. (2021). Higher diet quality is associated with higher diet costs when eating at home and away from home: National Health and Nutrition Examination Survey, 2005-2016. *Public Health Nutrition*, 24: 5047-5057.
37. **Conrad, Zach**; Hatfield, Daniel P.; Hennessy, Erin; Maneval, Elizabeth\*; Ty, Esther\*; Pankey, Christopher. (2021). Evaluating moderation of parent-teen overweight/obesity relationship by household socioeconomic status. *Current Developments in Nutrition*, 5: nzab030.
36. **Conrad, Zach**; Blackstone, Nicole Tichenor. (2021). Identifying the links between consumer food waste, nutrition, and environmental sustainability: a narrative review. *Nutrition Reviews*, 79: 301-314. (Invited review).
35. **Conrad, Zach**; Reinhardt, Sarah; McDowell, Acree\*; Nance, Julie. (2021). Reducing food waste and saving money: a guide for nutritionists. *Nutrition Today*, 56: 33-38.
34. **Conrad, Zach**; Blackstone, Nicole Tichenor; Roy, Eric. (2020). Healthy diets can create environmental tradeoffs, depending on how diet quality is measured. *Nutrition Journal*, 19: 117.
33. Love, David C.; Asche, Frank; **Conrad, Zach**; Young, Ruth; Harding, Jamie; Neff, Roni. (2020). Food sources and expenditures for seafood in the United States. *Nutrients*, 12: 1810.
32. Casperson, Shanon; **Conrad, Zach**; Raatz, Susan; Jahns, Lisa; Roemmich, James N.; Picklo, Matthew J. (2020). Impact of beef consumption on saturated fat intake in the United States adult population: insights from modeling the influence of bovine genetics and nutrition. *Meat Science*, 169: 108225.
31. **Conrad, Zach**. (2020). Daily cost of consumer food waste, inedible portions, and consumed food in the United States, 2001-2016. *Nutrition Journal*, 19:35.
30. Blackstone, Nicole Tichenor; **Conrad, Zach**. (2020) Aligning the recommended eating patterns from the EAT-Lancet commission and Dietary Guidelines for Americans: Implications for food system analyses and sustainable nutrition. *Current Developments in Nutrition*, 4:1-5.
29. **Conrad, Zach**. (2020). Food waste, healthy diets, and environmental sustainability: a guide for nutritionists. *Nutrition Today*, 55:5-10 (cover article, invited review).
28. Jahns, Lisa; Johnson, LuAnn K.; **Conrad, Zach**; Bukowski, Michael; Raatz, Susan; Jilcott Pitts, Stephanie; Wang, Youfa; Ermakov, Igor; Gellermann, Werner. (2019). Concurrent validity of skin carotenoid status as a concentration biomarker of vegetable and fruit intake compared to multiple 24-hour recalls and plasma carotenoid concentrations across one year: a cohort study. *Nutrition Journal*, 18:78-76.
27. **Conrad, Zach**; Johnson, LuAnn K.; Jahns, Lisa; Roemmich, James N. (2019). Food price elasticity by status of participation in federal food assistance programs: a laboratory-based grocery store study. *Current Developments in Nutrition*, 2:4.
26. Finley, John W.; Jaacks, Lindsay, M.; Peters, Christian J.; Ort, Donald R.; Aimone, Ashley M.; **Conrad, Zach**. Raiten, Daniel J. (2019). Understanding the intersection of climate/environmental change,

- health, agriculture, and improved nutrition – a case study: Type 2 diabetes. *Advances in Nutrition*, 10:731-738.
25. **Conrad, Zach**; Thomson, Jessica; Jahns, Lisa. (2018). Prospective analysis of vegetable amount and variety on the risk of all-cause and cause-specific mortality among US adults from 1999-2011. *Nutrients*, 10:1377.
  24. **Conrad, Zach**; Raatz, Susan; Jahns, Lisa. (2018). Greater vegetable variety and amount are associated with lower prevalence of coronary heart disease: National Health and Nutrition Examination Survey, 1999-2014. *Nutrition Journal*, 17:67-79.
  23. Griffin, Timothy; Peters, Christian; Fleisher, David; Conard, Michael; **Conrad, Zach**; Tichenor, Nicole. (2018). Baselines, trajectories, and scenarios: exploring agricultural production in the Northeast US. *Journal of Agriculture, Food Systems, and Community Development*, 8:23-37.
  22. Jahns, Lisa; **Conrad, Zach**; Kranz, Sybil; Raatz, Susan. (2018). Recognition of federal dietary guidance is associated with higher diet quality. *Journal of the Academy of Nutrition and Dietetics*, 118:2120-2127.
  21. **Conrad, Zach**; Jahns, Lisa; Roemmich, James N. (2018). Study design for a laboratory-based grocery store trial to examine food price elasticity among participants in federal food assistance programs. *Contemporary Clinical Trials Communications*, 10:154-160.
  20. Raatz, Susan; **Conrad, Zach**; Jahns, Lisa; Belury, Martha; Picklo, Matt. (2018). Modeled replacement of traditional soybean and canola oil with high oleic varieties increases MUFA and reduces both SFA and PUFA intake in the US adult population. *American Journal of Clinical Nutrition*, 108:1-9.
  19. Raatz, Susan; **Conrad, Zach**; Jahns, Lisa. (2018). Trends in linoleic acid intake in the United States adult population: NHANES, 1999-2014. *Prostaglandins, Leukotrienes, and Essential Fatty Acids*, 133:23-28.
  18. **Conrad, Zach**; Johnson, LuAnn K.; Juan, WenYen; Roemmich, James N.; Jahns, Lisa. (2018). Nutrient intake disparities in the US: modeling the effect of food substitutions. *Nutrition Journal*, 17:53.
  17. Wilde, Park; **Conrad, Zach**; Rehm, Colin; Cudhea, Fred; Mozaffarian, Dariush. (2018). Reductions in national cardiometabolic mortality achievable by food price changes according to Supplemental Nutrition Assistance Program (SNAP) eligibility and participation. *Journal of Epidemiology and Community Health*, 72:817-824.
  16. **Conrad, Zach**; Niles, Meredith; Neher, Deb; Roy, Eric; Tichenor, Nicole; Jahns, Lisa. (2018). Relationship between diet quality, food waste, and environmental sustainability. *PLOS ONE*, 13:e0195405.
  15. Jahns, Lisa; **Conrad, Zach**; Johnson, LuAnn; Wingham, Leah; Wu, Dayong; Claycombe-Larson, Kate. (2018). A diet high in carotenoid-rich vegetables and fruits modifies plasma IFN- $\alpha$ 2, MIP-1 $\alpha$ , and TNF- $\alpha$  in healthy individuals. *Nutrition Research*, 52:98-104.
  14. **Conrad, Zach**; Peters, Christian; Johnson, LuAnn; Jahns, Lisa. (2018). Capacity of the US food system to accommodate improved diet quality: a biophysical model projecting to 2030. *Current Developments in Nutrition*, 2:4.
  13. Jahns, Lisa; Davis-Shaw, Wendy; Lichtenstein, Alice; Murphy, Suzanne; **Conrad, Zach**; Nielsen, Forrest. (2018). The history and future of dietary guidance in America. *Advances in Nutrition*, 9:136-147.

12. Clancy, Kate; Bonnano, Alessandro; Canning, Pat; Cleary, Rebecca; **Conrad, Zach**; Fleisher, David; Gomez, Miguel; Griffin, Timothy; Lee, Ryan; Kane, Daniel; Palmer, Anne; Park, Kristen; Peters, Christian; Tichenor, Nicole. (2017). Using a market basket to explore regional food systems. *Journal of Agriculture, Food Systems, and Community Development*, 7:163-178.
11. **Conrad, Zach**; Chui, Kenneth; Peters, Christian; Jahns, Lisa; Griffin, Timothy. (2017). Characterizing fruit and vegetable consumption in the US by self-report and by disappearance data, 2001-2014. *Public Health Nutrition*, 20:3045-3050.
10. **Conrad, Zach**; Peters, Christian; Chui, Kenneth; Jahns, Lisa; Griffin, Timothy. (2017). Agricultural capacity to increase the production of fruits and vegetables in the US: a geospatial modeling analysis. *International Journal of Environmental Research and Public Health*, 14:1106.
9. Pearson-Stuttard, Jonathan; Bandosz, Piotr; Rehm, Colin; Penalvo, Jose; Whitsel, Laurie; Gaziano, Tom; **Conrad, Zach**; Wilde, Parke; Micha, Renata; Lloyd-Williams, Ffion; Capewell, Simon; Mozaffarian, Dariush; O'Flaherty, Martin. (2017). Reducing US cardiovascular disease burden and disparities through national and targeted dietary policies: a modelling study. *PLOS Medicine*, 14(6): e1002311.
8. Raatz, Susan; **Conrad, Zach**; Johnson, LuAnn; Picklo, Matthew; Jahns, Lisa. (2017). Relationship of the intake of dietary fats to body weight in US adults. *Nutrients*, 9:438.
7. **Conrad, Zach**; Johnson, LuAnn; Roemmich, James; Juan, WenYen; Jahns, Lisa. (2017). Time trends and patterns of egg consumption in the US by sociodemographic characteristics. *Nutrients*, 9:333.
6. **Conrad, Zach**; Karlsen, Micaela; Chiu, Kenneth; Jahns, Lisa. (2017). Diet quality on meatless days: National Health and Nutrition Examination Survey (NHANES), 2007-2012. *Public Health Nutrition*, 20:1564-1573.
5. Jahns, Lisa; **Conrad, Zach**; Johnson, LuAnn; Scheett, Angi; Stote, K; Raatz, Susan. (2017). Diet quality is lower and energy intake higher on weekends compared to weekdays in midlife women: a one-year cohort study. *Journal of the Academy of Nutrition and Dietetics*, 117:1080-1086.
4. **Conrad, Zach**; Rehm, Colin D.; Wilde, Parke; Mozaffarian, Dariush. (2017). Cardiometabolic mortality by Supplemental Nutrition Assistance Program (SNAP) participation and eligibility in the United States. *American Journal of Public Health*, 107:466-74.
3. **Conrad, Zach**; Tichenor, Nicole; Peters, Christian; Griffin, Timothy. (2016). Regional self-reliance for livestock feed, meat, dairy, and eggs in the Northeast US. *Renewable Agriculture and Food Systems*, 32:145-156.
2. Tichenor, Nicole; **Conrad, Zach**. (2015). Inter- and independent effects of region and race/ethnicity on variety of fruit and vegetable consumption in the USA: Behavioral Risk Factor Surveillance System. *Public Health Nutrition*, 19:104-113.
1. Griffin, Timothy; **Conrad, Zach**; Peters, Christian; Ridberg, Ronit; Tyler, Ellen Parry. (2014). Regional self-reliance of the Northeast food system. *Renewable Agriculture and Food Systems*, 30:349-363.

#### Reports and Other Publications

1. Gustafson, Dave; Finley, John; **Conrad, Zach**; +25 co-authors. (2018). Sustainable and equitable increases in fruit and vegetable productivity and consumption are needed to achieve global nutrition

security. Aspen Global Change Institute, Basalt, CO. Available at: <https://www.agci.org/lib/18s3/sustainable-and-equitable-increases-fruit-and-vegetable-productivity-and-consumption-are>.

**Funding (approved)**

(Total: \$1,499,710; External: \$1,280,539; Internal: \$207,171; Student: \$12,000)

Protein food substitutions for improved diet quality, environmental sustainability, and affordability. 2024-2025. (PI). National Pork Board PR-005830. \$65,678.

Impacts of pulse consumption on human health, diet cost, and environmental sustainability. 2023-2026. (PI). United States Department of Agriculture 58-3060-3-050. \$559,426.

Developing a decision-support tool for achieving food sovereignty on Native American tribal lands in Virginia. 2022-2025. (PI). Jeffress Trust Awards Program in Research Advancing Health Equity. \$599,970.

Association between low carbohydrate diets and cardiometabolic disease. 2022-2023. (Mentor). Charles Center Summer Research Fellowship, \$3,000. (Awarded to student investigator, Corina Kowalski).

Development of a computational biophysical model to evaluate diet sustainability. 2022-2024. (PI). William & Mary, Office of the Vice Provost, \$4,000.

Margaret S. Glauber Faculty Fellowship. 2022-2024. (Fellow). Roy R. Charles Center, William & Mary. \$30,000.

Research and policy internship for undergraduate students. 2021. (PI). Feed the Truth. \$2,000. (Approved but cancelled due to COVID-19.)

Evaluating food system adaptation to achieve long-term environmental sustainability through integrated research and teaching. 2021-2022. (PI). Commonwealth Center for Energy and the Environment. \$25,000.

Macronutrient intakes and diet quality for contemporary consumer diets. 2021-2023. (PI). Institute for the Advancement of Food and Nutrition Sciences. \$85,736.

Cardiometabolic effects of low carbohydrate/healthy fat diets. 2021-2023. (PI). Institute for the Advancement of Food and Nutrition Sciences. \$85,736.

Cardiometabolic effects of low carbohydrate/healthy fat diets. 2021. (Mentor). Charles Center Summer Research Fellowship, \$3,000. (Awarded to student investigator, Meredith Salesses).

Diet quality and cost of popular weight-loss diets in the US. 2020. (Mentor). Charles Center Summer Research Fellowship, \$3,000. (Awarded to student investigator, Meredith Salesses).

Dyadic relationships between mother and child: Eating behavior, physical activity, and obesity from the Family Life, Activity, Sun, Health, and Eating (FLASHE) study. 2020. (Mentor). Charles Center Summer Research Fellowship, \$3,000. (Awarded to student investigator, Ellen Harrell).

School Health Initiative Program (SHIP) teacher survey design. 2020. (PI). Williamsburg Health Foundation, \$1,379.

School Health Initiative Program (SHIP) teacher survey fielding and analysis. 2020. (PI). Williamsburg Health Foundation, \$13,885. (Approved but cancelled due to COVID-19.)

Dyadic relationships between mother and child: Eating behavior, physical activity, and obesity. 2019. (PI). William & Mary, Office of the Vice Provost, \$4,300.

Food price elasticity among federal food assistance program participants: An experimental grocery store study. 2018-2019. (PI). US Department of Agriculture, Agricultural Research Service (internal funding), \$8,600.

Relationship between income, obesity, and food purchasing using an experimental grocery store study. 2017-2018. (PI). US Department of Agriculture, Agricultural Research Service (internal funding), \$2,000.

### **Honors and Awards**

10. **Outstanding Faculty Award – Rising Star (State finalist).** 2023  
State Council of Higher Education for Virginia. William & Mary’s only nominee, and finalist at the state level.
9. **Most Influential to the Education of a Member of the Class of 2021 at William & Mary** 2022  
Cohen Career Center, William & Mary
8. **Margaret S. Glauber Faculty Fellowship, 2022-2024** 2021  
Supports two faculty-student research teams with demonstrated potential for successful scholarship, plus need-based student financial aid  
Roy R. Charles Center, William & Mary
7. **Outstanding Reviewer Recognition Award** 2021  
Recognizes five top reviewers who were selected by the Editor-in-Chief and Editorial Staff based on overall review quality, timeliness, and mentorship through their peer review to researchers in their scientific writing  
*Journal of the Academy of Nutrition and Dietetics*
6. **Most Influential to the Education of a Member of the Class of 2020 at William & Mary** 2021  
Cohen Career Center, William & Mary
5. **Emerging Leaders in Nutrition Science Poster Competition (Finalist)** 2019  
“A laboratory-based grocery store study to evaluate food price elasticity by status of participation in federal food assistance programs”  
American Society for Nutrition, Nutrition 2019
4. **Emerging Leaders in Nutrition Science Poster Competition (Winner)** 2018  
“Relationship between diet quality, food waste, and environmental sustainability”  
American Society for Nutrition, Nutrition 2018
3. **Emerging Leaders in Nutrition Science Poster Competition (Finalist)** 2017  
“Nutrient inadequacy among nutritionally vulnerable populations in the US”  
American Society for Nutrition, Experimental Biology
2. **Award for Excellence in Research Addressing Cardiovascular Health Equity (Winner)** 2016  
“Supplemental Nutrition Assistance Program (SNAP) participants exhibit higher rates of cardiometabolic mortality compared to SNAP eligible non-participants and SNAP ineligible Americans”

American Heart Association, Epi Lifestyles

1. **Emerging Leaders in Nutrition Science Poster Competition** (Finalist) 2015  
“Comparability of dietary data collection programs for US adults, 2007-2011”  
American Society for Nutrition, Experimental Biology
- Invited Presentations and Workshops**
19. **How sugar reduction strategies can double as sustainability strategies** Apr 25, 2023  
Center for Science in the Public Interest, 2023 Sugar Reduction Summit (virtual)
18. **How to use NHANES for diet sustainability analyses** Mar 9, 2023  
Research and Data Symposium for Food and Nutrition, Tufts University Friedman School of Nutrition Science and Policy (virtual)
17. **Indigenous food sovereignty: developing a decision-support tool for tribal communities in MD, VA, and NC** Feb 6, 2023  
Maryland Commission on Indian Affairs, Maryland Governor’s Office (virtual)
16. **Indigenous food sovereignty: developing a decision-support tool for tribal communities in MD, VA, and NC** Nov 5, 2022  
Virginia Tribal Education Consortium Conference
15. **Environmental impacts of increasing alternative protein intake in the diet** Aug 17, 2022  
National Academies of Sciences, Engineering, and Medicine. Food forum: Balancing food innovation, sustainability, nutrition, and health (virtual)
14. **Food waste: what we know and what we don’t** May 10, 2022  
Cornell College of Agriculture and Life Sciences, and USDA Northeast Climate Hub (virtual)
13. **A data science approach to food system analyses** Mar 23, 2022  
Brown bag presentation to the Anthropology Department and wider William & Mary community (virtual)
12. **Food waste: what we know and what we don’t** Sept 24, 2021  
Nutrition seminar series, Ohio State University, Columbus, OH (virtual)
11. **Aligning agricultural production with national public health nutrition goals: Challenges and opportunities from a food systems perspective** Nov 12, 2019  
Improving the nutritional value of our food crops from seeds and soils to society  
2019 Tri-Societies Annual Meeting, Crop Soil Sciences of America  
San Antonio, TX.
10. **The relationship between food waste, diet quality, and environmental sustainability in the US and globally** June 24, 2019  
Applying new technologies and paradigms in nutrition and food safety  
2019 International Life Sciences Institute (ILSI) Annual Meeting and Symposium, Clearwater Beach, FL
9. **Using food systems science to address issues at the nexus of nutrition and agriculture** Nov 20, 2018  
USDA Grand Forks Human Nutrition Research Center and Northern Great Plains



Research Laboratory, Grand Forks and Mandan, ND

8. **Transforming the future of food systems: Linking public health nutrition with environmental sustainability** Nov 13, 2018  
University of Washington, School of Public Health, Seattle, WA
  7. **Meeting consumer demand for fruits and vegetables: Challenges and opportunities from a food systems perspective** July 30, 2018  
Innovating global fruit and vegetable food systems to help bring sustainable nutrition security  
Aspen Global Change Institute, Keystone Policy Center, Keystone, CO
  6. **How to get started in food systems science: A brief guide for students and others** June 9, 2018  
Understanding the intersection of climate/environmental change, health, agriculture, and improved nutrition  
Nutrition 2018 annual conference, American Society for Nutrition, Boston, MA
  5. **Meeting nutritional needs with US agricultural production** June 2, 2017  
Aligning the Food System to Meet Dietary Needs: Fruit and Vegetables  
University of California, Davis; World Food Center, Davis, CA
  4. **Reducing health disparities in the United States: The importance of merging public health nutrition with sustainable food systems** Apr 3, 2017  
Keynote Speaker, Mary J. Berg Women's Public Health Lecture Series  
North Dakota State University, School of Public Health, Fargo, ND
  3. **Organic foods and agriculture** Mar 11, 2014  
Brighton Community Center, Boston, MA
  2. **Local food systems in the United States** Nov 18, 2014  
Brighton Community Center, Boston, MA
  1. **Climate change and US food production** Mar 15, 2008  
National Pesticide Forum, Critiquing Solutions to the Climate Crisis  
University of California, Berkeley, CA
- Conference and Other Presentations**
18. **Quality of Popular Diets in the United States** (ePoster) June 14-16, 2022  
Nutrition 2022 annual conference, American Society for Nutrition
  17. **Daily cost of consumer food waste, inedible portions, and consumed food in the United States, 2001-2016** (ePoster) June 1-4, 2020  
Nutrition 2020 annual conference, American Society for Nutrition.
  16. **Diet quality and environmental sustainability are linked, but in unexpected ways** (ePoster) June 1-4, 2020  
Nutrition 2020 annual conference, American Society for Nutrition.
  15. **A laboratory-based grocery store study to evaluate food price elasticity by status of participation in federal food assistance programs** (oral and poster) June 8, 2019  
Nutrition 2019 annual conference, American Society for Nutrition, Baltimore, MD

14. **Relationship between food waste, diet quality, and environmental sustainability** (oral and poster) June 9 & 12, 2018  
Nutrition 2018 annual conference, American Society for Nutrition, Boston, MA
13. **A novel food pricing tool to examine the cost of making healthier food choices among low-income Americans** (poster) June 6, 2018  
Nutrition 2018 annual conference, American Society for Nutrition, Boston, MA
12. **Using US government data to conduct research on nutrition and food systems at the local, regional, and national levels** (oral) Nov 17, 2017  
USDA Human Nutrition Research Centers (broadcast nationwide)
11. **The capacity of the US food system to accommodate improved diet quality: Projections to 2030** (poster) Apr 23, 2017  
Experimental Biology, American Society for Nutrition, Scientific Sessions, Boston, MA
10. **Diet quality on meatless days: National Health and Nutrition Examination Survey (NHANES), 2007-2012** (poster) Apr 23, 2017  
Experimental Biology, American Society for Nutrition, Scientific Sessions, Boston, MA
9. **Nutrient inadequacy among nutritionally vulnerable populations in the US** (oral and poster) Apr 22 & 25, 2017  
Experimental Biology, American Society for Nutrition, Scientific Sessions, Boston, MA
8. **Supplemental Nutrition Assistance Program (SNAP) participants exhibit higher rates of cardiometabolic mortality compared to SNAP eligible non-participants and SNAP ineligible Americans** (oral) Mar 2, 2016  
American Heart Association, Epi-Lifestyle Scientific Sessions, Phoenix, AZ
7. **Modeling the effect of population interventions to improve diet and reduce cardiovascular disease in the US** (oral) Dec 2, 2015  
Friedman School Seminar  
Friedman School of Nutrition Science and Policy, Tufts University, Boston, MA
6. **Comparability of dietary data collection programs for US adults, 2007-2011** (poster) Sept 24, 2015  
Postdoctoral Scholar Poster Competition  
Friedman School of Nutrition Science and Policy, Tufts University, Boston, MA
5. **Can the Dietary Approaches to Stop Hypertension (DASH) diet be more achievable?** Apr 11, 2015  
Graduate Student Research Conference (poster)  
Friedman School of Nutrition Science and Policy, Tufts University, Boston, MA
- Doctoral Student Seminar (oral) Apr 9, 2015  
Friedman School of Nutrition Science and Policy, Tufts University, Boston, MA
4. **Comparability of dietary data collection programs for US adults, 2007-2011** Mar 28 & 29, 2015  
Experimental Biology (oral and poster)

American Society for Nutrition, Scientific Sessions, Boston, MA

3. **Aligning US agricultural land use with national public health nutrition goals** (oral) Oct 17, 2014  
Doctoral Student Seminar  
Friedman School of Nutrition Science and Policy, Tufts University, Boston, MA
2. **Can the Northeast region feed itself?** (oral) Feb 28, 2013  
Doctoral Student Seminar  
Friedman School of Nutrition Science and Policy, Tufts University, Boston, MA
1. **Agricultural policy and public health: Strategic application of economic incentives to promote fruit and vegetable production and consumption** (oral) May 30, 2009  
Agriculture, Food, and Human Values Society Conference  
Pennsylvania State University, State College, PA

#### Abstracts

(\* indicates current or former student co-author)

31. Bell, Brooke M.; Rodriguez-Huerta, Edgar; Battaglia, Kyra; Decker Sparks, Jessica L.; Sofia Marquez, Alejandra; Benoit Norris, Catherine; **Conrad, Zach**; Matteson, Julia; Jackson, Bethany; Blackstone, Nicole Tichenor. (2024). Forced labor risk in current and recommended US dietary patterns. Social-Life Cycle Analysis (S-LCA) Conference, Curitiba, Brazil.
30. Love, David C; Thorne-Lyman, Andrew L; **Conrad, Zach**; Gephart, Jessica A; Asche, Frank; Godo-Solo, Dakoury; McDowell, Acree\*; Nussbaumer, Elizabeth M; Bloem, Martin W (2022). Affordability influences nutritional quality of seafood consumption among income and race/ethnicity groups in the United States. Aquaculture America 2023 annual conference, February 23-26, New Orleans, LA.
28. Kowalski, Corina\*; Dakota, Dustin; Belury, Martha; Johnson, LuAnn K; **Conrad, Zach**. Association between restricted carbohydrate diets and cardiometabolic disease. Nutrition 2022 annual conference, American Society for Nutrition, June 14-16, 2022. Virtual.
27. Dustin, Dakota; Kowalski, Corina\*; Salesses, Meredith\*; McDowell, Acree\*; Ilayan, Alaa; Kris-Etherton, Penny; Belury, Martha; Johnson, LuAnn K; **Conrad, Zach**. Restricted carbohydrate diets high in fat associated with increased likelihood of prevalent metabolic syndrome. Nutrition 2022 annual conference, American Society for Nutrition, June 14-16, 2022. Virtual.
26. **Conrad, Zach**; Kowalski, Corina\*; Dustin, Dakota; Johnson, LuAnn K; McDowell, Acree\*; Salesses, Meredith\*; Nance, Julie; Belury, Martha. Quality of Popular Diets in the United States. Nutrition 2022 annual conference, American Society for Nutrition, June 14-16, 2022. Virtual.
25. Belury, Martha; **Conrad, Zach**; Raatz, Susan. Modeling the impact of high oleic acid oils on essential fatty acid intake in children. American Oil Chemists' Society Annual Meeting, May 3-14, 2021. Virtual.
24. Kubiak, Janice; **Conrad, Zach**; Pankey, Christopher. Dyadic relationships between parent and teen: eating behavior, physical activity, and BMI relationships from the Family, Life, Activity, Sun, Health, and Eating (FLASHE) study. West Virginia Osteopathic Medical Association Annual Meeting, October 1-4, 2020. Virtual.
23. Jahns, Lisa; Osowski, Danyelle; **Conrad, Zach**; Roemmich, James. The own-price elasticity of vegetable purchases varies by federal food assistance program participation during a laboratory-based grocery shopping task. Nutrition 2020, May 30-June 2, Seattle, WA.

22. **Conrad, Zach**; Blackstone, Nicole Tichenor; Roy, Eric. Diet quality and environmental sustainability are linked, but in unexpected ways. Nutrition 2020, May 30-June 2, Seattle, WA.
21. **Conrad, Zach**. Daily cost of consumer food waste, inedible portions, and consumed food in the United States, 2001-2016. Nutrition 2020, May 30-June 2, Seattle, WA.
20. Casperson, Shanon L.; **Conrad, Zach**; Raatz, Susan K.; Derner, Justin; Roemmich, James N.; Jahns, Lisa; Picklo, Matthew J. Impact of beef consumption on saturated fat intake in the United States adult population: insights from modeling the influences of bovine genetics and nutrition. Nutrition 2020, May 30-June 2, Seattle, WA.
19. El-Abbadi, Naglaa; Blackstone, Nicole; **Conrad, Zach**; Griffin, Timothy; Peters, Christian; Nelson, Miriam; Jacques, Paul. (2019). Application of the Dietary Environmental Index for evaluation of the nutritional quality, environmental impacts, and consumer purchase costs of observed versus modeled food intake patterns reported in NHANES 2007-2008. Planetary Health Annual Meeting, September 4-6, Stanford, CA.
18. **Conrad, Zach**; Johnson, LuAnn; Jahns, Lisa; Roemmich, James N. (2019). A laboratory-based grocery store study to evaluate food price elasticity by status of participation in federal food assistance programs. Nutrition 2019, June 8-12, Baltimore, MD.
17. **Conrad, Zach**; Carlson, Andrea; Roemmich, James N.; Jahns, Lisa. (2018). A novel food pricing tool to examine the cost of making healthier food choices among low-income Americans. Nutrition 2018, June 9-12, Boston, MA.
16. **Conrad, Zach**; Niles, Meredith; Neher, Deborah A.; Roy, Eric D.; Tichenor, Nicole E.; Jahns, Lisa. (2018). Relationship between food waste, diet quality, and environmental sustainability. Nutrition 2018, June 9-12, Boston, MA.
15. Jahns, Lisa; **Conrad, Zach**; Johnson, LuAnn; Roemmich, James. (2018). Skin carotenoid status is an effective tool to measure compliance with an intervention to increase vegetable intake among overweight and obese adults. Nutrition 2018, June 9-12, Boston, MA.
14. Raatz, Susan; **Conrad, Zach**; Johnson, LuAnn; Picklo, Matt; Jahns, Lisa. (2017). Association of fatty acid intake with weight status in the US population. American Oil Chemists Society Annual Conference, May 3, Orlando, FL.
13. Raatz, Susan; **Conrad, Zach**; Jahns, Lisa; Belury, Martha; Picklo, Matt. (2017). Modeling the effects of high oleic oil replacement on fatty acid intake in the American diet. Northern Great Plains Lipids Conference, June 11-12, Winnipeg, Manitoba, Canada.
12. **Conrad, Zach**; Johnson, LuAnn; Juan, WenYen; Roemmich, James; Jahns, Lisa. (2017). Nutrient inadequacy among nutritionally vulnerable populations in the US. Experimental Biology, April 21-26, Chicago, IL. *FASEB Journal*, 31:445.1.
11. **Conrad, Zach**; Peters, Christian; Johnson, LuAnn; Jahns, Lisa. (2017). The capacity of the US food system to accommodate improved diet quality: projections to 2030. Experimental Biology, April 21-26, Chicago, IL. *FASEB Journal*, 31:651.13.
10. **Conrad, Zach**; Karlsen, Micaela; Chui, Kenneth; Jahns, Lisa. (2017). What do people eat when they don't eat meat? An evaluation of dietary quality using the National Health and Nutrition Examination

- Survey (NHANES), 2007-2012. Experimental Biology, April 21-26, Chicago, IL. *FASEB Journal*, 31:648.10.
9. Jahns, Lisa; **Conrad, Zach**; Johnson, LuAnn; Roemmich, James; Juan, WenYen. (2017). Time trends and patterns of reported egg consumption in the US by sociodemographic characteristics. Experimental Biology, April 21-26, Chicago, IL. *FASEB Journal*, 31:648.1.
  8. Jahns, Lisa; **Conrad, Zach**; Johnson, LuAnn; Temple, Jennifer; Keim, Nancy; Roemmich, James. (2017). Substitution or addition? How overweight and obese adults incorporate vegetables into their diet during a randomized controlled vegetable feeding trial. Experimental Biology, April 21-26, Chicago, IL. *FASEB Journal*, 31:749.9.
  7. Pearson-Stuttard, Jonathan; Bandosz, Piotr; Rehm, Colin; Penalvo, Jose; Whitsel, Laurie; Gaziano, Tom; **Conrad, Zach**; Wilde, Parke; Micha, Renata; Lloyd-Williams, Ffion; Capewell, Simon; Mozaffarian, Dariush; O'Flaherty, Martin. (2017). Reducing US cardiovascular disease disparities through dietary policy. American Heart Association Annual Conference, March 7-10, Portland, OR.
  6. Pearson-Stuttard, Jonathan; Bandosz, Piotr; Rehm, Colin; Penalvo, Jose; Whitsel, Laurie; Gaziano, Tom; **Conrad, Zach**; Wilde, Parke; Micha, Renata; Lloyd-Williams, Ffion; Capewell, Simon; Mozaffarian, Dariush; O'Flaherty, Martin. (2017). Reduction of cardiovascular disease inequalities in the USA through dietary policy. Public Health Science Conference (Lancet), November 25, Cardiff, UK.
  5. **Conrad, Zach**; Rehm, Colin; Wilde, Parke; Mozaffarian, Dariush. (2016). Supplemental Nutrition Assistance Program (SNAP) participants exhibit higher rates of cardiometabolic mortality compared to SNAP eligible non-participants and SNAP ineligible Americans. American Heart Association Annual Conference, March 1-4, Phoenix, AZ.
  4. **Conrad, Zach**; Chui, Kenneth; Peters, Christian; Griffin, Timothy. (2015). Comparability of dietary data collection programs for US adults, 2007-2011. Experimental Biology, March 28-April 1, Boston, MA. *FASEB Journal*, 31:648.10.
  3. **Conrad, Zach**; Chui, Kenneth; Peters, Christian; Griffin, Timothy. (2015). Can the Dietary Approaches to Stop Hypertension (DASH) diet be more achievable? Graduate Student Research Conference, Friedman School of Nutrition Science and Policy, Tufts University, April 11, Boston, MA.
  2. Tichenor, Nicole; Griffin, Timothy; Peters, Christian; **Conrad, Zach**; Hill, Elaine; Gomez, Miguel; Norris G; Thoma, G; He, X. (2015). Modeling approaches to explore food system regionalization as a sustainability strategy. Society of Environmental Toxicology and Chemistry North America 36<sup>th</sup> Annual Meeting. Nov 1-5, Salt Lake City, UT.
  1. **Conrad, Zach**. (2015). Agricultural policy and public health: Strategic application of economic incentives to promote fruit and vegetable production and consumption. Agriculture, Food, and Human Values Society Conference. Pennsylvania State University, State College, PA.

### Teaching and Academic Advising

**Assistant Professor**, College of Arts & Sciences, William & Mary, Williamsburg, VA (student evals. out of 5.00)

Population Nutrition, Policy, and Programs (4.71, 4.83)

Sustainable Food Systems and Diets (4.57, 4.72, 4.58)

Nutrition in Health and Disease (4.63, 4.78, 4.75)

Spring 2021, 2022, 2023

Fall 2020, 2021, 2022, 2023

Spring 2020, 2021, 2022,

2023

Science of Nutrition (4.68, 4.61, 4.72, 4.83, 4.63) Spring 2020; Fall 2019, 2020, 2021, 2022, 2023  
 Nutrition Across the Lifespan (4.84) Fall 2019

**Guest Lecturer**

Linking National Databases to Evaluate Diet-Related Health Outcomes, Affordability, and Environmental Sustainability (virtual, synchronous, graduate). Friedman School of Nutrition Science and Policy, Tufts University, Boston, MA. Nov 15, 2023  
 Modeling Sustainable Diets (virtual, synchronous, graduate) University of Vermont, Burlington, VT Feb 25, 2021  
 Sustainability Modeling Methods (virtual, synchronous, graduate) Friedman School of Nutrition Science and Policy, Tufts University, Boston, MA Oct 27, 2020  
 Genetically Engineered Foods: Impacts on Human Health and the Environment College of Arts & Sciences, William & Mary, Williamsburg, VA (undergraduate) Oct 10, 2019  
 Food Waste and Environmental Impact (virtual, asynchronous, graduate) University of New England, Biddeford, ME Oct 7, 2019  
 Ethical Considerations in Nutrition Research (undergraduate) College of Nursing and Professional Disciplines, University of North Dakota, Grand Forks, ND Oct 26, 2018  
 Bias and Confounding in Epidemiologic Research (undergraduate) School of Public Health, North Dakota State University, Fargo, ND Apr 3, 2017  
 Diet Pattern Modeling in Nutritional Epidemiology (graduate) Friedman School of Nutrition Science and Policy, Tufts University, Boston, MA Oct 6, 2015

**Co-Instructor**

Sustainable Agriculture and Food Systems (online) Friedman School of Nutrition Science and Policy, Tufts University, Boston, MA Sept-Dec 2015

**Instructor and Course Developer**

Research Practicum: Modeling Nutrient Intake Sackler School of Graduate Biomedical Sciences, Tufts University, Boston, MA Dec 2014-Jan 2015

**Course Manager and Guest Lecturer**

Sustainable Agriculture and Food Systems (online) Friedman School of Nutrition Science and Policy, Tufts University, Boston, MA Sept 2014-Jan 2015

**Course Developer**

Sustainable Agriculture and Food Systems (online) Friedman School of Nutrition Science and Policy, Tufts University, Boston, MA Nov 2013-Aug 2014

**Undergraduate Honors Thesis Committee**

Madson Korol, Mediterranean diet and mental health 2023  
 Elizabeth Maneval, linguistic mechanisms among patients with schizophrenia 2021  
 (non-major committee member)

**Undergraduate Academic Advising**

2019-Present

Health Sciences (24)

Pre-major (20)

**Student Research Activity**

(67 student-semesters)

**Research Assistants and Fellows**

Spring 2024

6 students

Fall 2023

8 students

Summer 2023

5 students

Spring 2023

8 students

Fall 2022

4 students

Summer 2022

5 students

Spring 2022

7 students

Fall 2021

6 students

Summer 2021

4 students

Spring 2021

4 students

Fall 2020

5 students

Summer 2020

3 students

Spring 2020

3 students

**Professional Activities and Service****Editorship**Executive Guest Editor, *Journal of the Academy of Nutrition and Dietetics* (IF=6.524), Special Issue: "Diet Quality and Sustainability"

Nov 2023-Present

Editorial Board, *Journal of the Academy of Nutrition and Dietetics* (IF=6.524)

July 2020-Present

Editorial Board, *Nutrition Journal* (IF=5.797)

Oct 2020-Present

Associate Editor, *Nutrition Journal* (IF=5.797)

Mar 2019-Sept 2020

Guest Editor, *Nutrients* (IF=5.719), Special Issue: "Diet diversity and diet quality"

Jan-May 2019

**Committee membership, academic**

Future of Arts &amp; Sciences Steering Committee

Jan 2024-Present

Departmental Curriculum Committee

Sept 2023-Present

Glauber Fellowship Committee

Oct 2023-Present

Departmental Faculty Search Committee, Assistant Professor in Human Nutrition

Sept 2022-Feb 2023

Departmental Faculty Search Committee, Visiting Assistant Professor in Human Nutrition

April-June 2022

Departmental Committee on Faculty Research Standards

April-Dec 2022

Undergraduate Research Committee, Monroe Scholarship, William &amp; Mary

Jan 2021-Present

Undergraduate Research Committee, Goldwater Scholarship, William &amp; Mary

July 2020-Nov 2023

Departmental Committee on Computing in the Classroom

Sept-Dec 2019

**Committee membership, non-academic**

Advisory Board, Soil to Society: Optimizing Human Health and Nutrition.

Feb 2022-Present

Executive Board Member, Early Career Representative; American Society for

Mar 2021-Mar 2022

Nutrition; Climate, Health, and Improved Nutrition (CHAIN) Research Interest Section

History of Nutrition Committee, American Society for Nutrition

Oct 2018-Oct 2021

**Conference and Workshop Organization**

- Co-Chair, workshop on “Measures and Metrics for Evaluating Diet Sustainability”.  
National Institutes of Health. May 11, 2023
- Co-chair, “The role of vegetables and fruits in psychological well-being”.  
Conference session at Nutrition 2018: American Society for Nutrition annual  
conference June 11, 2018

**Professional affiliations**

- American Society for Nutrition 2013-Present  
 American Public Health Association 2013-2017  
 Massachusetts Public Health Association 2013-2016  
 American Heart Association 2015-2016

**Journal reviewer** (>80 reviews for 33 journals)

- American Journal of Clinical Nutrition (2) · Applied Economics Perspectives and Policy (1) · Applied  
 Physiology, Nutrition, and Metabolism (1) · British Journal of Nutrition (2) · Current Developments in  
 Nutrition (1) · Data (1) · Diseases (1) · European Journal of Nutrition (1) · Food and Nutrition Research (1)  
 · Food Security (1) · Global Public Health (1) · Health Affairs (1) · International Journal of Behavioral  
 Nutrition and Physical Activity (1) · International Journal of Environmental Research and Public Health (3)  
 · International Journal of Obesity (1) · Journal of the Academy of Nutrition and Dietetics (24) · Journal of  
 Cleaner Production (1) · Journal of Food Science (1) · Journal of Human Nutrition and Food Science (1) ·  
 Journal of Medical Internet Research (1) · Journal of Nutrition (4) · Lancet Planetary Health (3) · Lipids (1) ·  
 Nature Food (2) · Nutrients (12) · Nutrition Journal (7) · Nutrition Reviews (1) · Nutrition Research  
 Reviews (1) · Nutrition Today (1) · Obesity (1) · Public Health Nutrition (4) · Preventive Medicine (4) ·  
 Preventive Medicine Reports (1) · Renewable Agriculture and Food Systems (1) · Sustainability (1)

**Grant reviewer**, American Egg Board, Egg Nutrition Center, 2017

**Abstract reviewer**

- American Society for Nutrition, Nutrition 2021 Annual Conference  
 Topics: Nutritional Epidemiology and Sustainability  
 American Society for Nutrition, Nutrition 2020 Annual Conference  
 Topics: Nutritional Epidemiology and Sustainability  
 American Society for Nutrition, Nutrition 2019 Annual Conference  
 Topics: Nutritional Epidemiology and Sustainability  
 American Society for Nutrition, Experimental Biology Annual Conference 2017  
 Topics: Nutritional Epidemiology and Sustainability  
 American Public Health Association Annual Conference 2017  
 Topics: Food and Nutrition

**Media and Public Engagement**

**Television, print, and podcast interviews**

- With Good Reason, Virginia Humanities. “Revolutionary Feasts”. Dec 8<sup>th</sup>, 2023  
<https://www.withgoodreasonradio.org/episode/cravings/>
- U.S.News. “Research suggests most popular diets have poor diet quality” Nov 7<sup>th</sup>, 2022  
<https://health.usnews.com/health-news/blogs/eat-run/articles/research-suggests-most-popular-diets-have-poor-diet-quality>
- The Keri Report (podcast). “There’s more than one way to eat an unhealthy diet” Oct 18<sup>th</sup>, 2022  
 Available on Spotify, Apple Podcasts, Stitcher, and Libsyn.
- Nutrition Reviews: Conversations with the Authors (podcast). Hosted by Douglas Feb 10<sup>th</sup>, 2021  
 Taren, Editor-in-Chief of *Nutrition Reviews* scientific journal. Available on Spotify.
- Women’s Running* magazine, “Reduce your food waste and save money in three steps”. Jan 13<sup>th</sup>, 2021  
<https://www.womensrunning.com/health/food/reduce-food-waste/>



WTKR NewsChanel 3, “Have Christmas leftovers? Don’t waste them! Helpful hints from a nutrition expert”. [wtkr.com/news/have-christmas-leftovers-dont-waste-them-helpful-hints-from-a-nutrition-expert](http://wtkr.com/news/have-christmas-leftovers-dont-waste-them-helpful-hints-from-a-nutrition-expert) Dec 26<sup>th</sup>, 2020

WVEC 13News Now, “Healthy eating during coronavirus” April 6<sup>th</sup>, 2020

WTKR NewsChanel 3, “An expert’s guide to reducing food waste” [wtkr.com/2019/12/10/throwing-away-holiday-leftovers-a-local-experts-guide-to-reducing-food-waste/](http://wtkr.com/2019/12/10/throwing-away-holiday-leftovers-a-local-experts-guide-to-reducing-food-waste/) Dec 11<sup>th</sup>, 2019

**Major print/online news coverage and invited quotes**

The Atlantic – Expiration dates are meaningless. [www.theatlantic.com/health/archive/2022/11/expiration-dates-food-waste-safety/672311/](http://www.theatlantic.com/health/archive/2022/11/expiration-dates-food-waste-safety/672311/) Nov 30<sup>th</sup>, 2022

WeightWatchers – Does this look like garbage to you? <https://www.weightwatchers.com/us/blog/health/food-waste> Nov 30<sup>th</sup>, 2021

International Confederation of Dietetic Associations – Sustainability Toolkit [icdasustainability.org/](http://icdasustainability.org/) May 10<sup>th</sup>, 2021

Forbes – Seaspiracy: a call to action or a vehicle of misinformation? <https://www.forbes.com/sites/allenelizabeth/2021/04/10/seaspiracy-a-call-to-action-or-a-vehicle-of-misinformation/?sh=491e5fad23a> April 10<sup>th</sup>, 2021

LA Times – How to stop food waste, an environmental and economic crisis [www.latimes.com/business/story/2021-03-23/column-food-waste](http://www.latimes.com/business/story/2021-03-23/column-food-waste) March 23<sup>rd</sup>, 2021

Popular Science – 11 percent of food waste comes from our homes [www.popsci.com/story/environment/food-waste-environment/](http://www.popsci.com/story/environment/food-waste-environment/) March 9<sup>th</sup>, 2021

The Washington Post - A third of all food in the US gets wasted. Fixing that could help fight climate change. <https://www.washingtonpost.com/climate-solutions/2021/02/25/climate-curious-food-waste/> Feb 25<sup>th</sup>, 2021

Frontiers in Ecology and the Environment - Reducing food waste: a child could do it [www.esajournals.onlinelibrary.wiley.com/doi/10.1002/fee.2153](http://www.esajournals.onlinelibrary.wiley.com/doi/10.1002/fee.2153) Feb 3<sup>rd</sup>, 2020

Newsweek, USA Today, LA Times, The Washington Post, New York Post, The Guardian, Discover Magazine, US News, Forbes, NBC News, CBS News Prior to 2020

**Website interviews, William & Mary, News and Media**

W&M researchers earn grant to improve Indigenous food sovereignty in Virginia. <https://news.wm.edu/2022/07/25/william-mary-professors-earn-grant-to-improve-indigenous-food-sovereignty-in-virginia/> July 25<sup>th</sup>, 2022

Study calculates true cost of food waste in America <https://www.wm.edu/news/stories/2020/study-calculates-true-cost-of-food-waste-in-america.php> Apr 20<sup>th</sup>, 2020

Grocery shopping tips for the age of coronavirus [wm.edu/news/stories/2020/grocery-shopping-tips-for-the-age-of-coronavirus.php](http://wm.edu/news/stories/2020/grocery-shopping-tips-for-the-age-of-coronavirus.php) Mar 3<sup>rd</sup>, 2020

Season’s eatings: An expert’s guide to reducing food waste [wm.edu/news/stories/2019/seasons-eatings-an-experts-guide-to-reducing-food-waste.php](http://wm.edu/news/stories/2019/seasons-eatings-an-experts-guide-to-reducing-food-waste.php) Nov 22<sup>nd</sup>, 2019

**Student interviews**

Kia Morawetz and Deena Hamandi (with MindVersity). Faculty efforts to improve mental health outcomes among BIPOC students Oct 14<sup>th</sup>, 2022

Lila Powell, William & Mary Professional development and career trajectory Mar 7<sup>th</sup> and 10<sup>th</sup>, 2022

Hana Chaudhri, William & Mary Professional development and career trajectory Mar 24<sup>th</sup>, 2021

Morgaine Elena Azama Mcilhargey, Syracuse University Dec 9<sup>th</sup>, 2020

Food waste and environmental sustainability  
W&M student radio, WCWM 90.9 FM

Dec 10<sup>th</sup>, 2019

The state of nutrition science (not archived)  
Emily McManus, William & Mary

Nov 22<sup>nd</sup>, 2019

Personal and professional development (healthadulthooddevelopment.weebly.com)

**Funding (not approved)**

Evaluating trade-offs between nutritional quality and sustainability of Canadian eating patterns: informing nutrition policy in Canada. 2020. (Supervisor). Canadian Institutes of Health Research Postdoctoral Fellowship. \$135,000.

Innovation at the nexus of diet quality, food waste, and sustainability. 2020. (Co-I). Foundation for Food and Agriculture Research, \$499,823.

Computational simulation modeling to optimize ecological sustainability and human nutrition. 2020. (PI). Jeffress Trust Awards Program in Interdisciplinary Research, \$42,043.

Compost solutions for food waste: tradeoffs of dietary shifts, energy and water. 2018. (Co-I). National Science Foundation, Innovations at the Nexus of Food, Energy and Water Systems. \$2,664,338