ZACH CONRAD, PhD, MPH

John & Audrey Leslie Associate Professor

Department of Health Sciences, William & Mary, Williamsburg, VA

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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

Current Positions

Associate Professor – Human Nutrition — Aug 2025-Present
Department of Health Sciences
College of Arts & Sciences
William & Mary, Williamsburg, VA

Assistant Professor – Human Nutrition — Aug 2019-July 2025
Department of Health Sciences
College of Arts & Sciences
William & Mary, Williamsburg, VA

Faculty Affiliate — Feb 2021-2026
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

73 total, 34 first author (* indicates current or former W&M student co-author)

73. **Conrad, Zach**. (2026). Letter to the Editor: Temporal trends in environmental impacts are likely due to incomplete data in the underlying databases. *American Journal of Clinical Nutrition* (in press).

72. Kamalakantha, Tara;* Zavela, Catherine;* Johnson, LuAnn K; Caligiuri, Stephanie P.B.; Drewnowski, Adam; **Conrad, Zach**. (2026). Greater intake of pulses is associated with lower prevalence of cardiometabolic diseases among adults in the United States: National Health and Nutrition Examination Survey, 1999-2018. *Current Developments in Nutrition*, 15:107716.

71. **Conrad, Zach**. (2026). Should the Dietary Guidelines for Americans include sustainability? A critical perspective. *American Journal of Clinical Nutrition*, 6:101309.

70. **Conrad, Zach**; Leu, Matthias; Sarang, Rhea;* Lozina, Sarah;* DiStaso, Chloe;* Boston, Juan; Peterson, Tomalita; Roach, Beth; Tupponce, Tommy; Phillips, Jessica; Wiipongwii, Troy. (2026). Achieving Indigenous food sovereignty in the United States requires a strong Indigenous food business sector. *Frontiers in Sustainable Food Systems*, 10:3389.

69. **Conrad, Zach**; Leu, Matthias; Wu, Songze;* Fulcher, Eli;* Keam, Brenna;* Kim, Min;* Kinsel, Dakota;* Lozina, Sarah;* DiStaso, Chloe;* Kun, Julia;* Boston, Juan; Peterson, Tomalita; Roach, Beth; Tupponce, Tommy; Phillips, Jessica; Wiipongwii, Troy. (2026). First-contact tribal nations in the eastern United States can produce some, but not all, of their food needs in a changing climate: a modelling study. *American Journal of Clinical Nutrition*, 123:101174.

68. Love; David C.; **Conrad, Zach**; Altema-Johnson, Daphene; Ramsing, Rebecca; Bassarab, Karen; Thorne-Lyman, Andrew L; Williams, D'Ann; Moore, E.R.H.; Nussbaumer, Elizabeth M; Truant Anderson, Patti. (2025). Food substitution and waste reduction can reduce the environmental impacts and food costs of school meal programs in the United States: A 2011-2018 NHANES Analysis. *Journal of the Academy of Nutrition and Dietetics*, 22:S2212-2672.

67. Drewnowski, Adam; Zavela, Catherine;* Tran, Vanessa; Mallya, Greeshma; **Conrad, Zach**. (2025). Pulse consumption trends in the US in the context of 2025-30 Dietary Guidelines for Americans: Analyses of NHANES data for 1999-2018. *Frontiers in Nutrition*, 12:1638519.

66. Rodríguez-Huerta, Edgar; Bell, Brooke M.; Battaglia, Kyra; Sparks, Jessica L. Decker; Benoit Norris, Catherine; Sofia Marquez, Alejandra; **Conrad, Zach**; Matteson, Julia; Jackson, Bethany; Blackstone, Nicole Tichenor. (2025). Current and recommended diets in the US have embedded forced labour risk. *Nature* Food, 11:1042-1053.

65. **Conrad, Zach**; Leu, Matthias; Fulcher, Eli;* Wu, Songze;* DiStaso, Chloe;* Boston, Juan; Peterson, Tomalita; Roach, Beth; Tupponce, Tommy; Phillips, Jessica;. Wiipongwii, Troy. (2025). Exploring the crop suitability of first-contact tribal lands in the eastern United States: impacts of past and near-future climate conditions. *Scientific Reports*, 15:27854.

64. **Conrad, Zach**; Repoulis, Vincent;* Zavela, Catherine.* (2025). Modeled sustainability impacts of increasing pork consumption among adults in the United States. *Frontiers in Nutrition*, 17:1508601.

63. **Conrad, Zach**; Thorne-Lyman, Andrew L.; Wu, Songze;* DiStaso, Chloe;* Korol, Madison;* Love, David C. (2025). Are healthier diets more sustainable? A cross-sectional assessment of 8 diet quality indexes and 7 sustainability metrics. *American Journal of Clinical Nutrition*, 121:315-323.

62. Ilayan, Alaa; Dustin, Dakota; Kowalski, Corina;* Belury, Martha A; Johnson, LuAnn K; **Conrad, Zach**. (2025). Micronutrient inadequacy differs by intake of fat amount and class among adults that consume a restricted carbohydrate diet: National Health and Nutrition Examination Survey, 2007-2018. *Journal of the Academy of Nutrition and Dietetics*, 7:S2212-2672.

61. Kowalski, Corina*; Dustin, Dakota; Ilayan, Alaa; Johnson, LuAnn K.; Belury, Martha; **Conrad, Zach**. (2025). Are people consuming the diets they say they are? Self-reported versus estimated adherence to low carbohydrate and low fat diets: National Health and Nutrition Examination Survey, 2007-2018. *Journal of the Academy of Nutrition and Dietetics*, 125:239-246.

60. **Conrad, Zach**; Korol, Madison;* DiStaso, Chloe;* Wu, Songze.* (2024). Greater adherence to the Mediterranean diet pattern in the United States is associated with sustainability trade-offs. *Nutrition Journal*, 23:159.

59. Blackstone, Nicole Tichenor; Battaglia, Kyra; Rodríguez-Huerta, Edgar; Bell, Brooke M; Decker Sparks, Jessica L; Cash, Sean B; **Conrad, Zach**; Nikkhah, Amin; Jackson, Bethany; Matteson, Julia; Gao, Shijun; Fuller, Kathy; Zhang, Fang Fang; Webb:, Patrick. (2024). Diets cannot be sustainable without ensuring the well-being of communities, workers, and animals in food value chains. *Nature Food*, 5:818-824.

58. Drewnowski, Adam; **Conrad, Zach**. (2024). Pulse crops: nutrient density, affordability, and environmental impact. *Frontiers in Nutrition*, 11:1438369.

57. **Conrad, Zach**; Wu, Songze;* Johnson, LuAnn K; Kun, Julia F;* Roy, Eric D; Gephart, Jessica A; Bezares, Nayla; Wiipongwii, Troy; Blackstone, Nicole Tichenor; Love, David C. (2024). Foodprint 2.0: A computational simulation model that estimates the agricultural resource requirements of diet patterns. *PLOS One*, 19:e0306097.

56. **Conrad, Zach**; DiStaso, Chloe;* Korol, Madison;* Rose, Donald. (2024). Augmenting the national nutrition data system to promote diet sustainability analyses. *Current Developments in Nutrition*, 8:103793.

55. Rowe, Sarah;* Brady, Catherine;* Sarang, Rhea;* Wiipongwii, Troy; Leu, Matthias; Jennings, Lydia; Peterson, Tomalita; Boston, Juan; Roach, Beth; Phillips, Jessica; **Conrad, Zach**. (2024). Improving Indigenous food sovereignty through sustainable food production: a narrative review. *Frontiers in Sustainable Food Systems*, 8:1341146.

54. Scherer, Laura; Tichenor Blackstone, Nicole; **Conrad, Zach**; Fulgoni, Victor; Mathers, John; van der Pols, Jolieke; Willett, Walter; Fantke, Peter; Milà i Canals, Llorenç; Pfister, Stephan; Stylianou, Katerina; Weidema, Bo; Jolliet, Olivier. (2024). Accounting for nutrition-related health impacts in food LCA: guidance from an expert workshop. *International Journal of Life Cycle Assessment*, 29:953-966.

53. Unger, Allison; Beal, Ty; **Conrad, Zach**; Pikosky, Matthew; Brown, Katie. (2024). Opportunities for consistent and holistic metrics to support food systems transformation: a summary of a symposium presented at Nutrition 2023. *Current Developments in Nutrition*, 8: 102129.

52. Angelotti, Austin; Kowalski, Corina;* Johnson, LuAnn; Belury, Martha; **Conrad, Zach**. (2024). Restricted carbohydrate diets below 45% energy are not associated with risk of mortality in the National Health and Nutrition Examination Survey, 1999-2018. *Frontiers in Nutrition*, 11:1225674.

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). Comparing 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; Eermakov, 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-α2, MIP-1α, and TNF-α 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.

Funding

(Total: $4,668,086; External: $4,443,915 Internal: $212,171)

A feasibility assessment of research study designs to evaluate the role of soy in healthy diets. (PI). Soy Nutrition Institute. $9,300.

Estimating the volume and value of food consumed at home and away from home by food category. 2026-2028. (PI). US Department of Agriculture, Economic Research Service, Office of the Chief Economist. $149,708.

Impacts of meteorological changes on nutrition-related cardiometabolic disease. 2026-2031. (PI). National Institutes of Health; National Heart, Lung, and Blood Institute. $2,313,313.

The impacts of protein intake on micronutrient intake, environmental sustainability, and diet cost. 2026-2027. (PI). National Cattleman's Beef Association. $162,084.

Environmental sustainability and affordability of pork-modified food menus in randomized controlled trials. 2026-2027. (Independent Contractor). National Pork Board. $24,750.

The role of dairy in healthy and sustainable diets. 2025-2027. (PI). National Dairy Council. $421,711.

The role of pistachios in supporting sleep quality among adults in the United States. 2025-2026. (PI). American Pistachio Growers. $77,590.

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 (includes $133,271 institutional match).

Dietary greenhouse gas emissions in the National School Lunch Program. 2023-2024. (Independent Contractor). Center for a Livable Future, Johns Hopkins University. $4,920.

Diet sustainability analyses for policy action. 2023. (PI). William & Mary, Office of the Vice Provost, $5,000.

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

20. **Excellence in Nutrition Fellow** 2026
American Society for Nutrition

19. **John & Audrey Leslie Associate Professorship** 2026-2029
Office of the Provost, William & Mary

18. **Plumeri Award for Faculty Excellence** (Finalist) 2026
Office of the Provost, William & Mary

17. **Distinguished Alumni Award** 2025
Alumni Engagement & Services, Trent University

16. **Most Influential to the Education of a Member of the Class of 2024 at William & Mary** 2025
Office of Career Development and Professional Engagement, William & Mary

15. **University Professor for Research Excellence Award** (Finalist) 2025
William & Mary

14. **Alumni Fellowship Award for Excellence in Teaching** 2025
William & Mary Alumni Association

13. **Virginia Outstanding Faculty Award – Rising Star** (Nominee) 2025
State Council of Higher Education for Virginia. William & Mary's only nominee.

12. **Most Influential to the Education of a Member of the Class of 2023 at William & Mary** 2024
Office of Career Development and Professional Engagement, William & Mary

11. **Rising Star Award** 2024
Alumni Association, Friedman School of Nutrition Science and Policy, Tufts University

10. **Virginia 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 Research 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** 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

26. **Estimating intake of interesterified oil in the US population** June 23, 2026
Institute for the Advancement of Food and Nutrition Science, Lipids Committee

25. **Sustainability of pulse foods: nutrient density, affordability, and environmental benefits** June 9, 2025
Society for Nutrition Education and Behavior annual conference, Indianapolis, IN

24. **How healthy is your dinner?** Nov 3, 2024
W&M Strategic Cultural Partnerships, Indigenous Foodways Workshop and Feast

23. **Novel applications and tools for using NHANES dietary data** Oct 10, 2024
American Society for Nutrition, NHANES Webinar Series (virtual)

22. **A data science approach to diet sustainability analyses** Oct 7, 2024
Pennsylvania State University and University of Pennsylvania, Fall 2024 Colloquium Series (virtual)

21. **Impact of food waste: environmental and economic insights** July 30, 2024
Western Growers Association (virtual)

20. **Modeling the road ahead: gaps and opportunities in developing robust sustainability measurement tools for evidence-based decision making** July 23, 2023
American Society for Nutrition annal conference, Boston, MA

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) Arlington, VA

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?**
Graduate Student Research Conference (poster) — Apr 11, 2015
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)

35. Kamalakantha; Tara;* Zavela, Catherine;* Drewnowski, Adam; Caligiuri, Stephanie; **Conrad, Zach**. (2024). Greater intake of pulses is associated with lower risk of all-cause mortality in a nationally representative sample of US adults. Nutrition 2025 annual conference, American Society for Nutrition, May 31-June 3, 2025, Orlando, FL.

34. Zavela, Catherine;* Vincent, Repoulis;* **Conrad, Zach**. (2024). Modeled sustainability impacts of increasing pork consumption among adults in the United States. Nutrition 2025 annual conference, American Society for Nutrition, May 31-June 3, 2025, Orlando, FL.

33. Blackstone, Nicole Tichenor; Bell, Brooke M.; Cudhea, Frederick; Wang, Lu; Gu, Zhengye; **Conrad, Zach**; Luo, Hanqi; Battaglia, Kyra; Marquez, Alejandra Sofia; Webb, Patrick; Cash, Sean B; Zhang, Fang Fang. (2024). Nutrition-related health and environmental impacts of shifting to recommended diets in the US. 14th International Conference on Life Cycle Assessment of Food, Barcelona, Spain.

32. Bell, Brooke M.; Rodgriguez-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. Agriculture, Food, and Human Values Society Conference, Syracuse, New York.

31. Bell, Brooke M.; Rodgriguez-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 36th 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, William & Mary, Williamsburg, VA (student evaluations out of 5.00)

Population Nutrition, Policy, and Programs (4.71, 4.83, 4.72, 4.32, 4.76)	Spring 2021, 2022, 2023, 2024; Fall 2024
Sustainable Food Systems and Diets (4.57, 4.72, 4.58)	Fall 2020, 2021, 2022, 2023
Nutrition in Health and Disease (4.63, 4.78, 4.75, 4.66)	Spring 2020, 2021, 2022, 2023
Science of Nutrition (4.68, 4.61, 4.72, 4.83, 4.63, 4.71, 4.79)	Spring 2020, 2025; 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,	Nov 12, 2025

graduate). Friedman School of Nutrition Science and Policy, Tufts University, Boston, MA.

Are Healthier Diets More Sustainable? (virtual, synchronous, graduate). Texas Women's University. Denton, TX. — Oct 22, 2025

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 11, 2024

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

Undergraduate Honors Thesis Committee — 2023

Madson Korol, Mediterranean diet and mental health

Elizabeth Maneval, linguistic mechanisms among patients with schizophrenia (non-major committee member) — 2021

Undergraduate Academic Advising — 2019-Present

Student Research Activity

(109 student-semesters)

Research Assistants and Fellows

Summer 2026	6 students	Fall 2025	7 students
Spring 2026	7 students	Summer 2025	3 students
		Spring 2025	7 students
		Fall 2024	7 students
		Summer 2024	2 students
		Spring 2024	8 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

Guest Editor, *Journal of the Academy of Nutrition and Dietetics* (IF=6.524), Special Issue: "Diet Quality and Sustainability: Synergies and Trade-offs"	Nov 2023-Dec 2024
Editorial Board, *Journal of the Academy of Nutrition and Dietetics* (IF=6.524)	July 2020-April 2025
Editorial Board, *Nutrition Journal* (IF=5.797)	Oct 2020-Sept 2024
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, William & Mary

Faculty Search Committee, Associate/Full Professor in Public Health, Department of Health Sciences	Sept 2026-Present
Associate Program Manager Search Committee, Department of Health Sciences	June Sept 2026
Postdoctoral Fellow Search Committee, Department of Health Sciences (Chair)	June-Sept 2026
Curriculum Committee, Department of Health Sciences	Sept 2023-May 2025
Glauber Fellowship Committee, College of Arts & Sciences	Oct 2023-May 2025
Committee on Faculty Research Standards, Department of Health Sciences	April-Dec 2022
Undergraduate Research Committee, Monroe Scholarship, College of Arts & Sciences	Jan 2021-May 2025
Associate Program Manager Search Committee, Department of Health Sciences	June Sept 2024
Undergraduate Research Committee, Goldwater Scholarship, College of Arts & Sciences	July 2020-Nov 2023
Faculty Search Committee, Assistant Professor in Human Nutrition, Department of Health Sciences	Sept 2022-Feb 2023
Faculty Search Committee, Visiting Assistant Professor in Human Nutrition, Department of Health Sciences	April-June 2022
Postdoctoral Fellow Search Committee, Department of Health Sciences (Chair)	Sept -March 2022
Committee on Computing in the Classroom, Department of Health Sciences	Sept-Dec 2019

Committee membership, professional

Technical Working Group Member, US Department of Agriculture (USDA), Food and Nutrition Service: Ground Truthing the Cost of the Thrifty Food Plan	Jan 2024-Present
Co-Chair, National Institutes of Health, Working Group 4: Measures and Metrics for Evaluating Diet Sustainability. Agriculture & Diet: Value Added for Nutrition, Translation, & Adaptation in a Global Ecology (ADVANTAGE) Project	Jan-May 2023
Advisory Board, Soil to Society: Optimizing Human Health and Nutrition. $10M research grant to Washington State University.	Feb 2022-Present
Executive Board Member, Early Career Representative; American Society for Nutrition; Climate, Health, and Improved Nutrition (CHAIN) Research Interest Section	Mar 2021-Mar 2022
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

Mentorship

Science and Policy Fellowship, American Society for Nutrition, Mentor for PhD student June 2024-Present

Professional affiliations

Member, Food Forum of the National Academies of Sciences, Engineering, and Medicine 2026-Present
American Society for Nutrition 2013-Present
American Public Health Association 2013-2017
Massachusetts Public Health Association 2013-2016
American Heart Association 2015-2016

Grant reviewer

American Egg Board, Egg Nutrition Center, 2025
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". https://www.withgoodreasonradio.org/episode/cravings/ Dec 8, 2023

U.S.News. "Research suggests most popular diets have poor diet quality" https://health.usnews.com/health-news/blogs/eat-run/articles/research-suggests-most-popular-diets-have-poor-diet-quality Nov 7, 2022

The Keri Report (podcast). "There's more than one way to eat an unhealthy diet" Available on Spotify, Apple Podcasts, Stitcher, and Libsyn. Oct 18, 2022

Nutrition Reviews: Conversations with the Authors (podcast). Hosted by Douglas Taren, Editor-in-Chief of *Nutrition Reviews* scientific journal. Available on Spotify. Feb 10, 2021

Women's Running magazine, "Reduce your food waste and save money in three steps". https://www.womensrunning.com/health/food/reduce-food-waste/ Jan 13, 2021

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 Dec 26, 2020

WVEC 13News Now, "Healthy eating during coronavirus" April 6, 2020
WTKR NewsChanel 3, "An expert's guide to reducing food waste" Dec 11, 2019
wtkr.com/2019/12/10/throwing-away-holiday-leftovers-a-local-experts-guide-to-reducing-food-waste/

Major print/online news coverage and invited quotes

The Atlantic – One food all Americans can agree on Mar 12, 2026
https://www.theatlantic.com/health/2026/03/beans-legumes-nutrition-maha/686341/?gift=A5eiy-POSf0txPAbmwLCkXsQar2PvNPXMu7rWsGewDU&utm_source=copy-link&utm_medium=social&utm_campaign=share

The Atlantic – What an 'America First' diet would really look like Feb 8, 2025
https://www.theatlantic.com/health/archive/2025/02/tariffs-food-america-agriculture/681620/

LA Times – Will a diet that's good for the planet also help you live longer? Here's the evidence June 11, 2024
https://www.latimes.com/environment/story/2024-06-10/will-a-diet-thats-good-for-the-planet-help-you-live-longer

The Atlantic – Expiration dates are meaningless Nov 30, 2022
www.theatlantic.com/health/archive/2022/11/expiration-dates-food-waste-safety/672311/

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

International Confederation of Dietetic Associations – Sustainability Toolkit May 10, 2021
icdasustainability.org/

Forbes – Seaspiracy: a call to action or a vehicle of misinformation? April 10, 2021
https://www.forbes.com/sites/allenelizabeth/2021/04/10/seaspiracy-a-call-to-action-or-a-vehicle-of-misinformation/?sh=491e5fadc23a

LA Times – How to stop food waste, an environmental and economic crisis March 23, 2021
www.latimes.com/business/story/2021-03-23/column-food-waste

Popular Science – 11 percent of food waste comes from our homes March 9, 2021
www.popsci.com/story/environment/food-waste-environment/

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, 2021

Frontiers in Ecology and the Environment - Reducing food waste: a child could do it Feb 3, 2020
www.esajournals.onlinelibrary.wiley.com/doi/10.1002/fee.2153

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