

# Part F. Appendix F-3: Biographical Sketches of the 2025 Dietary Guidelines Advisory Committee

**Below is brief biographical information for each member of the 2025 Dietary Guidelines Advisory Committee as it relates to the Committee's scope and charge.**

**Sarah Booth, PhD (Chair)**, is Director of the USDA Human Nutrition Research Center on Aging (HNRCA) at Tufts University and Senior Scientist. She has led HNRCA, one of the largest research centers focused on nutrition and healthy aging, since 2016. She is also Professor at the Friedman School of Nutrition Science and Policy at Tufts University. Dr. Booth is an international leader in vitamin K research and her current research investigates the roles of vitamins D and K in risk for Alzheimer's disease and dementia. She has also studied novel roles for vitamin K in calcification disorders and kidney disease and discovered a previously undescribed form of vitamin K in the human diet. She developed the methodology for measuring vitamin K forms in a variety of food matrices and her team continues to generate vitamin K food composition data for national nutrient databases. Dr. Booth is President of the American Society for Nutrition (ASN). She earned a PhD in Human Nutrition from McGill University in Montreal, Canada.

**Angela Odoms-Young, PhD, MS (Vice Chair)** is an Associate Professor and Director of the Food and Nutrition Education in Communities Program and New York State Expanded Food and Nutrition Education Program in the Division of Nutritional Sciences at Cornell University. Dr. Odoms-Young's research explores the social and structural determinants of dietary behaviors and related health outcomes in low-income populations and in populations that are Black, Indigenous, and people of color. Her work centers on developing culturally responsive programs and policies that promote health equity, food justice, and community resilience. She has served on numerous advisory committees and boards, including the National Academies of Sciences, Engineering, and Medicine (NASEM) Food and Nutrition Board and NASEM's respective committees that provided recommendations to update nutrition standards for school meals and to re-evaluate the food packages provided in the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC). Dr. Odoms-Young received a PhD in Community Nutrition from Cornell University and completed a Family Research Consortium Postdoctoral Fellowship at the Pennsylvania State University and the University of Illinois at Urbana-Champaign.

**Steven Abrams, MD**, is a board-certified pediatrician and practicing neonatologist. He is Professor of Pediatrics at Dell Medical School (DMS) at the University of Texas. He was previously Chair of the Department of Pediatrics at DMS. His research and clinical expertise relate to the nutritional needs, particularly for minerals, of infants and young children. He also conducts ongoing research that examines food insecurity among young children, including effects of the COVID-19 pandemic. He served as a

member of the 2015 Dietary Guidelines Advisory Committee and as a member and later Chair of the American Academy of Pediatrics (AAP) Committee on Nutrition. He is co-editor of the AAP's Nutrition Handbook, 9th Edition and an editor for pediatric nutrition topics for UpToDate. He is the recipient of the Fomon Award for outstanding research in pediatric nutrition from the AAP and is a fellow of the American Society for Nutrition and a fellow of the American Institute for Medical and Biological Engineering. Dr. Abrams earned an MD at The Ohio State University.

**Cheryl Anderson, PhD, MPH, MS**, is a Professor and Founding Dean of the Herbert Wertheim School of Public Health and Human Longevity Science at the University of California San Diego (UCSD). Dr. Anderson is also Director of the UCSD Center of Excellence in Health Promotion and Equity. Her research focuses on nutrition and chronic disease prevention in underserved populations using observational epidemiologic study designs, randomized clinical trials, and implementation science. She is a member of the National Academy of Medicine's Health and Medicine Division Board on Global Health and serves on the American Heart Association's (AHA) Board of Directors (member), its Council Operations Committee (chair), and its Epidemiology Leadership Committee (member). Dr. Anderson was also a member of the 2015 Dietary Guidelines Advisory Committee. She received a PhD and an MS, both in Epidemiology, from the University of Washington, and an MPH in Health Behavior from the University of North Carolina at Chapel Hill.

**Aline Andres, PhD, RD**, is a Professor of Pediatrics at University of Arkansas for Medical Sciences and Associate Director of the Arkansas Children's Nutrition Center. Her research examines the effects of prenatal and postnatal nutrition on offspring growth, body composition, metabolism, development, and health. Her investigations have enhanced understanding of the effects of maternal excessive weight on offspring metabolism and of the impact of early infant feeding on childhood growth and development by leveraging existing longitudinal cohorts, designing and implementing new longitudinal cohorts, and leading randomized controlled trials. Dr. Andres served on the Integration and Application Working Group for the National Institutes of Health (NIH) Breastmilk Ecology project and is a prior chair of The Obesity Society Membership Committee. She completed a PhD in Nutritional Sciences at the University of Illinois at Urbana-Champaign and is a registered dietitian.

**Carol Byrd-Bredbenner, PhD, RD, FAND**, is Distinguished Professor of Nutrition and Director of the Nutritional Sciences Graduate Program at Rutgers, The State University of New Jersey. Her research aims to elucidate the role of cognitive and environmental factors on nutrition behaviors and health outcomes, and the development and application of health behavior change theory. She also develops recommendations and guidance for nutrition communication and implementation science aspects of health promotion interventions. Currently, she is leading the innovative National Institute of Food and Agriculture (NIFA)- and NIH-funded childhood obesity and cardiometabolic disease prevention program, HomeStyles, that aims to motivate families to make quick, easy, evidence-based modifications to their home environment and lifestyle practices. She received the Helen Denning Ullrich Award for Lifetime Excellence in Nutrition

Education from the Society for Nutrition Education and Behavior and the Excellence in Nutrition Education Award from the American Society for Nutrition. Dr. Byrd-Bredbenner earned a PhD at The Pennsylvania State University and is a registered dietitian.

[Andrea Deierlein, PhD, MPH, MS](#), is an Associate Professor of Epidemiology and Director of Public Health Nutrition at New York University School of Global Public Health. She is a nutritional epidemiologist who studies how dietary, behavioral, and environmental factors contribute to perinatal health outcomes and chronic disease development across the life course. Her research has examined predictors and outcomes of maternal metabolic health-related conditions during pregnancy and postpartum, such as excessive gestational weight gain, hyperglycemia, and obesity. She has also conducted studies on exposures to environmental endocrine-disrupting chemicals and cardiometabolic health outcomes among children and pregnant persons. Recently, Dr. Deierlein expanded her research to include reproductive and perinatal health outcomes among persons with disabilities. She received a PhD in Nutrition Epidemiology at the University of North Carolina at Chapel Hill and an MPH in Epidemiology and an MS in Human Nutrition at Columbia University.

[Heather Eicher-Miller, PhD](#), is a Professor in the Department of Nutrition Science at Purdue University. She is a nutrition epidemiologist experienced in dietary data analysis and patterning, assessment techniques and inference, with a focus on low-resource populations. Many of her studies are aimed to improve food insecurity through evaluation of nutrition education and food assistance programs and their impacts on dietary intake and health. She also leads interventions focused on promoting healthful food environment in food pantries, improving client diets and access to resources. Dr. Eicher-Miller also leads a team to create new techniques for integrating the timing of dietary intake, physical activity, and other lifestyle patterns and evaluating their relationship to health indicators. She has held various member leadership roles in the American Society of Nutrition and the Society for Nutrition Education and Behavior and is also a member of the Board of Editors for the Journal of the Academy of Nutrition and Dietetics and *Advances in Nutrition*. Dr. Eicher-Miller was recently selected as the 2023-2024 Danone International Prize for Alimentation Laurate. She received a PhD and completed post-doctoral research in Foods and Nutrition/Nutrition Science from Purdue University.

[Jennifer Orlet Fisher, PhD](#), is a Professor in the Department of Social and Behavioral Sciences and Associate Director of the Center for Obesity Research and Education at Temple University. Dr. Fisher's research seeks to understand influences on the development of eating behaviors and weight outcomes during early childhood. Her work examines the role of the family as a first and fundamental context in which eating habits develop. She has conducted basic and applied research to understand socioenvironmental influences on appetite self-regulation and obesity among young children, including studies of food-motivated eating behaviors and food parenting influences. Her work has focused on racial and ethnic minority families with low incomes who experience disproportionate diet- and obesity-related burdens. Her current research investigates sweet preferences, food motivated behaviors, and executive functioning

around eating during early childhood. Dr. Fisher was Chair of a Robert Wood Johnson Foundation-funded Healthy Eating Research expert panel examining promotion of healthy dietary behaviors for children ages 2-8 years and serves on several journal editorial boards. She earned a PhD in Nutrition from The Pennsylvania State University.

**Teresa Fung, ScD, RD**, is a Professor of Nutrition at Simmons University and Adjunct Professor of Nutrition at the Harvard T.H. Chan School of Public Health. Her expertise is in developing diet quality measures and examining corresponding disease risk. As a nutritional epidemiologist, she has examined the associations between the Alternate Mediterranean Diet Score, the Dietary Approaches to Stop Hypertension score, and the Alternate Healthy Eating Index and health outcomes including diabetes, cardiovascular disease, cancer, weight change, geriatric fractures, and frailty. From 2018-2020, she led the U.S. module to develop the Global Diet Quality Score to measure diet quality and predict chronic disease risk in different worldwide settings. She is Associate Editor for the Journal of Nutrition and a member of the editorial board for the Journal of the Academy of Nutrition and Dietetics. She received the 2022 Elaine R. Monsen Award for Outstanding Research Literature from the Academy of Nutrition and Dietetics. Dr. Fung earned a dual ScD in Epidemiology and Nutrition at Harvard and is a Registered Dietitian.

**Christopher Gardner, PhD**, is the Rehnberg Farquhar Professor of Medicine at Stanford University, where he has been conducting epidemiological and human intervention trials for 30+ years. His research investigates the potential health benefits of various dietary components and food patterns. This includes intervention studies on the relationships between diet and weight management, blood lipids and lipoproteins, inflammatory markers, insulin, blood pressure, body composition, and the microbiome. He is the principal investigator and lead author of two landmark weight loss diet trials, Diet Intervention Examining the Factors Interacting with Treatment Success (DIETFITS) and the A TO Z Weight Loss Study. He has participated in Scientific Statements of diet-disease relationships through his work with the American Heart Association (AHA) and the American Diabetes Association (ADA), including his contributions as a panel member and co-author of the ADA's update on Nutritional Therapy for Diabetes, and the writing chair for the 2023 AHA Scientific Statement on: Popular Dietary Pattern: Alignment With American Heart Association 2021 Dietary Guidance. He was the chair of the AHA's Nutrition Committee from 2022-2024 and co-chaired the expert committee that produced the 2022 AHA Policy Statement, Strengthening U.S. Food Policies and Programs to Promote Equity in Nutrition Security. Professor Gardner co-founded the Menus of Change University Research Collaborative. He earned a PhD in Nutrition Science from the University of California, Berkeley.

**Edward Giovannucci, MD, ScD**, is a Professor in the Departments of Nutrition and Epidemiology at the Harvard T.H. Chan School of Public Health. He is also an American Cancer Society Clinical Research Professor. During the past several decades, Dr. Giovannucci's work has been based largely in the Nurses' Health Study I & II and the Health Professionals Follow-Up Study. His research focuses on how nutritional, environmental, and lifestyle factors relate to various malignancies, especially those of the colorectum,

other gastrointestinal cancers, and prostate cancer. In 2019, he received the American Association of Cancer Research-American Cancer Society Scientific Achievement Award for research excellence in cancer epidemiology and prevention. A specific interest has been understanding etiologic mechanisms underlying the relationships between nutritional factors and cancer. Dr. Giovannucci has extensive experience evaluating research to formulate cancer prevention recommendations for nutrition, physical activity, and body weight from his work with the World Cancer Research Fund/American Institute for Cancer Research Expert Panel. A major focus of his work is how diet interacts with physical activity and body weight to influence processes such as inflammation and insulin resistance to affect risk of multiple chronic diseases including cardiovascular disease, diabetes and cancer. He received an MD from the University of Pittsburgh and completed his residency in Anatomic Pathology at the University of Connecticut. Dr. Giovannucci then earned an ScD in Epidemiology from the Harvard T.H. Chan School of Public Health.

[Deanna Hoelscher, PhD, RDN, LD, CNS, FISBNPA](#), is the John P. McGovern Professor in Health Promotion, founding Director of the Michael & Susan Dell Center for Healthy Living, and Regional Dean of the University of Texas Health Science Center at Houston (UTHealth Houston) School of Public Health in Austin. Her research interests are empowering children and their families to engage in healthier dietary and physical activity behaviors to prevent chronic disease, with an emphasis on addressing health disparities in diverse, historically underserved populations. She is the principal investigator of several studies funded by NIH, the Texas Department of State Health Services, and the Michael & Susan Dell Foundation, which focus on community-based participatory research, child obesity surveillance, maternal and child health, and the use of research evidence in health policy. Dr. Hoelscher has held several leadership positions in obesity- and nutrition-focused professional societies, including the International Society of Behavioral Nutrition and Physical Activity (ISBNPA), the Academy of Nutrition and Dietetics, and The Obesity Society. She is an ISBNPA Fellow and received the Oded Bar-Or Award for Excellence in Pediatric Obesity Research from The Obesity Society in 2024. She earned a PhD in Biological Sciences from the University of Texas at Austin and is a registered dietitian nutritionist.

[Valarie Blue Bird Jernigan, DrPH, MPH](#), is a Professor of Medicine and Director of the Center for Indigenous Health Research and Policy at Oklahoma State University Center for Health Sciences. Dr. Jernigan has led or co-led trials to improve food systems and health in Indigenous communities. She led the THRIVE study, the first randomized trial of healthy makeovers in tribally owned convenience stores; the FRESH study, a farm-to-school intervention to support healthy eating patterns among Native American children; and a tribal community-supported agriculture study to promote sustainable changes to the food environment and health. Dr. Jernigan also leads the Center for Indigenous Innovation and Health Equity—an initiative coordinated by the HHS Office of Minority Health through cooperative agreements with Oklahoma State University and the University of Hawaii—which supports community-based initiatives to restore traditional food systems and practices in American Indian, Alaska Native, Native Hawaiian, and Pacific Islander communities. Dr. Jernigan is an enrolled citizen of the Choctaw Nation of Oklahoma. She received a DrPH

from the University of California, Berkeley, and completed a postdoctoral fellowship in cardiovascular disease prevention at Stanford University Prevention Research Center.

**Cristina Palacios, PhD, MSc**, is a Professor and Chair in the Department of Dietetics and Nutrition at Florida International University (FIU). She has conducted several clinical trials in children, adolescents, and pregnant women, including Hispanic populations, to determine the effects of dietary supplements and dietary interventions on bone and body composition. She has developed and validated food frequency questionnaires in infants and children to evaluate dietary patterns. She also designed and tested interventions using technology for preventing excessive weight gain in Hispanic infants and pregnant women. Several of her studies have been conducted in collaboration with the WIC program, particularly among Hispanic families. She has completed extensive consultation for the World Health Organization and Pan-American Health Organization on developing various dietary guidelines for infants, children, and pregnant women and in establishing infant nutrient requirements. She is a fellow in the Robert Wood Johnson Foundation's Interdisciplinary Research Leaders program and was the previous chair of the Diversity and Inclusion Task Force at FIU. She earned a PhD and MSc in Nutrition from Purdue University.

**Hollie Raynor, PhD, RD, LDN**, is a Professor in the Department of Nutrition and Executive Associate Dean of Research and Operations in the College of Education, Health, and Human Sciences at the University of Tennessee. She conducts research in lifestyle interventions for pediatric and adult obesity care. Her research interests are identifying the best methods to implement dietary behaviors that improve outcomes in obesity care (e.g., limiting variety, reducing energy density, shifting distribution of energy intake earlier in the day), and translating lifestyle interventions into practice-based settings (i.e., integrated primary care). She served as a member of the National Committee for Clinical Guidelines for Obesity for the American Psychological Association and as a member of the Prediabetes and Adult Obesity Treatment Evidence Analysis Library Committee for the Academy of Nutrition and Dietetics. Dr. Raynor earned a PhD in Clinical Psychology at State University of New York at Buffalo and an MS in Public Health Nutrition at the University of Tennessee Knoxville and is a registered dietitian.

**Fatima Cody Stanford, MD, MPH, MPA, MBA, MACP, FAAP, FAHA, FAMWA, FTOS**, is an Associate Professor of Medicine and Pediatrics and practices and teaches at Massachusetts General Hospital/Harvard Medical School as one of the first fellowship-trained obesity medicine physicians. Her work in obesity medicine bridges the intersection of medicine, public health, policy, and disparities. She received the Gold Congressional Award in 2001 and was chosen as The Obesity Society Clinician of the Year in 2020. In 2021, she was awarded the Massachusetts Medical Society Grant Rodkey Award for her dedication to medical students and the American Medical Association's Dr. Edmond and Rima Cabbabe Dedication to the Profession Award for her commitment to expanding knowledge through teaching, conducting research, and publishing. She also received the Emory Rollins School of Public Health Distinguished Alumni Award and was selected by the National Academy of Medicine as a Scholar in Diagnostic Excellence. In 2024, she received the National Medical Association Meritorious Award and was selected for Mastership by the

American College of Physicians. Dr. Stanford received an MPH from Emory University as an MLK Scholar, an MD from the Medical College of Georgia School of Medicine as a Stoney Scholar, an MPA from the Harvard Kennedy School of Government as a Zuckerman Fellow in the Harvard Center for Public Leadership, and an executive MBA from the Quantic School of Business and Technology.

**Sameera Talegawkar, PhD**, is a Professor in the Department of Exercise and Nutrition Sciences at the Milken Institute School of Public Health at the George Washington University. A nutrition scientist and epidemiologist by training, she has expertise in nutritional assessment in diverse populations. Her research program focuses on better understanding the role of dietary patterns on age-related changes in physical function, including frailty, mobility limitations, and disability among older individuals. Dr. Talegawkar also studies the role of diet on health disparities experienced by underserved population groups. She is co-chair of the Jackson Heart Study Diet and Physical Activity Working Group. Dr. Talegawkar earned a PhD in Nutrition from the Friedman School of Nutrition Science and Policy at Tufts University.

**Christopher Taylor, PhD, RDN, LD, FAND**, is a Professor of Medical Dietetics and Family Medicine in the College of Medicine at The Ohio State University in Columbus, Ohio. His research examines how lifestyle factors impact obesity and chronic diseases, with a specific focus on food patterning, the influence of personal factors on lifestyle behavior choice, and factors that influence behavior change. His current research uses technology to more efficiently assess diet and refer primary care patients to resources such as registered dietitians to improve community health outcomes. Dr. Taylor serves as Associate Editor for the Journal of Nutrition Education and Behavior and has had several roles within the Academy of Nutrition and Dietetics, being recognized as a Fellow, served as Chair of the Research Dietetic Practice Group, and was also appointed as Chair of the Academy's 2020 Dietary Guidelines Collaborative. In 2024, he was recognized with the Academy's Medallion Award, to honor members who have shown dedication to the high standards of the nutrition and dietetics profession through active participation, leadership, and devotion to serving others in nutrition and dietetics. He received a PhD in Human Environmental Science from Oklahoma State University, an MS in Family Resources and Human Development at Arizona State University, BS in Dietetics from Bowling Green State University and is a registered dietitian nutritionist.

**Deirdre Tobias, ScD**, is a nutrition and obesity epidemiologist at Brigham and Women's Hospital and Harvard Medical School in Boston, MA. She is also an Assistant Professor at the Harvard T.H. Chan School of Public Health. Her research focuses on identifying lifestyle risk factors for obesity and related chronic diseases, including type 2 diabetes, heart disease, and cancer. Her work aims to improve understanding of overall dietary patterns and the biological mechanisms underlying their relationship with long-term health outcomes. Dr. Tobias is passionate about improving the validity and rigor of nutrition science research, particularly as it relates to optimizing systematic reviews and meta-analysis, and in conducting and interpreting large-scale longitudinal cohort studies. Dr. Tobias serves as principal investigator for NIH-funded research, including a randomized dietary intervention weight loss trial and observational cohort analyses to investigate multi-omics of obesity, diet, and chronic disease. Dr. Tobias also serves as

Academic Editor for the American Journal of Clinical Nutrition. She received an BA from the College of the Holy Cross and MS and ScD from the Harvard T.H. Chan School of Public Health in Nutritional Epidemiology.