NATIONAL ACADEMIES Sciences Engineering Medicine

THE DIETARY REFERENCE INTAKES PROCESS: A WEBINAR

SPEAKER BIOS

Stephanie A. Atkinson, Ph.D., is a tenured Professor and nutrition clinician-scientist in the Department of Pediatrics, Faculty of Health Sciences, McMaster University and Special Professional Staff in McMaster Children's Hospital. Her research has focused on optimizing growth and skeletal development in premature infants and in children with bone disorders secondary to pediatric diseases or drug therapy such as acute lymphoblastic leukemia and cystic fibrosis through longitudinal measures of metabolic and body composition. Her current research program focuses on developmental origins of health and disease (DOHaD) that encompasses randomized clinical trials and epidemiological investigations of the environmental (nutrition), genetic and biochemical factors during fetal, neonatal and early childhood life that play a role in defining the offspring phenotype and as risk determinants for non-communicable diseases including obesity, diabetes, cardiovascular disease, osteoporosis as well as neurocognitive functioning. Distinguished elected positions include a Governor-in-Council appointment to the inaugural Governing Council of The Canadian Institutes of Health Research (CIHR), President of the American Society for Nutrition, and Chair of the Institute Advisory Board of the CIHR Institute of Nutrition, Metabolism and Diabetes. She has served as member or chair of expert advisory panels from Health Canada and the World Health Organization/Food & Agricultural Organization. For the National Academies she served on committees related to various aspects of the Dietary Reference Intakes (1995 to present); the process for the Dietary Guidelines for Americans; and feeding of infants and children from birth to 24 months and guidance on protein quality and growth for clinical trials in infants. Dr. Atkinson received her Ph.D. in nutritional biochemistry from the University of Toronto and completed post-doctoral training in endocrinology at Toronto's Hospital for Sick Children.

Sarah Booth, Ph.D., is Director of the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University as well as Senior Scientist and leader of the Diet & Aging Brain, Sensory Systems directive. Dr. Booth is an international leader in vitamin K research. Dr. Booth has received multiple awards in recognition of her research, the most recent being the American Society of Nutrition (ASN) E.V. McCollum Award for a Senior Investigator. Dr. Booth is a professor in the Biochemical and Molecular Nutrition Program at the Friedman School of Nutrition Science and Policy at Tufts University. Dr. Booth was the Chair of the 2025 Dietary Guidelines Advisory Committee and was the 2024-2025 President of the American Society of Nutrition. Dr. Booth is also on the editorial board of Annual Reviews of Nutrition.

Sai Das, Ph.D., is a Senior Scientist in the Diet & Chronic Disease Prevention for Healthy Aging directive at the Jean Mayer USDA Human Nutrition Research Center on Aging, and a Professor at the Friedman School of Nutrition Science and Policy at Tufts University. Her research has advanced the science of metabolism in aging and broadened our understanding of the prevention and treatment of weight-related health conditions. Dr. Das's research interests include calorie restriction and aging, precision nutrition, diet patterns and chronic disease, and lifestyle interventions addressing the obesity epidemic. Her current work focuses on aging and improving

healthspan as well as precision nutrition approaches to understanding the role of diet in metabolic health. She is the Principal Investigator of the CALERIE™ Legacy Study -- a long-term follow-up of the landmark CALERIE™ trial -- and the New England Clinical Center for the NIH Common Fund's Nutrition for Precision Health study. She has been an active member of the nutrition community, and has presented at local, national and international conferences on topics ranging from calorie restriction to precision nutrition. She is also a member of the American Society for Nutrition, an Associate Editor of the International Journal of Obesity, and was on the Standing Committee for the Review of the Dietary Reference Intakes Framework (part of the National Academies of Sciences, Engineering, and Medicine).

John W. Erdman Jr., Ph.D., is Emeritus Professor of Food Science and Human Nutrition at the University of Illinois at Urbana Champaign. He continues to have an active research program with a particular interest in the impact of bioactive food components on health and disease. Currently, his lab is working on nutritional aspects of carotenoids and vitamin E, especially in relation to brain development and function. Previously, his laboratory extensively evaluated the impact of lycopene on prostate cancer, the use of quantitative ultrasound to detect early stages of NAFLD, how food processing and other factors alter the bioavailability of a number of minerals and carotenoids, and published human clinical trials on soy protein and cholesterol reduction. He has authored over 285 original research articles and over 475total publications (h-index is 72). He is a Fellow of the American Society for Nutrition (ASN), the Institute of Food Technologists (IFT) and the American Heart Association (AHA). He is past President of the American Society for Nutritional Sciences (now ASN). He is an elected Member of the National Academy of Medicine. His lab has accepted fees for service for analysis of carotenoids and vitamin E from human blood samples. Dr. Erdman is a scientific advisor for the Soy Nutrition Institute-Global and is a member of the Board of Trustees for the Institute for the Advancement of Food and Nutritional Sciences. He has received numerous honors for research, teaching and mentoring. His B.S., M.S., M.Phil. and Ph.D. are in Food Science from Rutgers University. He has served on over two dozen committees for the National Academies of Sciences, Engineering, and Medicine and was previously Chair of the Standing Committee for the Review of the Dietary Reference Intakes Framework. .

David Klurfeld, Ph.D., is Adjunct Professor in the Indiana University School of Public Health. He retired as National Program Leader for Human Nutrition in the USDA Agricultural Research Service at the end of 2020, where he was responsible for the scientific direction of human nutrition research for 16 years. Prior to government service, he was Professor and Chairman of the Department of Nutrition & Food Science at Wayne State University in Detroit, Michigan for 12 years. Before that, he was on the faculty of The Wistar Institute and the University of Pennsylvania School of Medicine for 15 years. His research focused on the relationship of diet and prevention of chronic diseases. Among his scientific discoveries are the first demonstration that red wine consumption resulted in fewer cardiovascular lesions, that the cholesterol-filled cells in human arterial lesions are white blood cells, that reducing calories was more important than reducing fat in the diet for decreasing cancer growth, and a mediator of this last effect was likely IGF-1. Dr. Klurfeld has published more than 200 peer-reviewed articles and book chapters. He was Associate Editor of the American Journal for Clinical Nutrition from 2007 to 2019. He was elected a Fellow of the American Society for Nutrition (ASN) in 2018, received

the Ralph Holman Lifetime Achievement Award from the American Oil Chemists Society in 2019, and the David Kritchevsky Career Achievement Award from ASN in 2020. Dr. Klurfeld received his undergraduate degree in general agriculture from Cornell University and both master's and doctorate degrees in pathology from the Medical College of Virginia.

Nancy F. Krebs, M.D., is a Distinguished Professor of Pediatrics, Associate Vice Chair, Academic Affairs in the Department of Pediatrics at the University of Colorado Anschutz, School of Medicine. Dr. Krebs' research has focused on determining dietary nutrient requirements and characterizing homeostasis, including metabolic regulation and adaptation to different physiologic states, including in normal infants, pregnant & lactating women. She also has substantial clinical experience and research related to obesity in childhood and adolescence, and effects of maternal obesity risk factors for excessive infant weight gain. She has received honors from the American Academy of Pediatrics and the American Society for Nutrition for her research, including the Pediatric Nutrition Lifetime Achievement Award from ASN, and selection as a Fellow of the ASN. Dr. Krebs has served on multiple special panels and working groups for the National Institutes of Health, including the Dietary Guidelines B-24 Federal Steering Committee, and the Thematic Working Group (6-12 months). She was also a member of the FAO/WHO Expert Group on Nutrient Requirements for Children Aged 0-36 months. Dr. Krebs served on the Danone Happy Family Maternal Infant Advisory Board, 2017-2022. Compensation for this service goes to the University of Colorado. She has had past co-investigator roles with in-kind support on research grants from the National Pork Board, the U.S. Highbush Blueberry Council, the Gerber Foundation, Mead Johnson, and the National Cattlemen's Beef Association. She obtained an M.S. in Nutrition Science at the University of Maryland and an M.D. from the University of Colorado. She completed a Pediatric Residency and Fellowships in Pediatric Nutrition and in Gastroenterology. From 2003-2007, she was a member of the National Academies' Food and Nutrition Board.

Alice H. Lichtenstein, D.Sc., is Senior Scientist and Leader, Diet & Chronic Disease Prevention Directive, at the Jean Mayer USDA Human Nutrition Research Center on Aging (HNRCA) and Stanley N. Gershoff Professor of Nutrition Science and Policy at the Friedman School, both at Tufts University. She holds secondary appointments as an Associated Faculty member in the Institute for Clinical Research and Health Policy Studies at Tufts Medical Center and Professor of Medicine at Tufts University School of Medicine, and an honorary doctoral degree from the medical faculty of the University of Eastern Finland (formally University of Kuopio). At the HNRCA Dr. Lichtenstein's research group focuses on assessing the interplay between diet and cardiovascular disease risk factors. Past and current work includes addressing issues related to trans fatty acids, soy protein and isoflavones, sterol/stanol esters, novel vegetable oils differing in fatty acid profile and glycemic index, in postmenopausal females and older males. Additional work is focused on population basis studies to address the relationship between cholesterol homeostasis biomarkers and nutrient intake biomarkers, and cardiovascular disease risk; and on the application of systematic review methods to the field of nutrition. She is a co-Investigator for the AHRQ/Brown Effects of Saturated Fat Replacement and Polyunsaturated Fat Intake on Blood Lipids and Cardiovascular Events systematic review studies. Dr. Lichtenstein served on the 2000 and 2015 (vice-chair) Dietary Guidelines Advisory Committees. She is a member and past-chair of the AHA Nutrition Committee, and in 2021 was chair of the writing group that

updated the AHA diet guidance for cardiovascular disease prevention. She was elected a Fellow of the American Society for Nutrition and American Heart Association, received the Honorary Lifetime Membership Award in Recognition of Extraordinary Expertise and Contributions to Clinical Lipidology from the National Lipid Association and in 2019 she received the Alumni Award of Merit from the Harvard T.H. Chan School of Public Health. Dr. Lichtenstein completed her undergraduate work at Cornell University, holds a master degree from Pennsylvania State University, and master and doctoral degrees from Harvard University School of Public Health. Dr. Lichtenstein served as a member of the Committee to Review the Dietary Reference Intakes for Macronutrients and a member of the Committee to Review the Dietary Reference Intakes for Sodium and Potassium of the National Academies.

Amanda MacFarlane, Ph.D., is a Senior Research Scientist and Head of the Micronutrient Research Section in the Bureau of Nutritional Sciences at Health Canada. From 2022-2024, she was the founding Director of the Texas A&M Agriculture, Food and Nutrition Evidence Center, which provides independent evidence reviews for policymakers on the impact of the agri-food system on health, the environment, and the economy. During this time, she was also Professor (tenured) in the Texas A&M University Department of Nutrition. Her research focuses on the effects of B vitamin nutrition on health, ranging from molecular mechanisms to the socioeconomic, dietary, and genetic factors influencing nutritional status. She is heavily involved in policy work related to food fortification, labeling, and vitamin supplement content and recommendations. She chaired the Canada-US Dietary Reference Intakes (DRIs) Working Group (2013-2022) during which time chronic disease endpoints were formally incorporated into the DRIs framework, the sodium and potassium DRIs were reviewed with the first application of the Chronic Disease Risk Reduction values, and a strategic plan for the review of macronutrient requirements was initiated. Dr. MacFarlane is an Associate Editor for *The American Journal of Clinical Nutrition* and has received several awards, including the 2022 Health Canada Assistant Deputy Minister's Award for Excellence in Science and the 2015 Health Canada Assistant Deputy Minister's Award for Transparency and Openness.

Nadine R. Sahyoun, Ph.D., is a Professor of Nutritional Epidemiology in the Department of Nutrition and Food Science, University of Maryland, College Park where she also served as the Graduate Program Director. Her work focuses on the relationship between diet, lifestyle factors, nutritional status and health outcomes, particularly among vulnerable populations and refugees. Her recent research examines determinants and impact of food and nutrition security in the US, Middle East and Sub-Saharan Africa. Dr. Sahyoun spent a sabbatical year as a Fulbright Scholar at the American University of Beirut (2009-2010). She received the University of Maryland Alumni Association's Excellence in Research Award, she was selected as a Distinguished Fellow by the American Society of Nutrition and served as an ADVANCE Professor from 2019 to 2021. She is a panel member for the Generally Recognized as Safe (GRAS) determination of food products for the consulting firm Exponent. She previously served on the U.S. Department of Health and Human Services advisory workgroup for the COVID-19 module of the Administration for Community Living/Administration on Aging National Survey of Older Americans Act Participants. Dr. Sahyoun earned her PhD in Nutrition from the Friedman School of Nutrition Science and Policy at Tufts University and completed a postdoctoral research fellowship with the Association for Teachers in Preventive Medicine at the National Center for Health Statistics.

Valerie Tarasuk, Ph.D., is a Professor Emerita in the Department of Nutritional Sciences at the University of Toronto, cross-appointed to the Dalla Lana School of Public Health. While her major scholarly contributions have been in the area of household food insecurity in Canada, her research extends to Canadian food policy and population-level dietary assessment. She has participated in numerous advisory processes and reviews related to the design and interpretation of population dietary intake surveys and the development of food and nutrition policy in Canada. In recognition of her contributions, Dr. Tarasuk has been awarded the Earle Willard McHenry Award for Distinguished Service in Nutrition (2017), honorary doctorate degrees from Queen's University (2018) and the University of Guelph (2023), and Fellow distinctions from the Canadian Nutrition Society (2021), Royal Society of Canada (2023) and American Nutrition Society (2024). She completed her Ph.D. in Nutritional Sciences at the University of Toronto under the supervision of Prof. George Beaton. Dr. Tarasuk served on the National Academies' Committee on Use of Dietary Reference Intakes in Nutrition Labeling and the Standing Subcommittee on the Interpretation and Uses of Dietary Reference Intakes.