



Surabhi Bhutani, PhD., MS

Assistant Professor

Department/School of Exercise and Nutritional Sciences

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EDUCATION

2016 - 2018 NIH T-32 Post-Doctoral Research Fellow	Feinberg School of Medicine, Northwestern University, Chicago Neuroscience
2014 - 2016 NIH T-32 Post-Doctoral Research Fellow	University of Wisconsin, Madison Human Nutrition
2009 - 2013 Ph.D. American Heart Association Pre-Doctoral Fellow	University of Illinois at Chicago Kinesiology and Nutrition
2003 - 2005 M.Sc.	Delhi University Foods and Nutrition
2000 - 2003 B.Sc.	Delhi University Foods and Nutrition, Home Science (Hons)

ACADEMIC, RESEARCH, AND TEACHING POSITIONS

Fall 2018 – Present San Diego State University, California	Assistant Professor Human Nutrition
Spring 2015 University of Wisconsin, Madison	Postdoctoral Fellow- Course Co-Instructor Human Nutrition: Advanced Nutrition: Obesity and Diabetes
Fall 2013 Northwestern University, Chicago	Visiting Scientist, Behavioral and Preventive Medicine, Psychology
Fall 2009 – Fall 2013 University of Illinois at Chicago	Graduate Teaching Assistant- Lab coordinator, Human Nutrition: Introduction to SAS, Nutrition Science I, Science of Foods, Advanced Vitamins and Minerals
Fall 2008 – Summer 2009 University of Illinois at Chicago	Research Assistant/Clinical Coordinator Human Nutrition
Summer 2006 – Fall 2006 Diabetes Foundation (India), New Delhi	Research Dietitian Human Nutrition
Summer 2005 – Summer 2006 All India Institute of Medical Sciences, New Delhi	Research Dietitian Human Nutrition

PROFESSIONAL GROWTH

Publications in Peer-reviewed Journals

1. Nguyen H, Albayay J, Höchenberger R, **Bhutani S**, Boesveldt S, Busch NA, Croijmans I, Cooper KW, de Groot JHB, Farruggia M, Fjaeldstad AW, Hayes JA, Hummel T, Joseph PV, Laktionova TK, Thomas-Danguin T, Veldhuizen MG, Voznessenskaya VV, Parma V, Pepino MY, Ohla K. Covid-19 affects taste independently of smell: results from a combined chemosensory home test and online survey from a global cohort (N=10,953). *Chemical Senses* 2023.
2. **Bhutani S**, McClain AC. Body fat moderates the association of olfactory dysfunction with dietary intake in U.S. middle-aged and older adults: a cross-sectional analysis of NHANES 2013-2014. *Nutrients* 2022 August 22; 14(15), 3178. DOI: 10.3390/nu14153178.
3. Ohla K, Veldhuizen M,.....**Bhutani S** (*listed as 35th author of 40 total authors*), Hayes J, Niv M et al. A follow-up on quantitative and qualitative olfactory dysfunction and other symptoms in patients recovering from COVID-19 smell loss. *Rhinology*, 2022. 2022 Apr 10. DOI: 10.4193/Rhin21.415.
4. **Bhutani S**, Coppin G, Veldhuizen MG, Parma V, Joseph PV. COVID-19 Related Chemosensory Changes in Individuals with Self-Reported Obesity. *Rhinology*. 2022 Apr 1;60(2):128-138. DOI: 10.4193/Rhin21.351.
5. Thomas DM, Yoshitani G, Hariharan A, Turner D, **Bhutani S**, Allison DB, Moniz A, Heymsfield SB, Schoeller DA, Pontzer HA, Hull HR, Fields DA. Overflowing tables: Changes in the energy intake and the social context of Thanksgiving in the United States. *Historical Methods: A Journal of Quantitative and Interdisciplinary History*, 2022. DOI: 10.1080/01615440.2021.2010153
6. Shanahan LK, **Bhutani S**, Kahnt T. Olfactory perceptual decision making is biased by motivational state. *PLOS Biology* 2021 Aug 26;19(8):e3001374. DOI: 10.1371/journal.pbio.3001374.
7. **Bhutani S**, Cooper JA, vanDellen M. Self-reported changes in energy balance behaviors during COVID-19 related home confinement: A Cross-Sectional Study. *American Journal of Health Behavior*. 2021 Jul 26;45(4):756-770. DOI: 10.5993/AJHB.45.4.14.
8. **Bhutani S**, vanDellen M, Haskins LB, Cooper J. Energy balance-related behavior risk pattern and its correlates during COVID-19 related home confinement. *Frontiers in Nutrition*. 2021 Jun 8;8:680105. DOI: 10.3389/fnut.2021.680105.
9. **Bhutani S**, *Christian IR, Palumbo D, Wiggins JL. Reward-related neural correlates in adolescents with excess body weight. *Neuroimage Clinical* 2021 Mar 8; 30:102618. DOI: 10.1016/j.nicl.2021.102618
10. **Bhutani S**, vanDellen M, Cooper JA. Longitudinal weight gain and related risk behaviors during the COVID-19 pandemic in adults in the US. *Nutrients* 2021 Feb 19;13(2):671. DOI: 10.3390/nu13020671.
11. Cooper JA, vanDellen M, **Bhutani S**. Self-Weighing practices and associated health behaviors during COVID-19. *American Journal of Health Behavior*. 2021 Jan 1;45(1):17-30. DOI: 10.5993/AJHB.45.1.2.
12. Gerkin R, Ohla K, Veldhuizen MG..... **Bhutani S** (*listed as 28th author of 71 total authors*), et al. Recent smell loss is the best predictor of COVID-19 among individuals with recent respiratory symptoms. *Chemical Senses*. 2021 Jan 1;46: bjaa081. DOI: 10.1093/chemse/bjaa081.
13. Lin S, Lima MO, Gabel K, Kalam F, Cienfuegos S, Ezpeleta M, **Bhutani S**, Varady KA. Does the weight loss efficacy of alternate day fasting differ according to sex and menopausal status? *Nutrition Metabolism Cardiovascular Diseases*. 2021 Feb 8;31(2):641-649. DOI: 10.1016/j.numecd.2020.10.018.
14. Cooper K, Brann DH, Farruggia MC, **Bhutani S**, Pellegrino R, Tsukahara T, Weinreb C, Joseph PV, Larson E, Parma V, Albers MW, Barlow LA, Datta SR, Di Pizio A. COVID-19 and the chemical senses: supporting players take center stage. *Neuron* 2020 Jul 22; 107(2): 219–233. DOI: 10.1016/j.neuron.2020.06.032.
15. Parma V, Ohla K, Veldhuizen MG, Niv MY, Kelly CE, Bakke AJ, Cooper KW, Bouysset C, Pirastu N, Dibattista M, Kaur R, Liuzza MT, Pepino MY, Schöpf V, Pereda-Loth V, Olsson SB, Gerkin RC, Domínguez PR, Albayay J, Farruggia MC, **Bhutani S** (*listed as 21st author of 94 total authors*), ... Hayes J. et al. More than smell-COVID-19 is associated with severe impairment of smell, taste, and chemesthesis. *Chemical Senses*. 2020 Oct 9;45(7):609-622. DOI: 10.1093/chemse/bjaa041.
16. **Bhutani S**, Cooper JA. COVID-19 related home confinement in adults: weight gain risks and opportunities. *Obesity (Silver Spring)* 2020 May 19: 10.1002/oby.22904. DOI: 10.1002/oby.22904.

17. Pelegriano B, Cooper KW, Di Pizio A, Joseph PV, **Bhutani S**[#], Parma V[#]. Corona Viruses and the Chemical Senses: Past, Present, and Future. *Chemical Senses* July 2020; 45(6): 415–422. DOI:10.1093/chemse/bjaa031
18. **Bhutani S**, Wells N*, Finlayson G, Schoeller DA. Change in eating pattern as a contributor to energy intake and weight gain during winter holiday period in obese adults. *International Journal of Obesity (Lond)* 2020 Jul;44(7):1586-1595. DOI: 10.1038/s41366-020-0562-2.
19. Korth AL, **Bhutani S**[#], Neuhouser ML, Beresford SA, Snetselaar L, Tinker LF, Schoeller DA. Comparison of methods used to correct self-reported protein intake for systematic variation in reported energy intake using quantitative biomarkers of dietary intake. *Journal of Nutrition* 2020; 150: 1330-1336. DOI: 10.1093/jn/nxaa007.
20. **Bhutani S**, Howard JD, Reynolds R, Zee P, Gottfried JA, Kahnt T. Olfactory connectivity mediates sleep dependent food choices in humans. *eLife* 2019;8: e49053. DOI: 10.7554/eLife.49053.
21. Trepanowski JA, Kroeger CM, Barnosky AR, Klempel MC, **Bhutani S**, Hoddy KK, Rood J, Ravussin E, Varady KA. Effects of alternate-day fasting or daily calorie restriction on body composition, fat distribution, and circulating adipokines: Secondary analysis of a randomized controlled trial. *Clinical Nutrition*. 2018 Dec;37(6 Pt A):1871-1878. DOI: 10.1016/j.clnu.2017.11.018.
22. **Bhutani S**, Hanrahan LP, VanWormer J, Schoeller DA. Circannual variation in relative weight of children 5 to 16 years of age. *Pediatric Obesity*. 2018 Jul;13(7):399-405. DOI: 10.1111/ijpo.12270.
23. Kroeger CM, Trepanowski JF, Klempel MC, Barnosky A, **Bhutani S**, Gabel K, Varady KA. Eating behavior traits of successful weight losers during 12 months of alternate day fasting: An exploratory analysis of a randomized controlled trial. *Nutrition and Health*. 2018 Mar;24(1):5-10. DOI: 10.1177/0260106017753487.
24. **Bhutani S**, Schoeller DA, Walsh MC, McWilliams C. Frequency of eating out at both fast-food and sit-down restaurants was associated with high body mass index in non-large metropolitan communities in Midwest. *American Journal of Health Promotion*. 2018 Jan;32(1):75-83. DOI: 10.1177/0890117116660772.
25. Barnosky A, Kroeger CM, Trepanowski JA, Klempel MC, **Bhutani S**, Hoddy KK, Gabel K, Shapses SA, Varady KA. Effect of alternate day fasting on markers of bone metabolism: An exploratory analysis of a 6-month randomized controlled trial. *Nutrition and Healthy Aging* 2017 Dec 7;4(3):255-263. DOI: 10.3233/NHA-170031.
26. **Bhutani S**, Kahn E, Tasali E, Schoeller DA. Composition of two-week change in body weight under unrestricted free-living conditions. *Physiological Reports*. 2017 Jul;5(13):e13336. DOI: 10.14814/phy2.13336.
27. Trepanowski JA, Kroeger CM, Barnosky AR, Klempel MC, **Bhutani S**, Hoddy KK, Gabel K, Freels S, Rigdon J, Rood J, Ravussin E, Varady KA. Effect of Alternate-Day Fasting on Weight Loss, Weight Maintenance, and Cardio protection Among Metabolically Healthy Obese Adults: A Randomized Clinical Trial. *Journal of American Medical Association Internal Medicine (JAMA)*. 2017 Jul 1;177(7):930-938. DOI: 10.1001/jamainternmed.2017.0936.
28. Hoddy KK, Gibbons C, Kroeger CM, Trepanowski JF, Barnosky A, **Bhutani S**, Gabel K, Finlayson G, Varady KA. Changes in hunger and fullness in relation to gut peptides before and after 8 weeks of alternate day fasting. *Clinical Nutrition*. 2016 Dec;35(6):1380-1385. DOI: 10.1016/j.clnu.2016.03.011.
29. Hoddy KK, **Bhutani S**, Phillips SA, Varady KA. Effects of different degrees of insulin resistance on endothelial function in obese adults undergoing alternate day fasting. *Nutrition and Healthy Aging*. 2016 Oct 27;4(1):63-71. DOI: 10.3233/NHA-1611.
30. Varady KA, Hoddy KK, Kroeger CM, Trepanowski JF, Klempel MC, Barnosky A, **Bhutani S**. Determinants of weight loss success with alternate day fasting. *Obesity Research & Clinical Practice* 2016 Jul-Aug;10(4):476-80. DOI: 10.1016/j.orcp.2015.08.020.
31. **Bhutani S**, Racine N, Shriver T, Schoeller DA. Special considerations for measuring energy expenditure with doubly labeled water under atypical conditions. *Journal of Obesity and Weight Loss Therapy* 2015. Jul;5(Suppl 5). DOI: 10.4172/2165-7904.S5-002.Hoddy KK, Kroeger CM, Trepanowski JF, Barnosky A,
32. **Bhutani S**, Varady KA. Safety of alternate day fasting and effect on disordered eating behavior. *Nutrition Journal*. 2015 May 6;14(1):44. DOI: 10.1186/s12937-015-0029-9.

33. Hoddy KK, Kroeger CM, Trepanowski JF, Barnosky A, **Bhutani S**, Varady KA. Meal timing during alternate day fasting: Impact on body weight and cardiovascular disease risk in obese adults. *Obesity (Silver Spring)*. 2014 Dec; 22(12):2524-31. DOI: 10.1002/oby.20909.
34. Varady KA, **Bhutani S**, Klempel MC, Kroeger CM, Trepanowski JF, Haus JM, Hoddy KK, Calvo Y. Alternate Day fasting for weight loss in normal weight and overweight subjects: A randomized controlled trial. *Nutrition Journal*. 2013 Nov 12;12(1):146. DOI: 10.1186/1475-2891-12-146.
35. **Bhutani S**, Klempel MC, Kroeger CM, Aggour E, Calvo Y, Trepanowski JF, Hoddy KK, Varady KA. Effect of exercising while fasting on eating behaviors and food intake. *Journal of the International Society of Sports Nutrition*. 2013 Nov 1;10(1):50. DOI: 10.1186/1550-2783-10-50.
36. **Bhutani S**, Klempel MC, Kroeger CM, Trepanowski JA, Phillips SA, Norvkeviciute E, Varady KA. Alternate day fasting with or without exercise: Effects on adipose tissue physiology and endothelial function in obese humans. *Clinical Nutrition ESPEN* 2013 Aug; 8(5): e205-e209. DOI: 10.1016/j.clnme.2013.07.005.
37. **Bhutani S**, Klempel MC, Kroeger CM, Trepanowski JF, Varady KA. Alternate day fasting and endurance exercise combine to reduce body weight, retain lean mass, and favorably alter plasma lipids in obese adults. *Obesity (Silver Spring)*. 2013 Jul 21;17(7):1370-9. DOI: 10.1002/oby.20353
38. Klempel MC, Kroeger CM, **Bhutani S**, Trepanowski JF, Varady KA. Intermittent fasting combined with calorie restriction is effective for weight loss and cardio-protection in obese women. *Nutrition Journal*. 2012 Nov 21; 11:98. DOI: 10.1186/1475-2891-11-98.
39. Kroeger CM, Klempel MC, **Bhutani S**, Trepanowski JF, Tangney CC, Varady KA. Improvement in coronary heart disease risk factors during an intermittent fasting/calorie restriction regimen: Relationship to adipokine modulations. *Nutrition and Metabolism (Lond)*. 2012 Oct 31;9(1):98. DOI: 10.1186/1743-7075-9-98.
40. Varady KA, **Bhutani S**, Klempel MC, Kroeger CM. Comparison of effects of diet versus exercise weight loss regimens on LDL and HDL particle size in obese adults. *Lipids in Health and Disease*. 2011 Jul 18; 10:119. DOI: 10.1186/1476-511X-10-119.
41. Varady KA, **Bhutani S**, Klempel MC, Phillips SA. Improvements in vascular health by low-fat diet, but not a high-fat diet, are mediated by changes in adipocyte biology. *Nutrition Journal*. 2011 Jan 20;10(1):8. DOI: 10.1186/1475-2891-10-8.
42. Varady KA, **Bhutani S**, Klempel MC, Lamarche B. Improvement in LDL particle size and distribution by short-term alternate a modified fasting in obese adults. *British Journal of Nutrition*. 2010 Sep 30:1-4. DOI: 10.1017/S0007114510003788.
43. **Bhutani S**, Klempel MC, Berger RA, Varady KA. Improvements in coronary heart disease risk indicators by alternate day fasting involve adipose tissue modulations. *Obesity (Silver Spring)*. 2010 Nov;18(11):2152-9. DOI: 10.1038/oby.2010.54.
44. Klempel MC, **Bhutani S**, Fitzgibbon M, Freels S, Varady KA. Dietary and physical activity adaptations to alternate day fasting: Implications for optimal weight loss. *Nutrition Journal*. 2010 Sep 3; 9:35. DOI: 10.1186/1475-2891-9-35.
45. Varady KA, **Bhutani S**, Church EC, Klempel MC. Short-term modified alternate day fasting: A novel dietary strategy for weight loss and cardio-protection in obese adults. *American Journal of Clinical Nutrition*. 2009 Nov; 90(5):1138-43. DOI: 10.3945/ajcn.2009.28380.
46. Varady KA, **Bhutani S**, Church EC, Phillips SA. Adipokine responses to acute resistance exercise in trained and untrained men. *Medicine and Science in Sports and Exercise*. 2010 Mar;42(3):456-62. DOI: 10.1249/MSS.0b013e3181ba6dd3.
47. **Bhutani S** and Varady KA. Nibbling versus feasting: Which meal pattern is better for heart disease prevention? *Nutrition Reviews*. 2009 Oct; 67(10):591-8. DOI: 10.1111/j.1753-4887.2009.00231.x
48. Varady KA, Tussing L, **Bhutani S**, Braunschweig CL. Degree of weight loss required to improve adipokine concentrations and decrease fat cell size in severely obese women. *Metabolism*. 2009; 58: 1096-11. DOI: 10.1016/j.metabol.2009.04.010.

Conference Presentations

- Zhao Y, **Bhutani S**, Kahnt T. Appetite-regulating hormones modulate odor perception and odor-evoked responses in hypothalamus and olfactory cortices. Neuroscience 2023, Society for Neuroscience meeting Washington, D.C.2023.
- Koyama S, Shields V, Heinbockel T, Adhikari P, Alizadeh R, Bassoli A, **Bhutani S**, Calcinoni O, Chen J, Di Pizio A, Strub D, Ueha R, Voznessenskaya V, Joseph P. Possible effects of phytochemicals with bioactive properties on chemosensory dysfunction. Association of Chemosensory Sciences Meeting, Florida, 2023.
- **Bhutani S**, McClain A. The Influence of Olfactory Dysfunction on Poor Diet Intake is Moderated by Body Fat in the US Adults. The Obesity Society, San Diego, 2022.
- Jensen K, Bhutani S. Food cravings are mediated by sensory imagery in reward sensitive adults. Association of Chemosensory Sciences meeting, 2022, Florida.
- Shanahan LK, **Bhutani S**, Kahnt T. How satiety modulates perceptual decision-making in olfactory circuits? Association of Chemosensory Sciences meeting, 2021 (Virtual due to COVID).
- **Bhutani S**, Coppin G, Veldhuizen MG, Parma V, Joseph PV. COVID-19 Related Chemosensory Changes Are Comparable in Individuals with Self-Reported Obesity and Without Obesity. AChems, 2021. (Virtual)
- Cooper J, vanDellen M, **Bhutani S**. Self-Weighing Practices and Associations with Health Behaviors during COVID-19 and Related Home Confinement. The Obesity Society, 2020. (Virtual)
- **Bhutani S**, vanDellen M, Haskins LB, Cooper J. Psychological/Health Factors May Alter Energy Balance Behaviors During COVID-19 Home Confinement. The Obesity Society, 2020. (Virtual)
- **Bhutani S**, Wells N, Schoeller DA. Effect of holiday season on measures of energy balance and weight gain. The Obesity Society, Las Vegas, NV, 2019.
- **Bhutani S**, Howard JD, Gottfried JA, Kahnt T. Sleep deprivation enhances encoding of odors in piriform cortex and food intake through piriform-insula connectivity. Neuroscience, San Diego, CA 2018.
- **Bhutani S**, Howard JA, Gottfried JA, Kahnt T. Sleep-deprivation enhances encoding of food odors in piriform cortex and promotes food intake through piriform-insula connectivity. XL Annual Meeting of the Association for Chemoreception Sciences, Bonita Springs FL, 2018.
- **Bhutani S**, Howard JA, Gottfried JA, Kahnt T. Sleep-deprivation enhances processing of food odors in olfactory cortex. Society for Neuroscience, Washington DC, 2017.
- **Bhutani S**, Gottfried JA, Kahnt T. Central olfactory mechanisms underlying sleep-dependent changes in food processing. Cognitive Neuroscience, San Francisco, CA, 2017.
- **Bhutani S**, Tasali E, Schoeller DA. Short-term fluctuation in body weight and body composition with habitual lifestyle. The Obesity Society, New Orleans, LA, 2016.
- **Bhutani S**, Schoeller DA, Kloke J, Hanrahan L. Assessment of circannual variation in relative weight among children in Wisconsin using electronic health records. Experimental Biology. San Diego, CA, USA, 2016.
- **Bhutani S**, Schoeller DA, McWilliams C, Malecki K. Using the new "Obesity Food Index" to assess the diet quality of adults in association with frequency of restaurant visits. The Obesity Society, Los Angeles, CA, USA, 2015.
- **Bhutani S**, Schoeller DA, Walsh MC, McWilliams C. Decision to frequent a restaurant type is influenced by individual characteristics of Wisconsin residents. Experimental Biology. Boston, MA, USA, 2014.
- **Bhutani S**, Schoeller DA, Walsh MC, McWilliams C. Differences in the type of restaurant patronized influence the association between eating out and BMI in six counties of Wisconsin. The Obesity Society. Boston, MA, USA, 2014.
- Kroeger C, Trepanowski JF, Hoddy KK, **Bhutani S**, Varady KA. Alternate day fasting is more effective than daily calorie restriction for increasing LDL particle size. The Obesity Society. Boston, MA, USA, 2014.
- **Bhutani S**, Klempel MC, Kroeger C, Trepanowski JF, Hoddy KK, Varady KA. Alternate day fasting for weight loss in normal weight and overweight subjects: A randomized controlled trial. The Obesity Society. Atlanta, Georgia, 2013.
- Kroeger CM, Klempel MC, **Bhutani S**, Trepanowski JF, Varady KA. Improvement in coronary heart disease risk factors during an intermittent fasting/calorie restriction regimen: Relationship to adipokine modulations. Experimental Biology. Boston, MA, USA, 2013

- **Bhutani S**, Klempel MC, Kroeger C, Varady KA. Alternate day fasting when combined with endurance exercise reduces body weight and leptin in obese adults. Fifth International Congress on Pre-diabetes and Metabolic Syndrome. Vienna, Austria 2013.
- **Bhutani S**, Klempel MC, Kroeger C, Varady KA. Alternate day fasting when combined with endurance exercise reduces body weight and leptin in obese adults. Midwest AFMR and Central Society for Clinical Research Meeting. Chicago, IL, USA, 2013.
- **Bhutani S**, Kroeger C, Klempel MC, Varady KA. Alternate day fasting and endurance exercise combine to reduce body weight, retain lean mass, and favorably alter plasma lipids in obese humans. Obesity. San Antonio, Texas 2012.
- Varady KA, **Bhutani S**, Klempel MC, Kroeger CM. Alternate day fasting: Effects on endothelial function. International Congress on Abdominal Obesity. Quebec City, Quebec, Canada, 2012.
- **Bhutani S**, Klempel MC, Kroeger C, Varady KA. Alternate day fasting combined with exercise: An effective treatment for weight loss and cardio-protection in obese humans. Experimental Biology. San Diego, CA, USA, 2012.
- **Bhutani S**, Klempel MC, Kroeger C, Varady KA. Alternate day fasting combined with exercise: An effective treatment for weight loss and cardio-protection in obese humans. University of Illinois Student Research Forum. Chicago, IL, USA. 2011.
- Varady KA, **Bhutani S**, Klempel MC, Kroeger C. Comparison of effects of diet versus exercise weight loss regimens on LDL and HDL particle size in obese adults. The Obesity Society. Orlando, FL, USA, 2011.
- Dao NK, **Bhutani S**, Varady KA, Rhodes DH, Fantuzzi G. White blood cell, red blood cell, and hemoglobin response to alternate day fasting. University of Illinois Student Research Forum. Chicago, IL, USA. 2011.
- Varady KA, **Bhutani S**, Klempel MC. Effects of alternate day modified fasting on LDL particle size and distribution in obese adults. Experimental Biology. Washington DC, USA, 2011.
- Varady KA, **Bhutani S**, Klempel MC. Weight loss, coronary heart disease risk reduction, and adipokine profile improvement by alternate day fasting. The Obesity Society. San Diego, CA, USA, 2010.
- Phillips SA, Bian JT, Bhat S, **Bhutani S**, Varady K. Reduced leptin and resistin and increased adiponectin are associated with improved endothelial function during weight loss with low fat compared to low carbohydrate diets. Experimental Biology. Anaheim, CA, USA, 2010.
- Varady KA, **Bhutani S**, Church EC, Klempel MC. Alternate day fasting: Effects on body weight and composition in obese adults. Experimental Biology. Washington DC, USA, 2010.
- Varady KA, **Bhutani S**, Phillips SA. Effect of low-fat versus low-carbohydrate diets on body fat loss and circulating adipokine concentrations in obese humans. North American Association for the Study of Obesity (NAASO). Washington DC, USA, 2009.
- Varady KA, **Bhutani S**, Church EC, Phillips SA. Acute effects of weightlifting on plasma adiponectin in trained versus untrained individuals. Experimental Biology. New Orleans, LA, USA, 2009.
- **Bhutani S**, Attlee A, Singh N, Makharia G. Dietary assessment of nutritional status of patients with malabsorption syndrome. XXXVIII Annual National Convention of Indian Dietetic Association, New Delhi, India, 2005.
- **Bhutani S**, Attlee A, Singh N, Makharia G. Nutritional status in patients with malabsorption syndrome. Proceedings of the 46th Annual Conference of the Indian Society of Gastroenterology, New Delhi, India, 2005.

Book Chapters

- **Surabhi Bhutani** and Krista A. Varady. Effect of endurance exercise without diet modification on body weight and body composition. Body Weight: Composition, Exercises for Men and Women and Impact on Health. Hauppauge, NY: Nova Science Publishers, 2013.
- Jonas Yde Junge*, **Surabhi Bhutani***, Valentina Parma. Modulation of visual perception by odors. Characterization of emotions in food sciences. Part of the Series "Methods and Protocols in Food Science (MeFS)" (**Under peer review**)

Non-refereed Publications

- **Surabhi Bhutani.** Why do we find unhealthy foods tempting after a sleepless night? *Behavioral and Social Sciences at Nature*, Behind the paper. Published November 6, 2019.
<https://go.nature.com/34wJGwc>

Non-refereed Proceedings

- **Surabhi Bhutani.** “Savoring Health: The Complex Relationship Between Flavor and Human Health”. The Food Flavor Workshop, San Diego State University, April 2023.
- **Surabhi Bhutani.** “Opinion: Is organic produce actually healthier, or just marketing hype? Let’s take a look”. San Diego Union Tribune Op-ed, February 2022
<https://www.sandiegouniontribune.com/opinion/commentary/story/2022-02-25/organic-fruits-vegetables-healthier>
- **Surabhi Bhutani.** “Meet an SDSU expert about COVID-19 smell loss and holiday weight gain”. San Diego Union Tribune NamesDrop, January 2021 <https://www.sandiegouniontribune.com/name-drop-san-diego/story/2021-01-18/podcast-covid-19-loss-of-smell-holiday-weight-gain>
- **Surabhi Bhutani.** Why our bodies upsize during the holidays. Written by Padma Nagappan. San Diego State University NewsCenter, December 2020.
https://newscenter.sdsu.edu/sdsu_newscenter/news_story.aspx?sid=78269
- **Surabhi Bhutani.** “Tackling Turkey Day: Strategies for a healthy feast”. American Heart Association News. Written by Michael Precker, November 2020. <https://www.heart.org/en/news/2020/11/19/tackling-turkey-day-strategies-for-a-healthy-feast>
- **Surabhi Bhutani,** Keiland Cooper, Valentina Parma, Bob Pellegrino Interviewed. “Coronaviruses and the Chemical Senses: Past, Present, and Future”. *The Smell Podcast* Interview. San Diego State University June 2020. <https://anchor.fm/thesmellpodcast/episodes/Episode-64---An-Interview-with-Some-of-the-Authors-of-Coronaviruses-and-the-Chemical-Senses-Past--Present--and-Future-ef506f/a-a57pjj>
- **Surabhi Bhutani.** “Endocannabinoids cause post sleep deprivation binge”. BBC radio podcast *The Naked Scientists* Interview. San Diego State University October 2020.
<https://www.thenakedscientists.com/articles/interviews/lack-sleep-could-cause-munchies>
- **Surabhi Bhutani.** “Research Horizons: The Science of Smell”. A feature in SDSU's Research Horizons series. https://newscenter.sdsu.edu/sdsu_newscenter/news_story.aspx?sid=77660
- **Surabhi Bhutani.** “Central olfactory mechanisms underlying sleep dependent changes in food processing”. Neuroscience of Human Cognition and the Cognitive Brain Mapping Group, Data Blitz, Northwestern University, Chicago. 2017
- **Surabhi Bhutani.** “Eating away from home: A risk factor for obesity”. Brown bag seminar series Department of Preventive Medicine, Feinberg School of Medicine, Northwestern University, Chicago. 2015
- **Surabhi Bhutani.** “Obesity, chronic disease prevalence and barriers to healthy eating: The Wisconsin picture”. Institute of Urban Agriculture and Nutrition Academic Symposium. Madison, Wisconsin. 2014
- **Surabhi Bhutani.** “Alternate day fasting combined with exercise: Effects on body weight and coronary heart disease risk”. Cells to Community (C2C) Forum. University of Illinois at Chicago. 2012

Scholarly Awards and Recognitions

- The Grants Research and Enterprise Writing (GREW) fellowship, San Diego State University – San Diego (2018).

- Postdoctoral Professional Development Travel Award, Northwestern University (2017)
- National Institutes of Health (NIH) T-32 Post-Doctoral Research Fellowship Sleep and Circadian Rhythm Biology Training Program Feinberg School of Medicine Northwestern University, Chicago (2016)
- National Institutes of Health (NIH) T-32 Post-Doctoral Research Fellow Molecular and Applied Nutrition Training Program. University of Wisconsin, Madison (2014)
- Poster Award, Healthy Food Systems Poster Competition, University of Wisconsin – Madison (2014)
- Graduate Student Council Travel Award, University of Illinois Chicago (2013)
- Central Society for Clinical and Translational Research: Trainee Travel Award, CSCR/MWAFMR Combined Annual Meeting, Chicago, Illinois (2013)
- Selected as one of the 100 participants to attend National Graduate Research Conference (NGRC), National Institutes of Health, Bethesda, Maryland (2012)
- Kamath Award for most productive PhD student in Nutrition. Department of Kinesiology and Nutrition, University of Illinois, Chicago (2010)
- Saraswati Anand Memorial Prize for Best Student in Therapeutic Nutrition, Institute of Home Economics, University of Delhi, India (2005)
- Distinction Award – Master of Science in Foods and Nutrition (Final year), Institute of Home Economics, University of Delhi, India (2005)
- Distinction Award – Master of Science in Foods and Nutrition (First year), Institute of Home Economics, University of Delhi, India (2004)

Participation in Professional Associations

- The Global Consortium of Chemosensory Research (GCCR) Leadership team
- The Obesity Society
- The American Society for Nutrition
- Association for Chemoreception Sciences
- Society for Neuroscience
- Cognitive Neuroscience Society
- Wisconsin Prevention of Obesity and Diabetes (workgroup)

RESEARCH SUPPORT

- Development of a Wearable Interface Prototype for Olfactory Training in COVID-19 Infection Related Smell Loss. California State University, STEM-NET Faculty Interdisciplinary Collaborative Research Seed Grant, Acceptance Rate: not applicable; 02/2023 – 01/2024.
- Olfactory function and food intake in sleep chronotypes. Role: Principal Investigator, SDSU Summer Undergraduate Research Grant; 05/2022 – 08/2022
- Diurnal modulation in olfactory perception, meal timing, and food intake. Role: Principal Investigator, University Grants Program, San Diego State University; 02/2021 – 6/2022
- Olfactory sensitivity and food intake with circadian rhythm. Role: Principal Investigator College of Health and Human Services CARES pilot funding; 07/2020 – 07/2021
- Contribution of odor imagery on food cravings in overweight and obese adults. Role: Principal Investigator, SDSU Summer Undergraduate Research Grant; 07/2020 – 07/2021
- Contribution of sensory specific satiety on distraction-dependent overeating in obese adults. Role: Principal Investigator, Thomas L. McKenzie Student Research Grant, San Diego State University; 05/2020 – 5/2021.
- Impact of immersive food content videogame playing on odor perception and eating behavior. Role: Principal Investigator, University Grants Program, San Diego State University; 02/2020 – 06/2022

- Involvement of olfactory sensory specific satiety on distraction- dependent motivational eating behavior. Role: Principal Investigator, SDSU Summer Undergraduate Research Grant, Acceptance Rate; 05/2019 – 05/2020
- School Nutrition Advancement for Caribbean Kids (SNACK) Workshop. Role: Co-Investigator, US Department of Agriculture (USDA)-Foreign Agricultural Service-Cochran Fellowship; 9/2018 – 9/2019
- Olfactory contributions to sleep-dependent food craving and calorie intake. Role: Consultant, NIDDK National Institutes of Health NIH/NIDDK R21 DK 118503; 04/2019 – 12/2020.
- Neural pathways underlying sleep-dependent craving of high-calorie foods. Role: Co-Investigator, NUCATS Pilot Grant program, Northwestern University; 07/2016 – 10/2016
- Hormonal contributions to sleep-dependent enhancement in the neural processing of food odors. Role: Co-Investigator, NUCATS Voucher program, Northwestern University; 09/2017 – 01/2018
- Alternate day fasting for weight loss, weight maintenance, and cardio-protection. Role: Doctoral student, National Institutes of Health (NHLBI), 1R01HL106228-01; 01/2011 – 31/2015
- Effects of a liquid diet regimen on body weight and cardiovascular disease risk. Role: Doctoral student, Isagenix International, LLC. Acceptance Rate: not applicable; 01/2012 – 31/2012.
- Effects of nibbling versus feasting on body weight and body composition. Role: Doctoral student, International Life Sciences Institute; 01/2010 – 01/2012
- Alternate day fasting for weight loss and CHD protection. Role: Co-Investigator, Chancellor Discovery Fund, University of Illinois, Chicago; 01/2010 – 01/2012

FUNDED TRAINING GRANTS

- Alternate day fasting combined with exercise for weight loss, Role: Principal Investigator Pre-Doctoral Fellowship, American Heart Association (12PRE8350000); 01/2012 – 12/2013

TEACHING

Student supervision (list does not include student volunteers currently working on studies):

2023 - present	Victoria Esparza – Undergraduate – Food and Nutrition Project title: Olfactory nudging and habituation sensory strategies for diet improvement. NUTR 499 Special Studies
2023 - present	Katie Williams – Graduate – Food and Nutrition Project title: Contribution of Sleep Chronotype on Sweet Taste Preference, Sweet Liking, and Sugar Intake NUTR 798 Special Studies
2023 - present	Jessica Lowenson – Undergraduate – Food and Nutrition Project title: Olfactory nudging and habituation sensory strategies for diet improvement. NUTR 499 Special Studies
2023 - present	Kylie Macias – Undergraduate – Food and Nutrition Project title: Development of a Wearable Interface Prototype for Olfactory Training NUTR 499 Special Studies

2022 - 2023 Nicole Abaya – Masters – Psychology
Project title: Resting(tonic) blood pressure and sensitivity to social pain: A preliminary fMRI study.
MS Thesis Committee member

2022 - 2023 Marissa Fritch – Undergraduate – Food and Nutrition
Project title: Effect of food cue exposure on dietary intake and related markers among adults with overweight and obesity
NUTR 499 Special Studies

2021 - 2023 Paige Sullivan – Undergraduate – Food and Nutrition
Project title: Olfactory sensitivity and food intake fluctuation with circadian rhythm
Recipient of Summer Undergraduate Research Program award, 2022.
NUTR 499 Special Studies
Poster presentation at Student Research Symposium, 2023

2022 Felipe Cuadros – Undergraduate – Food and Nutrition
NUTR 499 Special Studies

2021 - 2022 Marvin Yam – Graduate – Psychology
MS Thesis Committee member

2021 - 2022 Alyssa Scruggs – Undergraduate – Food and Nutrition
NUTR 499 Special Studies

2021 - 2022 Monica Wilson – Undergraduate – Food and Nutrition
NUTR 499 Special Studies

2020 - 2022 Kyra Jensen – Undergraduate – Food and Nutrition
NUTR 499 Special Studies
Recipient of ENS Student Travel Award, 2022

2020 – 2022 Mark Ezpeleta– Doctoral – Human Nutrition
University of Illinois at Chicago (**External doctoral committee member**)
Project title: Time restricted feeding on cardiovascular risk factors

2020 - 2021 Joan Arenas – Undergraduate – Food and Nutrition
Recipient of Thomas McKenzie Student Research Grant, 2020

2020 – 2021 Cassandra Wickstrom – Undergraduate – Food and Nutrition
Recipient of Summer Undergraduate Research Program award, 2020.

2020 Caroline Andrade Matos – Undergraduate – Food and Nutrition
NUTR 499 Special Studies

2019 – 2021 Sofia Cienfuegos – Doctoral – Human Nutrition
University of Illinois at Chicago (**External doctoral committee member**)
Project title: Time restricted feeding on cardiovascular risk factors

2019 – 2021 Isaac Christian – Graduate – Psychology
Co-authored manuscript - **Bhutani, S.**, *Christian, I. R., Palumbo, D., Wiggins, J. L.
Reward-related neural correlates in adolescents with excess body weight. Neuroimage Clinical 2021 Mar 8; 30:102618.

- 2019 – 2020 Melissa Favela-Ayala – Undergraduate - Food and Nutrition
 Recipient of Summer Undergraduate Research Program award, 2019
 Recipient of Undergraduate Research Excellence award at Student Research Symposium, 2020
- 2018 – 2019 Nicole Wells – Dual Masters- Exercise Physiology and Nutritional Sciences
 Oral presentation at Student Research Symposium, 2019
 ENS 796 Exercise Specialist Internship
 Co-authored manuscript- **Bhutani S**, Wells N*, Finlayson G, Schoeller DA. Change in eating pattern as a contributor to energy intake and weight gain during winter holiday period in obese adults. International Journal of Obesity (Lond) 2020 Jul;44(7):1586-1595.

Curriculum Development and Teaching

- Spring 2023 - present** Designed course material Instructor: NUTR610 Nutrition and Energy, San Diego State University
- Fall 2021 - present** Co-designed course material and Instructor: NUTR511 Nutrition Education and Counseling (teach 2 sections), San Diego State University
- Fall 2021 - Spring 2022** Instructor NUTR510 Nutrition Education and Community Health, San Diego State University
- Fall 2018 - present** Instructor NUTR304 Nutrition through Lifecycle, San Diego State University
- December 2019** Guest lecture, NUTR 700 Seminar in Nutrition – “Does lack of sleep give us food munchies by changing our sense of smell? Seminar in Nutrition, San Diego State University, San Diego.
- September 2018** Guest lecture, NUTR 700 Seminar in Nutrition – “Intermittent Fasting and Weight Management”. Seminar in Nutrition, San Diego State University, San Diego.
- Spring 2015** Co-developed course material: Advanced Nutrition: Obesity and Diabetes, University of Wisconsin, Madison
- Summer 2013** Lab Coordinator Human Nutrition: Introduction to SAS Department of Kinesiology and Nutrition University of Illinois, Chicago

SERVICE

SERVICE FOR THE DEPARTMENT

- 2023 Physical Activity Behavioral Science - Faculty search committee
 2023 – present School of Exercise and Nutritional Sciences Diversity, Equity & Inclusion Committee
- 2022 Exercise Physiology – Faculty search committee
 2019 – present School of Exercise and Nutritional Sciences Scholarship Committee
 2019 – present School of Exercise and Nutritional Sciences Faculty Hearing Panel
 2018 – present Dual Master’s Degree Programs Admissions Committee
 2018 – present Nutritional Sciences Admissions Committee
 2018 – present Nutrition Accreditation Committee
 2018 – present Nutrition Assessment Committee

SERVICE FOR THE UNIVERSITY

2022 University Faculty hearing Service
2019; 2020 - 2023 Faculty Judge for Student Research Symposium

SERVICE FOR THE PROFESSION

2022 – present The Global Consortium of Chemosensory Research (GCCR) Leadership team
2020 – present Associate Editor, BioMed Central Nutrition Journal
2018 – 2021 The Obesity Society – Financial Committee leadership group
2014 – present Invited peer reviewer for (selective list): International Journal of Obesity, Obesity, Plos one, Nutrition Reviews, Experimental Gerontology, etc.

SERVICE FOR THE COMMUNITY

2021 **Surabhi Bhutani.** *“Tis the Season..... to gain weight?”*
College of Health and Human Services Staff Council Meeting, San Diego State University, San Diego.