

BIOGRAPHICAL SKETCH

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NAME: Mee Young Hong

POSITION TITLE: Professor, Exercise and Nutritional Sciences, San Diego State University

EDUCATION/TRAINING (Begin with baccalaureate or other initial professional education, such as nursing, include postdoctoral training and residency training if applicable. Add/delete rows as necessary.)

INSTITUTION AND LOCATION	DEGREE	FIELD OF STUDY
Ewha Womans University	BS	Food and Nutrition
Ewha Womans University	MS	Nutrition and CVD
Texas A&M University	PhD	Nutrition and Cancer
Texas A&M University	Post-doc	Nutrition and Cancer
Texas A&M University	Research Scientist	Nutrition and Colon Cancer
University of California, Los Angeles	Research Fellow	Phytochemicals and Chronic Diseases

A. Positions and Honors

Positions and Employment

- 2016-present Professor, School of Exercise and Nutritional Sciences, San Diego State University
- 2018-present RD (Registered dietitian)
- 2019-2021 President of KWISE (Korean Women in Science and Engineering) San Diego Chapter
- 2020 Representative Mentor, WISSET – KWISE San Diego Mentoring Team
- 2011-2019 Co-PI, San Diego WIC (Women, Infants and Children) Program
- 2017 Bone densitometry equipment (DXA) intern at Pacific Oaks Medical Group, Beverly Hills, CA
- 2014-2021 SDSU/UCSD Cancer Center Comprehensive Partnership Internal Advisory Committee (IAC)
- 2010-2016 Associate Professor, San Diego State University
- 2007-2010 Assistant Professor, San Diego State University
- 2007 Phlebotomy Intern, UCLA Clinical Labs and UCLA Hospital, Los Angeles, CA
- 2005-2007 Research Fellow, UCLA Center for Human Nutrition, School of Medicine, Los Angeles, CA
- 2003-2005 Assistant Research Scientist, Texas A&M University, College Station, TX
- 2001-2003 Research Associate, Texas A&M University, College Station, TX
- 2000-2001 Post-Doc Research Associate, Texas A&M University, College Station, TX
- 1994-1999 Graduate Research Assistant, Texas A&M University, College Station, TX
- 1992-1993 Executive Manager, Korean Society of Food Culture, Seoul, South Korea
- 1992-1993 Registered Dietitian, Ewha Womans University, Seoul, South Korea
- 1989-1991 Dietetic Intern, Ewha Womans University Medical Center, Intercontinental Hotel, Ewha Womans University Elementary School
- 1991-1992 Graduate Research/Teaching Assistant, Ewha Womans University, Seoul, South Korea

Honors

- 2023 KNS (Korean Nutrition Society) Award for Outstanding ASN (American Society of Nutrition) Scientist
- 2023 Mango research study selected for Press Release in the Annual NUTRITION 2023 Conference
- 2023 2023 Outstanding Faculty Award in recognition as most influential professor for outstanding college graduate
- 2023 San Diego State University Milestone Award
- 2021 Mango research study selected for Media outreach in NUTRITION 2021 LIVE ONLINE Conference
- 2020 Mentor of The Year WISSET Minister Award, WISSET (Korea Center for Women in Science, Engineering and Technology), Seoul, South Korea

2020 Outstanding Contribution in Mentoring, WISET – San Diego KWise (Korean Women in Science and Engineering) Mentoring Program
2019 ASN's Emerging Leaders in Nutrition Science Abstract Competition Award, Baltimore, MD
2018 Nut study selected as an AHA news press in American Heart Association Scientific Session, Chicago, IL
2016 Selected/Invited to The World Food Prize Global Youth Institute
2016 ASN's Emerging Leaders in Nutrition Science Abstract Competition Award, San Diego, CA
2015 2015 Outstanding Faculty Award in recognition as most influential professor for outstanding college undergraduate
2015 ASN's Emerging Leaders in Nutrition Science Abstract Competition Award, Boston, MA
2014 2014 Outstanding Faculty Award in recognition as most influential professor for outstanding college graduate
2012 Selected as a press release abstract in Experimental Biology, San Diego, CA
2005 Energy Metabolism and Macronutrient Poster Competition Award, Experimental Biology Conference
2005 Diet and Cancer Poster Competition Award, Experimental Biology Conference
2004 SEBM Young Investigator Award, Society for Experimental Biology and Medicine
2000 Graduate Student Research Award in Oral Competition, American Institute of Nutrition
2000 Graduate Student Research Award, American Institute of Nutrition
2000 Graduate Student Travel Fellowship, Faculty of Nutrition, Texas A&M University
1999 CERH Award in Poster Competition, Texas A&M University
1999 Graduate Student Travel Fellowship, Faculty of Nutrition, Texas A&M University
1999 Graduate Student Research Award in Oral Competition, Texas A&M University
1998 Graduate Student Research Award in Oral Competition, American Institute of Nutrition
1998 Graduate Student Research Award, American Institute of Nutrition
1998 Graduate Student Travel Fellowship, Faculty of Nutrition, Texas A&M University
1995 Graduate Student Travel Fellowship, Faculty of Nutrition, Texas A&M University

Professional memberships and societies

2013-present American Heart Association
2005-present American Association for Cancer Research
1999-present American Society for Nutritional Sciences

2019-present Molecules, Editorial Board
2013-present Journal of Food Chemistry and Nutrition, Editorial Board
2016-present Nutrition Report, Editorial Board

Invited talks

Mee Young Hong (2021) Yes, No or Maybe: Nutrition Paradigm Shifts, BK 22 Plus and Vision 2030 Forum Yonsei University, Seoul, South Korea

Mee Young Hong (2021) How to prepare scientific manuscript and how to get your paper accepted. WISET Global Mentoring Program, San Diego, CA, US and South Korea

Mee Young Hong (2020) What do you want to be: Career development, KSEA-YG (Korean American Scientists and Engineers Association Young Generation) Meeting, UCSD, San Diego, CA

Mee Young Hong (2019) Diet and colon cancer, BK 21 Plus and Vision 2020 Forum Yonsei University, Seoul, South Korea

Mee Young Hong (2018) Fish oil and colon cancer, SDSU RF PI Lecture, San Diego State University, Research Foundation, San Diego, CA

Mee Young Hong (2017) Diet in Cancer Prevention and Survival, Graduate School of Public Health, San Diego State University, San Diego, CA

Mee Young Hong (2015) Career in Nutrition, SNO (Student Nutrition Organization), San Diego State University, San Diego, CA

Mee Young Hong (2013) Exercise and wellness for older adults, Korean American Senior Association of San Diego (KASASD), San Diego, CA

Mee Young Hong (2012) Fish oil, DNA damage and Colon Cancer, BK 21 Plus and Vision 2020 Forum, Sungkyunkwan University, Suwon, South Korea

Mee Young Hong (2012) Reduce Salt and Sodium in Your Diet, Korean American Senior Association of San Diego (KASASD), San Diego, CA

Mee Young Hong (2011) Anti-cancer effects of Chinese Red Yeast Rice on Prostate Cancer, CDMRP (Congressionally Directed Medical Research Programs), Orlando, FL

Mee Young Hong (2011) Fish oil supplements, Korean American Senior Association of San Diego (KASASD), San Diego, CA

Mee Young Hong (2010) Diet- Problem or Solution, KWise (Korean-American Women in Science and Engineering), Scripps, La Jolla, CA

Mee Young Hong (2008) Diet and Cancer, Ewha Womans University, Seoul, South Korea

Mee Young Hong (2008) Effects of dietary fish oil on early stage of colon carcinogenesis. UKC conference, San Diego, CA

Trainings

Distance education pedagogy training: I completed SDSU Flexible Course Design Summer Institute. Through the training, I learned how to access and use tools to support and facilitate engagement with students in teaching and research by distance formats during and even beyond the pandemic.

Diversity, Equity and Inclusion training: I completed the Equity, Implicit Bias and Microaggressions Professional Learning provided by Center for Inclusive Excellence at SDSU in 2022. I also took CSU's Discrimination and Harassment Prevention Program. Both trainings deepen my understanding of diversity, equity and inclusion and to develop strategies to recognize and monitor biases in others and myself and reduce in microaggressions and discrimination

B. Peer-reviewed publications

1. Martin Rosas Jr., Changqi Liu, and Mee Young Hong (2023) Effects of mixed nut consumption on blood glucose, insulin, satiety, and the microbiome in a healthy population: A pilot study. Manuscript accepted by Journal of Medicinal Food 26:342-351. doi: 10.1089/jmf.2022.0121.
2. Chelsea L. Nora, Liyue Zhang, Robert J. Castro, Amanda Marx, Hannah B. Carman, Tiffany Lum, Sotirios Tsimikas, and Mee Young Hong (2023) Effects of mixed nut consumption on LDL cholesterol, lipoprotein(a), and other cardiometabolic risk factors in overweight and obese adults. Nutrition, Metabolism and Cardiovascular Diseases 33:1529-1538. doi: 10.1016/j.numecd.2023.05.013
3. Jaikko Daughtry, Caitlin Rasmussen, Martin Rosas Jr., Liyue Zhang, Stephanie Lu, Shirin Hooshmand, Changqi Liu, Mark Kern, and Mee Young Hong (2023) Blended watermelon consumption decreases body mass index, body mass index percentile, body fat, and HbA1C in children with overweight or obesity. Pediatric Obesity 18:e13038. doi: 10.1111/ijpo.13038
4. Pia Asuncion, Changqi Liu, Robert Castro, Viviana Yon, Martin Rosas Jr., Shirin Hooshmand, Mark Kern, and Mee Young Hong (2023) The effects of fresh mango consumption on gut health and microbiome - Randomized controlled trial. Food Science and Nutrition 11:2069-2078. doi: 10.1002/fsn3.3243
5. Candice Stamper, Sama Safadi, Andrew Gehr, Pia Asuncion, and Mee Young Hong (2023) Effects of fresh vs dried mango consumption on satiety and postprandial glucose in healthy adults. Metabolism Open 19:100253. doi: 10.1016/j.metop.2023.100253.

6. Jordan Philpott, Mark Kern, Shirin Hooshmand, Imogene Carson, Vernon Rayo, Elise North, Lauren Okamoto, Timothy O'Neil, Mee Young Hong, Changqi Liu, Gillian Dreckzowski, Nidia Rodriguez-Sanchez, Oliver C. Witard, and Stuart D. Galloway (2023) Pistachios as a recovery food following downhill running exercise in recreational team-sport individuals. *European Journal of Sport Science* doi: 10.1080/17461391.2023.2239192
7. Brooke E Wickman, Zachary S Clayton, Eric Rochester, Mark Kern, Mee Young Hong, Changqi Liu, Shirin Hooshmand (2023) Dietary intake of pistachios or mixed nuts results in higher systemic antioxidant capacity with minimal effects on bone in adolescent male rats. *Journal of Nutritional Science* 24:12:e11. doi: 10.1017/jns.2022.121
8. Elise North, Imogene Thayer, Stuart Galloway, Mee Young Hong, Shirin Hooshmand, Changqi Liu, Lauren Okamoto, Timothy O'Neal, Jordan Philpott, Vernon Uganiza Rayo, Oliver C. Witard, and Mark Kern (2022) *Metabolism Open* 16:100216. doi: 10.1016/j.metop.2022.100216
9. Vernon Uganiza Rayo, Imogene Thayer, Stuart DR Galloway, Mee Young Hong, Shirin Hooshmand, Changqi Liu, Elise North, Lauren Okamoto, Timothy O'Neal, Jordan Philpott, Oliver C. Witard, and Mark Kern (2022) *Metabolism Open* 16:100215. doi: 10.1016/j.metop.2022.100215
10. Kristine Giltvedt, Luciano S. Voutour, Brianna Tursellino, Alexandra Zella, Susan M. Brassler, and Mee Young Hong (2022) Effects of moderate ethanol consumption as a function of n-6:n-3 dietary ratio on lipid profile, inflammation, and liver function in mice. *International Journal of Cardiology Cardiovascular Risk and Prevention* 14:200132. doi: 10.1016/j.ijcrp.2022.200132
11. Martin Rosas Jr., Sherry Pinneo, Celeste O'Mealy, Michelle Tsang, Changqi Liu, Mark Kern, Shirin Hooshmand and Mee Young Hong (2022) Effects of fresh mango consumption on cardiometabolic risk factors in overweight and obese adults. *Nutrition, Metabolism and Cardiovascular Diseases* 32:494-503. doi: 10.1016/j.numecd.2021.11.001
12. Sherry Pinneo, Celeste O'Mealy, Martin Rosas Jr., Michelle Tsang, Changqi Liu, Mark Kern, Shirin Hooshmand, and Mee Young Hong (2022) Fresh mango consumption promotes greater satiety and improves postprandial glucose and insulin responses in healthy overweight and obese adults. *Journal of Medicinal Food* 25:381-388. doi: 10.1089/jmf.2021.0063
13. Yuko Murase Hetrick, Meseret Fesseha, and Mee Young Hong (2021) Watermelon powder supplementation reduces colonic cell proliferation and aberrant crypt foci by upregulating p21^{Waf1/Cip1} expression. *Journal of Functional Foods* 85:104667. doi.org/10.1016/j.jff.2021.104667
14. Katelynn Sasaki, Molly Ginsburg, Celeste O'Mealy, and Mee Young Hong (2021) Differential child body perception in children ages 7-12 and parents in relation to exercise and eating behaviors. *Journal of Food & Nutrition Disorders* 10:5
15. Mee Young Hong, Mark Kern, Michelle Nakamichi-Lee, Nazanin Abbaspour, Arshya Ahouraei, and Shirin Hooshmand (2021) Dried plum consumption improves total cholesterol and antioxidant capacity and reduces inflammation in healthy postmenopausal women. *Journal of Medicinal Food* 24:1161-1168. doi: 10.1089/jmf.2020.0142
16. Zachary Clayton, Laura Hauffe, Changqi Liu, Mark Kern, Mee Young Hong, Susan M. Brassler, and Shirin Hooshmand (2021) Chronic ethanol consumption does not reduce true bone density in male Wistar rats. *Alcohol* 93:17-23. doi: 10.1016/j.alcohol.2021.02.003.
17. Nicole Wells, Jacqueline Quigley, Jeremy Pascua, Natalie Pinkowski, Lama Almainan, Susan M. Brassler, and Mee Young Hong (2020) Effects of low-to-moderate ethanol consumption on colonic growth and gene expression in young adult and middle-aged male rats. *PLoS ONE* 15(12):e0243499. doi.org/10.1371/journal.pone.0243499. ***This paper was selected to appear in the PLOS Showcase on Kudos.**
18. Patricia Mae Garcia, Jeff Moore, David Kahan, and Mee Young Hong (2020) Effects of vitamin D supplementation on inflammation, colonic cell kinetics, and microbiota in colitis: A review. *Molecules* 25:2300. doi:10.3390/molecules25102300.
19. Jeff Moore, Amanda McClain, and Mee Young Hong (2020) Dietary supplement use in the United States – Prevalence, trends, pros and cons. *Nutrition Today* 55:174-181.
20. Katya Meyers, and Mee Young Hong (2020) The physical effects of exercise in lactating women: A review. *Journal of Human Sport and Exercise* 16:(4). doi:10.14198/jhse.2021.164.01.
21. Jamie Harguess, Mee Young Hong, and Noe Crespo (2020) Strategies to reduce meat consumption: A systematic literature review of experimental studies. *Appetite* 144:104478. doi: 10.1016/j.appet.2019.104478.

22. Ashley Eisner, Pavithra Ramachandran, Conralyn Cabalbag, Dina Metti, Pouneh Shamloufard, Mark Kern, Mee Young Hong, and Shirin Hooshmand (2020) Effects of dried apple consumption on body composition, serum lipid profile, glucose regulation, and inflammatory markers in overweight and obese children. *Journal of Medicinal Food* 23:242-249. doi: 10.1089/jmf.2019.0044.
23. Alia Al-Tamimi, Mayumi Petrisko, Mee Young Hong, Lauren Rezende, Zachary Clayton, and Mark Kern (2020) Honey does not adversely impact blood lipids of adult men and women: A randomized cross-over trial. *Nutrition Research* 74:87-95.
24. Alison Rosenstock, Megan Connolly, Rebecca Weller, and Mee Young Hong (2019) Brazil nut consumption promotes satiety without increasing blood glucose and insulin responses in healthy adults. *Nutrire* 45:3. <https://doi.org/10.1186/s41110-019-0108-3>
25. Nazanin Abbaspour, Traci Roberts, Shirin Hooshmand, Mark Kern, and Mee Young Hong (2019) Mixed nut consumption may improve cardiovascular disease risk factors in overweight and obese adults. *Nutrients*. 11, 1488. doi:10.3390/nu11071488.
26. Kara Blohm, Joshua Beidler, Phil Rosen, Jochen Kressler, and Mee Young Hong (2019) Effect of acute watermelon juice supplementation on post-submaximal exercise heart rate recovery, blood lactate, blood pressure, blood glucose and muscle soreness in healthy non-athletic men and women. *International Journal of Food Sciences and Nutrition* 10:1-8. doi: 10.1080/09637486.2019.1675604.
27. Natasha Godwin, Traci Roberts, Shirin Hooshmand, Mark Kern, and Mee Young Hong (2019) Mixed nuts may promote satiety in obese while maintaining stable blood glucose and insulin in healthy, obese and overweight adults in a two-arm randomized, controlled trial. *Journal of Medicinal Food* 22:427-432. doi: 10.1089/jmf.2018.0127. ***This paper was selected as one of the high impact articles in the Journal of Medicinal Foods May issue.**
28. Tiffany Lum, Megan Connolly, Amanda Marx, Joshua Beidler, Shirin Hooshmand, Mark Kern, Changqi Liu, and Mee Young Hong (2019) Effects of fresh watermelon consumption on the acute satiety response and cardiometabolic risk factors in overweight and obese adults. *Nutrients* 11(3). pii: E595. doi: 10.3390/nu11030595.
29. Mee Young Hong, Yen-Tzu Tseng, Milica Kalaba, and Joshua Beidler (2019) Effects of watermelon powder supplementation on colitis in high-fat diet-fed and dextran sodium sulfate-treated rats. *Journal of Functional Foods* 54:520-528. <https://doi.org/10.1016/j.jff.2019.02.005>.
30. Jaclyn B. Gaylis, Susan S. Levy, and Mee Young Hong (2019) Relationships between body weight perception, body mass index, physical activity, and food choices in Southern California male and female adolescents. *International Journal of Adolescence and Youth*. doi:10.1080/02673843.2019.1614465.
31. Meegan Justice, Autumn Ferrugia, Jerrold C. Penprase, Patricia Cintora, Danielle Erwin, Octavio Medrano, Susan M. Brassler, and Mee Young Hong (2019) Effects of moderate ethanol consumption on lipid metabolism and inflammation through regulation of gene expression in rats. *Alcohol and Alcoholism* 54:5-12. doi: 10.1093/alc/c/gy079.
32. Zachary Clayton, Jennifer Carpenter, Mee Young Hong, Elizabeth Fusco, Shirin Hooshmand, Lisa Schreiber, and Mark Kern (2019) Snack selection influences glucose metabolism, antioxidant capacity and cholesterol in healthy overweight adults: A randomized parallel arm trial. *Nutrition Research* 65:89-98. doi: 10.1016/j.nutres.2019.03.002.
33. Keith Glenn, DawnKylee S Klarich, Milica Kalaba, Arturo Figueroa, Shirin Hooshmand, Mark Kern, and Mee Young Hong (2018) Effects of watermelon powder and L-arginine supplementation on azoxymethane-induced colon carcinogenesis in rats. *Nutrition and Cancer* 70:938-945. doi: 10.1080/01635581.2018.1490782.
34. Mee Young Hong, Joshua Beidler, Shirin Hooshmand, Arturo Figueroa, and Mark Kern (2018) Watermelon and L-arginine consumption improve serum lipid profile and reduce inflammation and oxidative stress by altering gene expression in rats fed an atherogenic diet. *Nutrition Research* 58:46-54. doi: 10.1016/j.nutres.2018.06.008.
35. Mee Young Hong, Shauna Groven, Amanda Marx, Caitlin Rasmussen, and Joshua Beidler (2018) Anti-inflammatory, antioxidant, and hypolipidemic effects of mixed nuts in atherogenic diet-fed rats. *Molecules* 23:3126; doi:10.3390/molecules23123126.
36. Alyssa Moore, Joshua Beidler, and Mee Young Hong (2018) Resveratrol and depression in animal models; A systemic review of the biological mechanisms. *Molecules* 23:2197. doi: 10.3390/molecules23092197.

37. Kara Sansone, Mark Kern, Mee Young Hong, Changqi Liu and Shirin Hooshmand (2018) Acute effects of dried apple consumption on metabolic and cognitive responses in healthy individuals. *Journal of Medicinal Food* 21:1158-1164. doi: 10.1089/jmf.2017.0152.
38. Mee Young Hong, Eunha Hoh, Brian Kang, Rebecca DeHamer, Jin Young Kim and Jan Lumibao (2017) Fish oil contaminated with persistent organic pollutants induces colonic aberrant crypt foci formation and reduces antioxidant enzyme gene expression in rats. *Journal of Nutrition* 147:1524-1530. doi: 10.3945/jn.117.251082. ***This paper was selected as Editor's Picks in The Journal of Nutrition August issue.**
39. Jaclyn B. Gaylis, Susan S. Levy, Shiloah Kviatkovsky, Rebecca DeHamer, and Mee Young Hong (2017) Relationships between physical activity, food choices, gender, and BMI in Southern Californian teenagers. *International Journal of Adolescent Medicine and Health*. pii: /j/ijamh.ahead-of-print/ijamh-2017-0067/ijamh-2017-0067.xml. doi: 10.1515/ijamh-2017-0067.
40. DawnKylee Klarich, Jerrold Penprase, Patricia Cintora, Octavio Medrano, Danielle Erwin, Susan M. Brassler and Mee Young Hong (2017) Effects of moderate alcohol consumption on gene expression related to colonic inflammation and antioxidant enzymes in rats. *Alcohol* 61:25-31. doi: 10.1016/j.alcohol.2017.02.179.
41. Mee Young Hong, Leslie Mansour, DawnKylee S. Klarich, Linda Copp and Kyrie Bloem (2016) Comparison of antioxidant capacity of commonly consumed youth beverages in the United States. *International Journal of Food Science and Technology* 51:1409-1416. <https://doi.org/10.1111/ijfs.13107>.
42. Emily K Cheera, DawnKylee S. Klarich and Mee Young Hong (2016). Psychological and behavioral effects of genetic risk testing for obesity: A systemic review. *Personalized Medicine* 13:265-277. doi: 10.2217/pme-2015-0013.
43. Mee Young Hong, Tahirih L. Shepanski and Jaclyn B. Gaylis (2016) Majoring in nutrition influences BMI of female college students. *Journal of Nutritional Science* 5:e8-e14. ***This paper was selected as the Nutrition Society Paper of the Month for September 2016.**
44. Tyler E. Rolling and Mee Young Hong (2016) The effect of social cognitive theory-based interventions on dietary behavior within children. *Journal of Nutritional Health and Food Science* 4:1-9. doi: <http://doi.org/10.15226/inhfs.2016.02.00179>.
45. Gun Do Kim, Mee Young Hong, Gil Soo Han and Yeong Ho Jung (2016) The effects of isotonic rehabilitation training with pneu-weight vertical traction on changes of lumbar muscle function, flexion/extension strength ratio and VAS in patients of chronic low back pain. *The Korean Journal of Sports Science* 25:1383-1393.
46. Mee Young Hong, Nancy D. Turner, Mary E. Murphy, Raymond J. Carroll, Robert S. Chapkin and Joanne R. Lupton (2015) In vivo regulation of colonic cell proliferation, differentiation, apoptosis and p27^{Kip1} by dietary fish oil and butyrate in rats. *Cancer Prevention Research* 8:1076-1083.
47. Mee Young Hong, Jan Lumibao, Prashila Mistry, Rhonda Saleh and Eunha Hoh (2015) Fish oil contaminated with persistent organic pollutants reduces antioxidant capacity and induces oxidative stress without affecting its capacity to lower lipid concentrations and systemic inflammation in rats. *Journal of Nutrition* 145:939-944.
48. Mee Young Hong, Nicole Hartig, Katy Kaufman, Shirin Hooshmand, Arturo Figueroa and Mark Kern (2015) Watermelon consumption improves inflammation and antioxidant capacity in rats fed an atherogenic diet. *Nutrition Research* 35:251-258.
49. DawnKylee Klarich, Susan M. Brassler and Mee Young Hong (2015) Moderate alcohol consumption and colorectal cancer risk. *Alcoholism: Clinical and Experimental Research* 39:1280-1291.
50. Elizabeth R. Abouaf-Tabet, Fred W. Kolkhorst and Mee Young Hong (2014) Effects of Resveratrol on Inflammatory Bowel Disease: A Review. *Journal of Nutritional Health & Food Science* 2:1-6
51. Shirin Hooshmand, Brittany Holloway, Tricia Nemoseck, Sarah Cole, Yumi Petrisko, Mee Young Hong and Mark Kern. (2014) Effects of agave nectar versus sucrose on weight gain, adiposity, blood glucose, insulin and lipid responses in mice. *Journal of Medicinal Food* 17:1017-1021.
52. Mee Young Hong, Emily Nulton, Mahshid Shelechi, Lisa M. Hernández and Tricia Nemoseck (2013) Effects of dark chocolate on azoxymethane-induced colonic aberrant crypt foci. *Nutrition and Cancer* 65:677-685.
53. Patcharie Elkins, Jong Won Min, Maureen Piwowarski and Mee Young Hong (2013) Evaluation of nutritional risk among San Diego senior meal plan participants. *International Journal of Nutrition and Dietetics* 1:21-40.

54. Naomi Shadwell, Fatima Villalobos, Mark Kern and Mee Young Hong (2013) Blooming reduces the antioxidant capacity of dark chocolate in rats without reducing its capacity to improve lipid profiles. *Nutrition Research* 33:414-421.
55. Julie Bornhoeft, Debra Castaneda, Tricia Nemoseck, Piwen Wang, Susanne M. Henning, and Mee Young Hong (2012) The protective effects of green tea polyphenols: lipid profile, inflammation, and antioxidant capacity in rats fed an atherogenic diet and dextran sodium sulfate. *Journal of Medicinal Food* 15:726-732.
56. Mee Young Hong, Susanne Henning, Aune Moro, Navindra P. Seeram, Yanjun Zhang, and David Heber (2011) Chinese Red Yeast Rice inhibition of prostate tumor growth in SCID mice. *Cancer Prevention Research* 4:608-15.
57. Tanya G. Marsh, Rachel K. Straub, Fatima Villalobos and Mee Young Hong (2011) Soy protein supports cardiovascular health by down-regulating HMGCR and SREBP2 and increasing antioxidant enzyme activity in rats. *Nutrition Research* 31:922-928.
58. Cindy A. Warren, Kimberly J Paulhill, Laurie A Davidson, Joanne R Lupton, Stella S Taddeo, Mee Young Hong, Raymond J Carroll, Robert S Chapkin and Nancy D Turner (2009) Quercetin suppresses rat aberrant crypt foci formation by suppressing inflammatory mediators that influence proliferation and apoptosis. *Journal of Nutrition* 139:101-105.
59. Mee Young Hong, Navindra P. Seeram, Yanjun Zhang and David Heber (2008) Chinese red yeast rice vs lovastatin effects on prostate cancer cells with and without androgen receptor overexpression *Journal of Medicinal Food* 11:657-666.
60. Mee Young Hong, Navindra P. Seeram and David Heber (2008) Pomegranate polyphenols downregulate expression of androgen synthesizing genes in human prostate cancer cells overexpressing the androgen receptor. *Journal of Nutritional Biochemistry* 19:848-855.
61. Michael Swartz, Qianxing Mo, Mary E Murphy, Mee Young Hong and Mirina Vannucci (2008) Bayesian variable selection in clustering high dimensional data with substructure. *Journal of Agricultural, Biological and Environmental Statistics* 13:407-423.
62. Mee Young Hong, Navindra P. Seeram, Yanjun Zhang and David Heber (2008) Anti-Cancer Effects of Chinese Red Yeast Rice beyond Monacolin K alone in Colon Cancer Cells. *Journal of Nutritional Biochemistry* 19:448-458.
63. Kristy L. Crim, Lisa M. Sanders, Mee Young Hong, Stella Toddeo, Nancy D. Turner, Robert S. Chapkin and Joanne R. Lupton (2008) Upregulation of p21Waf1/Cip1 expression in vivo by butyrate administration can be chemoprotective or chemopromotive depending on the lipid component of the diet. *Carcinogenesis* 29:1415-1420.
64. Veerabhadran Baladandayuthapani, Bani K. Mallick, Mee Young Hong, Joanne R. Lupton, Nancy D. Turner and Raymond J. Carroll (2008) Bayesian hierarchical spatially correlated functional data analysis with application to colon carcinogenesis. *Biometrics* 64:64-73.
65. Mee Young Hong, Nancy Turner and Joanne R. Lupton (2008) Effects of dietary fish oil on DNA damage in early stage of colon carcinogenesis. UKC conference.
66. Yehua Li, Naisyin Wang, Mee Young Hong, Nancy D. Turner, Joanne R. Lupton and Raymond J. Carroll (2007) Nonparametric estimation of correlation functions in longitudinal and spatial data, with application to colon carcinogenesis experiments. *Annals of Statistics* 35:1608-1643.
67. Mee Young Hong, Laura K. Bancroft, Nancy D. Turner, Laurie A. Davidson, Mary E. Murphy, Raymond J. Carroll, Robert S. Chapkin and Joanne R. Lupton (2005) Fish oil decreases oxidative DNA damage by enhancing apoptosis in rat colon. *Nutrition & Cancer* 52:166-175.
68. Mee Young Hong, Nancy D. Turner, Raymond J. Carroll, Robert S. Chapkin and Joanne R. Lupton (2005) Differential response to DNA damage may explain aspects of the cancer susceptibility between small and large intestine. *Experimental Biology and Medicine* 230:464-471.
69. Lisa M. Sanders, Cara E. Henderson, Mee Young Hong, Rola Barhoumi, Robert C. Burghardt, Naisyin Wang, Christine E. Spinka, Raymond J. Carroll, Nancy D. Turner, Robert S. Chapkin and Joanne R. Lupton (2004) An increase in reactive oxygen species by dietary fish oil coupled with the attenuation of antioxidant defenses by dietary pectin enhances rat colonocyte apoptosis. *Journal of Nutrition* 134:3233-3238.
70. Lisa M. Sanders, Cara E. Henderson, Mee Young Hong, Rola Barhoumi, Robert C. Burghardt, Raymond J. Carroll, Nancy D. Turner, Robert S. Chapkin and Joanne R. Lupton (2004) Pro-oxidant environment of the colon compared to the small intestine may contribute to greater cancer susceptibility. *Cancer Letter* 208:155-161.

71. Mee Young Hong, Robert S. Chapkin, Laurie A. Davidson, Nancy D. Turner, Jeffrey S. Morris, Raymond J. Carroll and Joanne R. Lupton (2003) Fish oil enhances targeted apoptosis during colon tumor initiation in part by downregulating bcl-2. *Nutrition & Cancer* 46:44-51.
72. Jeffrey S. Morris, Naisyin Wang, Joanne R. Lupton, Robert S. Chapkin, Nancy D. Turner, Mee Young Hong and Raymond J. Carroll (2003) Understanding the relationship between carcinogen-induced DNA adduct levels in distal and proximal regions of the colon. *Advances in Experimental Medicine and Biology*. 537:105-116.
73. Mee Young Hong, Robert S. Chapkin, Rola Barhoumi, Robert C. Burghardt, Nancy D. Turner, Cara E. Henderson, Lisa M. Sanders, Yang-Yi Fan, Laurie A. Davidson, Mary E. Murphy, Christie M Spinka, Raymond, J. Carroll and Joanne R. Lupton. (2002) Fish oil feeding increases the unsaturation index in mitochondrial phospholipids, enhancing reactive oxygen species generation and initiation apoptosis in rat colonocytes. *Carcinogenesis* 23:1919-1925.
74. Jeffrey S. Morris, Naisyin Wang, , Joanne R. Lupton, Robert S. Chapkin, Nancy D. Turner, Mee Young Hong and Raymond J. Carroll (2002) A bayesian analysis of colonic crypt structure and coordinated response to carcinogen exposure incorporating missing crypts. *Biostatistics* 4:529-546.
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Professional Presentations with Published Abstracts

1. Jaikko Daughtry, Caitlin Rasmussen, Martin Rosas Jr., Liyue Zhang, Stephanie Lu, Shirin Hooshmand, Changqi Liu, Mark Kern, and Mee Young Hong. Blenderized watermelon consumption improves BMI, BMI percentile, body fat, and A1C in overweight or obese children. *Current Developments in Nutrition* 6,

- Supplement 1:1056. 2022 Annual Nutrition Conference, Virtual, June 14-16, 2022.
doi: 10.1093/cdn/nzac070.015
2. Caitlin Rasmussen, Martin Rosas Jr., Hoa Luu, Changqi Liu, Shirin Hooshmand, Mark Kern, and Mee Young Hong. Effects of blenderized watermelon consumption on satiety and postprandial glucose in overweight and obese adolescents. *Current Developments in Nutrition* 6, Supplement 1:1084. 2022 Annual Nutrition Conference, Virtual, June 14-16, 2022. doi: 10.1093/cdn/nzac070.043
 3. Isabella Gallardo, Caitlin Rasmussen, Changqi Liu, and Mee Young Hong. Sensory evaluation of blenderized watermelon juice with and without the rind by children. *Current Developments in Nutrition* 6, Supplement 1:514. 2022 Annual Nutrition Conference, Virtual, June 14-16, 2022. doi: 10.1093/cdn/nzac077.017
 4. Pia Asuncion, Changqi Liu, Robert Castro, Shirin Hooshmand, Mark Kern, and Mee Young Hong. Effects of mango fruit consumption on the diversity of the gut microbiome. *Current Developments in Nutrition* 6, Supplement 1:1010. 2022 Annual Nutrition Conference, Virtual, June 14-16, 2022. doi: 10.1093/cdn/nzac069.015
 5. Sama Safadi, Andrew Gehr, Pia Asuncion, and Mee Young Hong. Effects of fresh mango and dried mango consumption on satiety and postprandial glucose. *Current Developments in Nutrition* 6, Supplement 1:2872022 Annual Nutrition Conference, Virtual, June 14-16, 2022. . doi: 10.1093/cdn/nzac053.028
 6. Viviana Yon, Shirin Hooshmand, Mark Kern, Changqi Liu, and Mee Young Hong. Effects of mango consumption on total antioxidant capacity, gut permeability proteins (ZO-1, claudin-2, and occludin), and bowel movement habits. *Current Developments in Nutrition* 6, Supplement 1:982. 2022 Annual Nutrition Conference, Virtual, June 14-16, 2022. doi: /10.1093/cdn/nzac068.011
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 8. Charityn Fernandez, Tianying Wu, Martin Rosas Jr., Hoa Luu, Liyue Zhang, Vanessa Nungaray, and Mee Young Hong. Effects of red meat and proton pump inhibitors on rat gut pH and claudin-2. *Current Developments in Nutrition* 6, Supplement 1:464. Annual Nutrition Conference, Virtual, June 14-16, 2022. doi: 10.1093/cdn/nzac058.003
 9. Jaikko Daughtry, Caitlin Rasmussen, Martin Rosas Jr., Liyue Zhang, Stephanie Lu, Shirin Hooshmand, Changqi Liu, Mark Kern, and Mee Young Hong. Effects of blenderized watermelon consumption on BMI, body fat, and A1C in overweight or obese children. Oral presentation. SDSU SRS 2022, March 4-5, San Diego, CA.
 10. Mee Young Hong, Eunha Hoh, and Jan Lumibao. (2022) Effect of fish oil contaminated with persistent organic pollutants on azoxymethane-induced colon carcinogenesis. ASSMN&KSSMN2022, May 6-7. Seoul Dragon City, Seoul, South Korea.
 11. Martin Rosas Jr., Sherry Pinneo, Celeste O'Mealy, Changqi Liu, Mark Kern, Shirin Hooshmand, and Mee Young Hong (2021) Effects of fresh mango consumption on blood glucose, insulin, and other cardiovascular disease risk factors in overweight and obese adults. *Current Developments in Nutrition* 5, Supplement 2:366. 2021 Annual Nutrition Conference, Virtual, June 7-10, 2021. doi.org/10.1093/cdn/nzab037_076. ***selected for Media outreach in NUTRITION 2021 LIVE ONLINE Conference**
 12. Trisha Molina, Samantha Johansen, Timothy Nishimura, Martin Rosas Jr., Kristine Giltvedt, and Mee Young Hong (2021) Effects of blenderized watermelon with the rind on satiety, bowel movement, and postprandial glucose. *Current Developments in Nutrition* 5, Supplement 2:348. 2021 Annual Nutrition Conference, Virtual, June 7-10, 2021. doi.org/10.1093/cdn/nzab037_058
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16. Vanessa Nungaray, and Mee Young Hong (2021) Effects of mixed nut consumption on colonic Cox-2 and RelA gene expression. CANDAC21 (CA Academy of Nutrition and Dietetics Annual Conference 2021), Virtual, April 14-24.
17. Luciano Voutour, Kristine G. Giltvedt, Brianna Tursellino, Alexandra Zella, Mee Young Hong, and Susan M. Brassler (2021) Moderate ethanol and n-3 diet interaction on lipid profile and liver function in mice. SDSU SRS 2021, Virtual, March 19-20.
18. Martin Rosas Jr., Changqi Liu, Celeste O'Mealy, Erica Forsberg, Shirin Hooshmand, Mark Kern, and Mee Young Hong (2020) The effects of mixed nut consumption on the microbiome in healthy adults. *Current Developments in Nutrition* 4, Supplement 2: 1580. 2020 Annual Nutrition Conference, Seattle WA (Changed to a live online conference due to pandemic). doi: [10.1093/cdn/nzaa062_037](https://doi.org/10.1093/cdn/nzaa062_037)
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20. Sherry Pinneo, Celeste O'Mealy, Martin Rosas Jr., Michelle Tsang, Robert Castro, Sydney Sagisi, Trisha Molina, Carmela Hinton, Stephanie Leisenring, Jonnatan Fajardo, Changqi Liu, Mark Kern, Shirin Hooshmand, and Mee Young Hong (2020) Effects of fresh mango fruit consumption on glucose, insulin and satiety hormones. *Current Developments in Nutrition* 4, Supplement 2: 453. 2020 Annual Nutrition Conference, Seattle WA (Changed to a live online conference due to pandemic). doi: [10.1093/cdn/nzaa045_086](https://doi.org/10.1093/cdn/nzaa045_086)
21. Yuko Murase, Meseret Fesseha, Nazanin Abbaspour, and Mee Young Hong (2020) Watermelon powder supplementation reduces colonic cell proliferation by upregulating p21Waf1/Cip1 expression. *Current Developments in Nutrition* 4, Supplement 2: 340. 2020 Annual Nutrition Conference, Seattle WA (Changed to a live online conference due to pandemic). doi: [10.1093/cdn/nzaa044_039](https://doi.org/10.1093/cdn/nzaa044_039).
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25. Luciano Voutour, Yuko Murase, Nicole Wells, Jacqueline Quigley, Jeremy Pascua, Natalie Pinkowski, Lama Almaiman, Susan M. Brassler, and Mee Young Hong (2020) Effects of low-to-moderate ethanol consumption on colonic cell proliferation, differentiation and apoptosis in young adult and middle-aged rats. *The FASEB Journal* 34, Experimental Biology, San Diego, CA.
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30. Rochelle Anne Grace M. Lapizar, Kei Leung, Zheyuan Liu, Mark Kern, Shirin Hooshmand, Mee Young Hong and Changqi Liu (2020) Extraction of antioxidants from pistachio seeds using different solvents. SDSU SRS 2020, San Diego, CA, February 28-29, 2020.
31. Martin Rosas Jr. and Mee Young Hong (2019) The effects of mixed nut consumption on satiety, anxiety, postprandial glucose, insulin response, and bowel movement patterns in healthy adults. Current Developments in Nutrition 3 (Supplement 1): nzz031.P06-008-19. doi: [10.1093/cdn/nzz031.P06-008-19](https://doi.org/10.1093/cdn/nzz031.P06-008-19). ***Selected as a finalist for the 5th ASN's Emerging Leaders in Nutrition Science Abstract Competition Award, and Poster Competition (ELPC), 2019 Annual Nutrition Conference, Baltimore, MD.**
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33. Megan Connolly, Tiffany Lum, Amanda Marx, Shirin Hooshmand, Mark Kern, Changqi Liu, and Mee Young Hong (2019) Effect of fresh watermelon consumption on risk factors for cardiovascular disease in overweight and obese adults. Current Developments in Nutrition 3 (Supplement 1): nzz031.P06-102-19. doi: [10.1093/cdn/nzz031.P06-102-19](https://doi.org/10.1093/cdn/nzz031.P06-102-19). 2019 Annual Nutrition Conference, Baltimore, MD.
34. Meseret Fesseha and Mee Young Hong (2019) Effects of watermelon consumption on cellular proliferation, and apoptosis in rat colon. Current Developments in Nutrition 3 (Supplement 1): nzz030.P05-019-19. doi: [10.1093/cdn/nzz030.P05-019-19](https://doi.org/10.1093/cdn/nzz030.P05-019-19). 2019 Annual Nutrition Conference, Baltimore, MD.
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36. Alison Rosenstock, Megan Connolly, Rebecca Weller, Mee Young Hong (2019) The promising effects of Brazil nut consumption on postprandial satiety, glucose and insulin responses in a healthy population. SDSU SRS, San Diego, CA
37. Yuko Murase, Nicole Wells, Jacqueline Quigley, Jeremy Pascua, Natalie Pinkowski, Lama Almaman, Susan M. Brassler, and Mee Young Hong (2019) Effects of low-to moderate ethanol consumption on colon cell proliferation, differentiation and apoptosis in young and middle-aged rats. Research Society on Alcoholism (RSA) 42nd Annual Scientific Meeting, June 22-26, 2019, Minneapolis, MN.
38. Emily Woolf, John Love, Jing Zhao, Shirin Hooshmand, Mee Young Hong, and Changqi Liu (2019) Isolation of mealworm tropomyosin, a potential cross-reactive food allergen. Institute of Food Technologists 79th Annual Meeting, June 3-5, New Orleans, LA.
39. Alison Rosenstock, Megan Connolly, Rebecca Weller, and Mee Young Hong (2018) Brazil Nut consumption improves postprandial satiety, blood glucose and insulin responses in healthy adults. Circulation 137. American Heart Association Scientific Session, Chicago, IL.
40. Natasha Godwin, Traci Roberts, Shirin Hooshmand, Mark Kern, and Mee Young Hong (2018) Acute effects of mixed nut consumption on glucose, insulin, and satiety hormones. Journal of Nutrition Supplement. Nutrition Conference 2018, Boston, MA.
41. Traci Roberts, Natasha Godwin, Shirin Hooshmand, Mark Kern, and Mee Young Hong (2018) Effect of snack type on satiety in an acute feeding study of overweight and obese subjects. Journal of Nutrition Supplement. Nutrition Conference 2018, Boston, MA.
42. Mee Young Hong, Amanda Marx, and Caitlin Rasmussen (2018) Effects of mixed nut supplementation on inflammation, oxidative stress, antioxidant enzymes and liver function markers in rats fed an atherogenic diet. Nutrition Conference 2018, Boston, MA.
43. Kara Blohm, Tiffany Lum, and Mee Young Hong (2018) The effect of acute watermelon juice supplementation on post-exercise heart rate recovery, blood lactate, blood pressure, blood glucose and muscle soreness. Journal of Nutrition Supplement. Nutrition Conference 2018, Boston, MA.
44. Tiffany Lum, Amanda Marx, Shirin Hooshmand, Changqi Liu, Mark Kern, Mee Young Hong (2018) Watermelon consumption reduces body weight, body mass index, and blood pressure in overweight and obese adults. Journal of Nutrition Supplement. Nutrition Conference 2018, Boston, MA.

45. Amanda Marx, Tiffany Lum, Sonia Mars and Mee Young Hong (2018) Effects of watermelon consumption on satiety, glucose, insulin and satiety hormones in overweight and obese adults. *Journal of Nutrition Supplement*. Nutrition Conference 2018, Boston, MA.
46. Jamie Harguess, Noe C. Crespo, and Mee Young Hong (2018) A systematic literature review of experimental studies. APHA (American Public Health Association) Annual Meeting and Expo, San Diego, CA
47. Tiffany Lum, Amanda Marx, Sonia Mars, Shirin Hooshmand, Changqi Liu, Mark Kern, and Mee Young Hong (2018) Effects of watermelon consumption on satiety and anthropometric indices in overweight and obese adults. SDSU SRS, San Diego, CA, March 2018.
48. Brooke Wickman, Eric Rochester, Laura Hauffe, Mark Kern, Mee Young Hong, Changqi Liu and Shirin Hooshmand (2018) Effect of pistachios and mixed nuts on bone density and osteogenic gene expression in young male rats. *The FASEB Journal* 32 (1 Supplement). Experimental Biology, San Diego, CA.
49. Kathryn Ward, Andrew Ordille, Christine Kent and Mee Young Hong (2017) Consumption of mixed nuts increases satiety without altering postprandial blood glucose and insulin in healthy adults. *Circulation* 136 (Supplement 1):14923. American Heart Association Scientific Session, Anaheim, CA.
50. Meegan Justice, Jerrold Penprase, Patricia Cintora, Danielle Erwin, Octavio Medrano, Susan M. Brasser and Mee Young Hong (2017) Effects of moderate ethanol consumption on gene expression involved in lipid metabolism and inflammation in rats. 40th Annual Research Society on Alcoholism (RSA) Scientific Meeting, June 24-28, 2017, Denver Colorado.
51. Joshua Beidler, Shirin Hooshmand, Mark Kern, Arturo Figueroa and Mee Young Hong (2017) Watermelon and L-arginine consumption regulate gene expression related to serum lipid profile, inflammation, and oxidative stress in rats fed an atherogenic diet. *The FASEB Journal* 31 (1 Supplement): 431.2, Experimental Biology, Chicago, IL.
52. Jaclyn B. Gaylis, Susan S. Levy, Shiloah Kviatkovsky, Rebecca Dehamer and Mee Young Hong (2017) Relationships between physical activity, food choices, gender, and BMI in Southern California teenagers. *The FASEB Journal* 31 (1 Supplement): 957.22, Experimental Biology, Chicago, IL.
53. Keith Glenn, DawnKylee S Klarich, Arturo Figueroa , Shirin Hooshmand, Mark Kern and Mee Young Hong (2017) Effect of watermelon powder supplementation on azoxymethane-induced colon carcinogenesis in rats. *The FASEB Journal* 31 (1 Supplement): 790.25, Experimental Biology, Chicago, IL.
54. Jaclyn B. Gaylis, Susan S. Levy and Mee Young Hong (2017) Relationships between body weight perception, Body Mass Index, and food choices in Southern California Adolescents. *The FASEB Journal* 31 (1 Supplement): 957.23, Experimental Biology, Chicago, IL.
55. Shauna L Groven, Caitlin Corwin, Amanda Marx, Luke Messervy, Shirin Hooshmand, Mark Kern, Yoonhee Lee and Mee Young Hong (2017) The Effects of Mixed Nuts on Lipid Profiles, Glucose, Oxidative Stress, and Antioxidant Capacity in Atherogenic-Diet Fed Rats. *The FASEB Journal* 31 (1 Supplement): lb321, Experimental Biology, Chicago, IL.
56. Pavithra Nagarajan, Ashley Tunstall, Lama Almainan, Conralyn Cabalbag, Dina Metti, Mee Young Hong, Mark Kern and Shirin Hooshmand (2017) Effects of dried apple consumption on body composition, inflammatory markers and lipid profile in overweight and obese children. *The FASEB Journal* 31 (1 Supplement): Experimental Biology, Chicago, IL.
57. Kara Zimmerman, Mark Kern, Mee Young Hong, Changqi Liu and Shirin Hooshmand (2017) Acute effects of dried apple consumption on metabolic and cognitive responses in healthy individuals. *The FASEB Journal* 31 (1 Supplement): 642.9, Experimental Biology, Chicago, IL.
58. Shauna L Groven, Shirin Hooshmand, Mark Kern and Mee Young Hong (2017) Mixed nut consumption yields rapid improvement of lipid profiles, oxidative stress, and total antioxidant capacity in atherogenic-diet fed rats. SDSU SRS, San Diego, CA, March 2017.
59. Joshua Beidler, Shirin Hooshmand, Mark Kern and Mee Young Hong (2017) Watermelon and Arginine Supplementation Alter Serum Lipid Profile, Inflammation, and Oxidative Stress in Rats by Regulating Gene Expression. SDSU SRS, San Diego, CA, March 2017.
60. Yen-Tzu Tseng and Mee Young Hong (2016) The effects of watermelon powder on colitis in high fat-diet fed and dextran sodium sulfate-treated rats. *The FASEB Journal* 30 (1 Supplement): 1167.14, Experimental Biology, San Diego, CA.

61. Michelle Nakamichi-Lee, Shirin Hooshmand, Mark Kern, Arshya Ahourae and Mee Young Hong (2016) Dried plum consumption improves antioxidant capacity and reduces inflammation in postmenopausal women. The FASEB Journal 30 (1 Supplement): 1174.19. ***Selected in ASN's Emerging Leaders in Nutrition Science Abstract Competition Award, Experimental Biology Conference, San Diego, CA.**
62. DawnKylee S Klarich, Jerrold Penprase, Patricia Cintora, Octavio Medrano, Danielle Erwin, Susan M Brasser and Mee Young Hong (2016) Effects of alcohol consumption in prevention of colon cancer in rats. The FASEB Journal 30 (1 Supplement): 1167.11, Experimental Biology, San Diego, CA.
63. Meegan Justice, Jerrold Penprase, Patricia Cintora, Danielle Erwin, Octavio Medrano, Susan M. Brasser and Mee Young Hong (2016) Effects of Moderate Ethanol Consumption on Lipid Metabolism and Inflammation through Regulation of Gene Expression in Rats. The FASEB Journal 30 (1 Supplement): 1175.9, Experimental Biology, San Diego, CA.
64. Conralyn Cabalbag, Dina Metti, Ashley Tunstall, Lama Almaiman, Mee Young Hong, Mark Kern and Shirin Hooshmand (2016) Effects of apple snacking on body weight status and metabolic profiles of overweight and obese children. The FASEB Journal 30 (1 Supplement): 687.6, Experimental Biology, San Diego, CA.
65. Joshua Beidler, Anna Hunter, Ashley Tunstall, Mark Kern, Shirin Hooshmand, Arturo Figueroa and Mee Young Hong (2016) Effects of Watermelon and L-Arginine Consumption on Serum Lipid Profile, Inflammation, and Oxidative Stress in Rats. The FASEB Journal 30 (1 Supplement): 1b289, Experimental Biology, San Diego, CA.
66. Milica Kalaba, DawnKylee S Klarich and Mee Young Hong (2016) Effect of watermelon powder supplementation on colonic aberrant crypt foci formation. The FASEB Journal 30 (1 Supplement): 1b280, Experimental Biology, San Diego, CA.
67. DawnKylee S Klarich, Jerrold Penprase, Patricia Cintora, Octavio Medrano, Danielle Erwin Susan M. Brasser and Mee Young Hong (2016) Effects of moderate alcohol consumption on biomarkers for colon cancer risk in rats. 39th Annual Research Society on Alcoholism (RSA) Scientific Meeting, June 25-29, 2016, New Orleans, LA.
68. Meegan Justice, Kathleen Bernardo, Jerrold Penprase, Patricia Cintora, Danielle Erwin, Octavio Medrano, Susan M. Brasser and Mee Young Hong (2016) Moderate ethanol consumption regulates lipid metabolism and inflammatory gene expression in rats. SDSU SRS, San Diego, CA, March 2016.
69. Joshua Beidler, Anna Hunter, Ashley Tunstall, Mark Kern, Shirin Hooshmand and Mee Young Hong (2016) Watermelon and L-arginine consumption improve serum lipid profile, inflammation, and oxidative stress profile in rats fed an atherogenic diet. SDSU SRS, San Diego, CA, March 2016.
70. Katy Kaufman, Shirin Hooshmand, Mark Kern, Arturo Figueroa and Mee Young Hong (2015) Effects of watermelon powder on lipid metabolism through regulation of gene expression in atherogenic diet-fed rats. The FASEB Journal 29:923.8.
71. Jan Lumibao and Mee Young Hong (2015) Effects of contaminated fish oil on hepatic FAS and HMGCR gene expression and liver function enzyme activities. The FASEB Journal 29: 755.6.
72. Nelson Stephanie, Zawilski Alexandra, McGill Brittany, McIntosh Marian, Mee Young Hong, Shirin Hooshmand and Kern Mark (2015) Neutrophil elastase responses in smokers and nonsmokers consuming dried plums. The FASEB Journal 29:922.13.
73. Zawilski Alexandra, Nelson Stephanie, McGill Brittany, McIntosh Marian, Mee Young Hong, Shirin Hooshmand and Kern Mark (2015) Dried plums promote increased antioxidant capacity in smokers and nonsmokers. The FASEB Journal 29:922.15. ***Selected in ASN's Emerging Leaders in Nutrition Science Abstract Competition Award, Experimental Biology Conference, Boston, MA.**
74. Chen Glasheen and Mee Young Hong (2015) Effects of POP-contaminated fish oil on total antioxidant enzyme capacity and oxidative stress on the reduction of cardiovascular disease risk in rats. SDSU SRS, San Diego, CA, March 2015.
75. Katy Kaufman, Shirin Hooshmand, Mark Kern, Katie Thralls and Mee Young Hong (2015) Effects of Watermelon powder supplementation on hepatic gene expression involved in lipid metabolism in atherogenic diet-fed rats. SDSU SRS, San Diego, CA, March 2015.
76. Yen-Tzu Tseng and Mee Young Hong (2015) Preventive effects of watermelon powder on colitis by maintaining the number of intact crypts in atherogenic diet-fed and dextran sodium sulfate treated rats. SDSU SRS, San Diego, CA, March 2015.

77. Arshya Ahouraei Far, Cristal Medina, Shirin Hooshmand, Mark Kern and Mee Young Hong (2015) The effect of dried plum on lipid profile and liver function enzyme activities in postmenopausal women. SDSU SRS, San Diego, CA, March 2015.
78. Nicole Hartig, Shirin Hooshmand, Mark Kern, Arturo Figueroa and Mee Young Hong (2014) Effects of watermelon powder on antioxidant capacity, inflammation and lipid profiles in DSS treated rats fed an atherogenic diet. The FASEB Journal 28:830.1.
79. Kyrié Baca, Deva Plumlee and Mee Young Hong (2014) Effects of cayenne pepper on hepatic gene expression involved in lipid metabolism in DSS treated rats. The FASEB Journal 28:647.20.
80. Rebecca DeHamer, Mee Young Hong (2014) The effect of PCB contamination in fish oil on gene expression involved in inflammation and DNA repair enzymes in rat colon. The FASEB Journal 28:824.4.
81. Heather Tsunoda, Jong Won Min, Maureen Piwowarski and Mee Young Hong (2014) Health status of a low socioeconomic elderly population that participates in a community senior meal program. The FASEB Journal 28:1026.4.
82. Shiloah Fuller, Susan S. Levy, Rebecca DeHamer and Mee Young Hong (2014) Relationships between physical activity, food choice, gender, and BMI in Southern California Teenagers. The FASEB Journal 28:811.11.
83. Benjamin Reiter, Zachary Clayton, Elizabeth Fusco, Lisa Kass, Jennifer Carpenter, Shirin Hooshmand, Mee Young Hong and Mark Kern (2014) Dried plum snacking influences nutrient intake in individuals with metabolic syndrome, prediabetes, and overweight The FASEB Journal 28:1040.1.
84. Elizabeth Fusco, Zachary Clayton, Lisa Kass, Jennifer Carpenter, Shirin Hooshmand, Mee Young Hong, Mark Kern (2014) Carbohydrate-rich snacks influence plasma glucose, insulin and ghrelin responses in overweight adults. The FASEB Journal 28:1039.5.
85. Zachary Clayton, Elizabeth Fusco, Lisa Kass, Jennifer Carpenter, Shirin Hooshmand, Mee Young Hong and Mark Kern (2014) Snacking influences adipokine concentration independent of body composition and inflammation in overweight humans. The FASEB Journal 28:1039.2.
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Amount: \$7,500

Agency: Department of Agriculture (USDA- NIFA-HEP) Role: Co-PI 1/1/21-12/31/23
An investigation of the impacts of fruit on the gut microbiota and its metabolites: connections to human health

The goal of the study is to investigate the effect of fruit consumption on the gut microbiota and their collective metabolome, vascular and cardiometabolic functions, cognition, and motor control.

Amount: \$499,899

Agency: Almond Board of California Role: Co-PI 4/13/21-12/31/23
Exploring the role of almonds in enhancing immune strength

The goal of the study is to determine the impacts of almonds for promotion of physiological and biochemical responses known to improve immune health, inflammation and microbiome.

Amount: \$317,000

Agency: Thomas L. McKenzie Student Research Grant Role: PI 1/1/22-12/31/23
Comparison of two mHealth apps for weight loss in a low socioeconomic, type II diabetic, Hispanic population

The goal of the study is to comparing the three interventions (control and two mobile apps) to determine which leads to greater quality of life and which mHealth app is more economically feasible for the participants and if feasibility changes after app usage. Amount: \$1,000

Completed research support

Agency: National Mango Board Role: PI 5/1/19-8/31/22
Effects of fresh mango pulp consumption on satiety and cardiometabolic health: A randomized, cross-over, double-blind, placebo-controlled clinical trial

The goal of this study is to determine the effects of fresh mango pulp consumption on satiety, metabolic parameters, body composition and weight management in overweight/obese adults.

Amount: \$146,720

Agency: California Strawberry Commission Role: Co-PI 2/1/19-1/31/23
Impact of strawberries on cognition, motor function, and vascular and cardiometabolic markers in older healthy adults: A randomized, cross-over, double-blind, placebo-controlled clinical trial

The goal of the study is to determine the effects of strawberries on cognitive responses, motor control function, and vascular and cardiometabolic risk markers in healthy older adults.

Amount: \$144,592

Agency: Almond Board of California Role: Co-Investigator 4/1/20-12/31/22
Role of Almonds in physical performance

The goal of the study is to compare the effects of consuming daily snacks of almonds (1.5 ounces) versus an isocaloric amount of another commonly consumed snack food (pretzels) on energy (vigor) perception and physical activity, exercise performance (VO_{2max} and measures of strength), strength and power performance as well as muscle soreness recovery after strenuous eccentrically-biased exercise.

Amount: \$332,123

Agency: SDSU – Jump Start Award Role: Co-PI 7/01/20-12/31/22
Proton pump inhibitors, red meat intakes, and nitrate metabolism.

Amount: \$18,400

Agency: WISSET (Korea Center for Women in Science, Engineering and Technology) Role: PI 5/15/20-11/30/20
WISSET and San Diego KWise (Korean Women in Science and Engineering) Mentoring Program

The goal of the mentoring program is to provide mentoring sessions focusing on developing individual woman mentees for professional growth including goal setting and career planning and enhancing leadership in science, engineering and technology.

Amount: \$1,610

Agency: San Diego State University – Jump Start Award Role: Co-PI 7/1/20-6/30/22

Proton pump inhibitors, red meat intakes, and nitrate metabolism

The goal of the study is to examine the impacts of proton pump inhibitors (PPIs) and red meat on nitrate metabolism and gut health.

Amount: \$18,000

Agency: Department of Agriculture (USDA-NIFA-HEP) Role: Co-PI 2/15/17-2/14/22

Integrative Graduate Training in Food Science and Human Nutrition

The goal of the study is to 1) recognize and bridge the knowledge gap between Food Science and Nutritional Science, 2) enhance academic diversity and experiential learning, and 3) educate, train, and motivate future leaders to address the needs in the TESA.

Amount: \$164,000

Agency: American Pistachio Growers Role: Co-PI 3/01/18-8/31/19

Pistachios as a Recovery Food Following Rigorous Exercise in Trained Athletes

The goal of this study is to determine if pistachios can promote recovery more effectively than an isocaloric placebo food (potato chips).

Amount: \$248,400

Agency: American Heart Association Role: PI 7/1/16-6/30/19

Beneficial effects of mixed nuts on satiety and weight management

The goal of this study is to determine effects of mixed nuts (almonds, hazelnuts, pecans, pistachios, walnuts, and peanuts) on metabolic parameters and weight management in human subjects

Amount: \$154,000

Agency: National Watermelon Promotion Board Role: PI 4/9/17-6/30/19

Effects of fresh watermelon consumption on satiety and cardiometabolic health

The goal of this study is determine the effects of fresh watermelon fruit consumption on satiety, cardiometabolic parameters and weight management.

Amount: \$48,000

Agency: California Department of Public Health Role: Co-PI 10/1/18-9/30/19

WIC Nutrition Program FFY 2018-2019

SDSU Research Foundation Women, Infants, and Children Program (WIC) is a service and research oriented program dedicated to improving health and nutrition education for San Diego families.

Amount: \$7,508,376

Agency: Cochran Fellowship Program Role: Co-PI 10/1/18-9/30/19

School Nutrition Advancement for Caribbean Kids (SNACK) Workshop

The goal of the study is to provide a School Nutrition Advancement for Caribbean Kids (SNACK) 2 week workshop regarding school nutrition program and healthy food choice education to USDA FAS Fellows from the Caribbean region.

Amount: \$49,081

Agency: Columbine Vineyards Role: Co-investigator 8/1/17-12/31/17

Glycemic and insulinemic responses to the Milano Green Grape

The goal of this study is to determine whether Milano Green Grape produces lower glycemic and insulinemic responses in individuals with type II diabetes.

Amount: \$10,047

Agency: National Watermelon Promotion Board Role: PI 4/9/15-3/31/17

Effects of watermelon supplementation on colon cancer prevention

The goal of this study is to determine if watermelon supplementation protects against colon cancer development by its antioxidant, anti-inflammatory and vasodilation properties.

Amount: \$21,000

Agency: US Apple Association

Role: Co-PI

6/1/14-8/1/16

Impact of apple on adiposity, glucose regulation and appetite in prediabetes or metabolic syndrome in postmenopausal women

The goal of the study is to determine the ability of dried apple to reduce body fat and improve associated cardiovascular disease associated risk factors in a randomized clinical trial in overweight and obese (1 to 10 years postmenopausal) women.

Amount: \$99,359

Agency: San Diego State University Grant Program

Role: PI

1/1/15-6/30/16

Effects of watermelon on inflammatory bowel disease (IBD)

The goal of this study is to determine if watermelon supplementation improves inflammatory bowel diseases by (a) reduction of DNA damage, (b) improving endothelial dysfunction, (c) down-regulation proinflammatory gene expression and (d) upregulation of antioxidant enzyme gene expression in atherogenic diet fed rodents.

Amount: \$9,982

Agency: Faculty Mini Grant for Undergraduate Research Award

Role: PI

10/1/14-8/31/15

Effects of persistent organic pollutants in fish oil on antioxidant enzyme activities

The goal of the study is to determine the effects of persistent organic pollutants (POP) exposure through fish oil consumption on oxidative stress and antioxidant enzyme activities since antioxidant enzymes play critical role in reducing POP-induced oxidative stress.

Amount: \$1,000

Agency: California Dried Plum Board

Role: Co-investigator 4/1/12-3/31/13

Impact of carbohydrate rich foods on metabolic syndrome

The major goal of this project is to determine the influence of dried plums versus a low fat cookie snack food on risk factors for diabetes in those with prediabetes or metabolic syndrome.

Amount: \$110,000

Agency: San Diego State University Grant Program

Role: PI

1/1/11-6/30/12

Effects of dark chocolate on endothelial dysfunction

The goal of this study is to determine if dark chocolate consumption protects against risk of CVD by improving endothelial function in human subjects.

Amount: \$9,900

Agency: California Department of Public Health

Role: Co-PI

10/1/10-9/30/14

WIC Nutrition Program Yr 10-14

SDSU Research Foundation Women, Infants, and Children Program (WIC) is a service and research oriented program dedicated to improving health and nutrition education for San Diego families.

Amount: \$18,958,836

Agency: San Diego State University Grant Program

Role: PI

1/01/10-/30/11

Effects of contaminated fish oil on inflammation

The goal of this study is to examine if contaminated fish oils decrease the potential beneficial effects of fish oil such as preventing inflammation.

Amount: \$10,000

Agency: CHNR

Role: PI

1/1/08-6/30/10

Anticarcinogenic and antioxidative properties of chocolate in a rat model of colon cancer

The goal of this study is to determine if chocolate protects against colon cancer development by reduction of precancerous lesions called aberrant crypt foci and to determine the underlying mechanism(s) involved.

Amount: \$60,000

Agency: American Heart Association

Role: Co-investigator 7/1/08-6/30/10

Honey as a potential heart-healthy sweetening alternative

The goal of this study is to assess honey effects on body weight, adiposity, adipocentric markers of disease risk, and mechanisms for these effects including gene expression of enzymes involved in lipid production.

Amount: \$140,000

Agency: San Diego State University Grant Program

Role: PI

1/1/09-6/30/10

Differential cancer susceptibility between small intestine and large intestine

The goal of this study is to determine if the small intestine is more protected from tumorigenesis than the large intestine by more beneficial responses to inflammation and up-regulation of antioxidant enzymes

Amount: \$5,000

Agency: DOD (Department of Defense)

Role: PI

4/15/07-10/14/09

Mechanisms of chinese red yeast rice inhibition of prostate cancer growth

The goal of this study is to determine whether red yeast rice will protect against prostate cancer development via lowering de novo cholesterologenesis and/or oxidative stress related inflammation.

Amount: \$75,000

Agency: San Diego State University Grant Program

Role: PI

1/1/08-6/30/09

Soybean effects on gene expression involved in colon inflammation

The goal of this study is to determine whether soybeans are protective against colonic inflammation via regulation of antioxidant enzyme activities and pro-inflammatory and DNA repair gene expression.

Amount: \$9,900

Agency: USDA/CSREES

Role: Co-investigator 9/15/01-9/14/03

Mechanisms behind the antioxidant properties of quercetin in colon carcinogenesis

The goal of this project is to determine whether quercetin suppresses oxidative stress through COX-2, or iNOS pathways, and whether its affect is additive to that obtained with celecoxib.

Amount: \$50,000

Agency: Center for Environmental and Rural Health

Role: PI

8/1/04-7/31/05

Dietary fish oil protects against oxidative DNA damage

The goal of this project is to determine the effect of fish oil in vivo response to repeated bouts of exposure to a DNA oxidizing agent with carcinogen administration in the colon.

Amount: \$25,000

Ad-hoc reviewer

Alcohol

Alcohol and Alcoholism

American College of Nutrition

Antioxidants

BAC Complementary and Alternative Medicine

British Journal of Nutrition

Canadian Journal of Physiology and Pharmacology

Cancer Informatics

Carcinogenesis

Clinical Medicine: Urology

Diseases

Environmental Pollution

Environmental Science and Technology

Evidence Based Complementary and Alternative Medicine

Experimental Biology and Medicine

Food and Chemical Toxicology

Food and Function
Food Science and Nutrition
Gene
Histology and Histopathology
Human Nutrition and Metabolism
International Journal of Food Science & Technology
Journal of Nutrition Education and Behavior
Molecules
Nutrients
Nutrition
International Journal of Molecular Sciences
Journal of Adolescent Health
Journal of Adolescent Research
Journal of Agricultural and Food Chemistry
Journal of Food Biochemistry
Journal of Food Safety
Journal of Functional Foods
Journal of Medicinal Food
Journal of Nutrition
Nutrition and Cancer
Nutrition and Metabolism
Nutrition Journal
Nutrition, Metabolism and Cardiovascular Diseases
PLoS ONE
Scientific Report

Service for the University, College and School

SDSU Institutional Animal Care and Use Committee (IACUC) Committee, 2010 – present
Chair, University Promotions and Tenure Review Board (UPTRP) Committee, 2021 – 2023
Associate Professor Support & Strategy Session Invited Discussion Panel, 2023
Biomechanics faculty search Committee, SDSU School of ENS, 2022-2023
Food Science faculty search Committee, SDSU School of ENS, 2021-2022
CHHS Personnel Committee, 2019 - 2021
Co-PI, SDSU Research Foundation WIC program, 2011 - 2019
Organizer, Kyunghee University Academic visit, 2020
ENS Peer Review Committee, 2016 - 2019 (Chair, 2018 Fall - 2019 Spring)
ENS School Director Performance Evaluation Chair, 2019
ENS School Director Search Committee, SDSU School of ENS, 2016
Food Scientist Search Committee, SDSU School of ENS, 2016
Food Scientist Search Committee, SDSU School of ENS, 2014
Judge, SDSU Student Research Symposia, 2008-2019
AP&P Committee, SDSU School of ENS, 2013
Student Scholar research mentor, Health Careers Opportunity Program (HCOP), 2013
Scholarship Committee, SDSU School of ENS, 2013
Food and Nutrition SLO Assessment. 2012 and 2013
Chair, SDSU Student Research Symposia Oral Session, 2011
Nutrition/Fitness faculty search Committee, SDSU School of ENS, 2010
Scholarship Committee, SDSU School of ENS, 2009-2011
Curriculum Planning Committee, SDSU School of ENS, 2009-2010
Host a guest speaker (Ms. Tracy Daly, RD), 2009
Host a guest speaker (Ms. Andrea Ogden, RD), 2009
Host a guest speaker (Ms. Wendy Jo Peterson, RD), 2009

Guest lecturer, SDSU School of ENS, NUTR203 Cultural Food, 2008-2011
International Study Committee, 2008 - 2009
Host a guest speaker (Ms. Cindy Swann, RD), 2008
Nutrition faculty Search Committee, SDSU School of ENS, 2007

Service for the Profession

Editor, Food and Nutrition Report
Editor, Journal of Food Chemistry and Nutrition
Editor, Molecules, 2020-2022
Invited external reviewer for faculty member for promotion at Georgia State University, 2022
Internal Advisory Committee (IAC), SDSU/UCSD Cancer Center Comprehensive Partnership, 2014 - 2021
Journal reviewer, 2003 – Present
Invited speaker, BK 22 Plus and Vision 2030 Forum, Yonsei University, Seoul, South Korea, 2021
Invited speaker, WISET Global Mentoring Program, San Diego, South Korea, 2021
Invited speaker, KSEA-YG (Korean American Scientists and Engineers Association Young Generation) Meeting, UCSD, San Diego, CA, 2020
Invited speaker, BK 21 Plus and Vision 2020 Forum, Yonsei University, Seoul, South Korea, 2019
Invited external reviewer for faculty member for promotion at Michigan State University, 2017
Judge, Diet and Cancer RIS poster competition, Experimental Biology Conference, Boston, MA, 2015
Judge, Dietary Bioactive Components RIS, Experimental Biology Conference, San Diego, CA, 2012
Interview, Chocolate study, Experimental Biology Press Release, 2012
Chair, Diet and Cancer: Animal Studies Minisymposium, Experimental Biology Conference, San Diego, CA, 2012
Judge, Diet and Cancer RIS poster competition, Experimental Biology Conference, San Diego, CA, 2010
Invited speaker, BK 21 Plus and Vision 2020 Forum, Sungkyunkwan University, Suwon, South Korea, 2012
Invited speaker, KWise (Korean American Women in Science and Engineering), Scripps, La Jolla, CA, 2010
Judge, Diet and Cancer RIS poster competition, Experimental Biology Conference, Anaheim, CA, 2010
Invited speaker, Ewha Womans University, Seoul, South Korea, 2008
SEBM Young Investigator Award Committee, Experimental Biology Conference, San Diego, CA, 2005
Graduate Student research oral competition Committee, Texas A&M University, College Station, TX, 2004

Service for the Community

Invited speaker How to prepare scientific manuscript and how to get your paper accepted. WISET Global Mentoring Program, Virtual, 2021
Mentor, WISET Global Mentoring Program, 2021
President, KWise (Korean Women in Science and Engineering), 2019-2021
Organizer and host, 14th KWise West Coast Conference, 2020
Representative Mentor: WISET – San Diego KWise Mentoring Program, 2020
Invited speaker, Career talk: What do you want to be, KSEA-YG Winter Meeting, San Diego, CA, 2020
Interview, Brazil nut study, American Heart Association media release, 2018
Interview, Brazil nut study, AARP, 2018
Interview, Brazil nut study, Cardiology Today, 2018
Interview, Fish oil and colon cancer, SDSU NewsCenter, 2017
Interview, Watermelon study, National Geographic Mgyzrorszag Online, 2015
Interview, Step program, First for Women, 2015
Interview, Watermelon study, SDSU NewsCenter, 2014
President, Korean Catholic Choir, 2014
Coordinator, KWise West Coast Conference, Scripps, La Jolla, CA, 2014
Nutrition education, Korean American Senior Association of San Diego (KASASD), 2013
Nutrition education, Gary & Mary West Senior Wellness Center, 2013
President, Carmel Mountain Korean Lady Golf Club, 2013
Interview, Chocolate study, WebMD, 2012
Nutrition education, Korean American Senior Association of San Diego (KASASD), 2012
Health Fair Leader in Nutrition Section, Gary & Mary West Senior Wellness Center. 2012
Diabetes Nutrition Education, Gary & Mary West Senior Wellness Center, 2011

Writer, "Make your table colorful", Gary & Mary West Senior Wellness Center newsletter, 2011
Nutrition education, Korean American Senior Association of San Diego (KASASD), 2011
Interview, Healthy Holiday Meals by SDSU NewsCenter, 2010
Consultants, Korean American Senior Association of San Diego (KASASD), 2009
Nutrition education, Korean American Senior Association of San Diego (KASASD), 2009
Interview, Red yeast rice and prostate cancer, Cancer Monthly, 2009
Interview, Red yeast rice and colon cancer, Cancer Monthly, 2007
NSBRI Teacher Academy Advisory Board, 2001

Masters' Thesis/Project (Chair/Direct Supervisor)

1. Robert Castro (ENS, Spring 2023) "Effects of mango consumption on vascular health"
2. Kazandra Pedroza (ENS, Spring 2023) "Effects of fresh mango consumption on immune markers in overweight and obese adults"
3. Candice Stamper (ENS, Spring 2023) "Effect of fresh vs dried mango consumption on satiety and postprandial glucose in healthy adults"
4. Trisha Molina (ENS, Spring 2023) "Effects of blenderized watermelon with rind on satiety, bowel movement and postprandial glucose levels"
5. Savanah Scott (ENS, Spring 2023) "Consumption of mixed nuts promotes satiety and reduces anxiety without spiking blood glucose and insulin in healthy adults"
6. Tess Ellis (ENS, Spring 2023) "Effectiveness of telehealth-delivered interventions on adults with chronic kidney disease: A systemic review"
7. Caitie Rasmussen (ENS, Spring 2022) "Effects of blenderized watermelon consumption on satiety and postprandial glucose in overweight and obese adolescents"
8. Charityn Fernandez (ENS, Spring 2022) "Effects of red meat and proton pump inhibitors on rat gut pH and claudin-2"
9. Hoa Luu (ENS, Spring 2022) "Effects of red meat consumption with proton pump inhibitors on cardiovascular disease risk in rats"
10. Isabella Gallardo (ENS, Spring 2022) "Sensory evaluation of blenderized watermelon juice with and without the rind in children"
11. Pia Asuncion (ENS, Fall 2021) "Fresh mango and the gut microbiome"
12. Viviana Yon (ENS, Fall 2021) " Effects of mango consumption on total antioxidant capacity, gut permeability proteins and bowel movement habits"
13. Tessa Zhang (ENS, Fall 2021) "Effects of mixed nut consumption on cardiometabolic parameters in overweight and obese adults"
14. Jaikko Daughtry (ENS, Fall 2021) " Effects of blenderized watermelon consumption in children"
15. Yuko Hetrick (ENS, Spring 2021) "Effects of watermelon powder supplementation on colonic cell growth and gene expression"
16. Vanessa Nungaray-Ruvalcaba (ENS, Spring 2021) "Effects of mixed-nut consumption on colonic Cox-2 and RelA gene expression"

17. Martin Rosas Jr. (ENS, Fall 2020) "Effects of fresh mango consumption on blood glucose, insulin, and cardiometabolic risk factors in overweight and obese adults"
18. Nicole Wells (ENS, Spring 2020) "Effects of low to moderate ethanol consumption on cell proliferation, differentiation and apoptosis in young and middle aged rats"
19. Sherry Pinneo (ENS, Spring 2020) "Effects of mango consumption on satiety"
20. Tiffany Lum (ENS, Spring 2020) "Effects of fresh watermelon consumption on the acute satiety response and cardiometabolic risk factors in overweight and obese adults"
21. Seth Weeks (ENS, Spring 2020) "Systematic Review: How the Wnt/ β -catenin Pathway Leads to Pyruvate Carboxylase Expression in Cancer"
22. Ashley Nakagawa (ENS, Fall 2019) "Effects of mixed nuts on colonic cell proliferation"
23. Alison Rosenstock (ENS, Fall 2019) "Brazil nut consumption improves postprandial satiety, blood glucose and insulin responses in healthy adults"
24. Nazanin Abbaspour (ENS, Spring 2019) "Effect of mixed nut consumption on cardiovascular disease risk factors in overweight and obese adults"
25. Chelsea Nora (ENS, Spring 2019) "Mixed nuts consumption has no effect on LDL-C or Lp(a) in overweight and obese adults"
26. Patricia Garcia (ENS, Spring 2019) "Effects of vitamin D supplementation on inflammation, colonic cell kinetics and microbiota in colitis: A review"
27. Katya Meyers (ENS, Spring 2019) "Effects of exercise on weight loss and body composition and bone mineral density in lactating women"
28. Megan Connolly (ENS, Spring 2019) "Watermelon and CVD risk factors"
29. Hannah Carman (ENS, Spring 2019) "Effects of mixed nut consumption on body fat percentage in overweight and obese individuals"
30. Natasha Godwin (ENS, Spring 2018) "Mixed nuts may promote satiety in obese while maintaining stable blood glucose and insulin in healthy, obese and overweight adults"
31. Joshua Beidler (ENS, Spring 2018) "Watermelon and L-arginine consumption downregulate gene expression related to serum lipid profile, inflammation, and oxidative stress in rats fed an atherogenic diet"
32. Katelynn Sasaki (ENS, Spring 2018) "Analysis of family dietary and exercise behaviors in relation to body perception in children ages 7-12"
33. Shauna Groven (ENS, Spring 2018) "Efficacy and tolerability of the autoimmune protocol diet for inflammatory bowel disease"
34. Karah Blohm (ENS, Spring 2017) "The effect of watermelon juice supplementation on heart rate recovery and blood lactate after submaximal exercise"
35. Alyssa Moore (ENS, Spring 2017), "Resveratrol and depression in animal models: A review of the Biological mechanisms"
36. Keith Glenn (ENS, Spring 2017) "Effects of watermelon powder and L-arginine supplementation on azoxymethane-induced colon carcinogenesis in rats"

37. Jaclyn Galyis (ENS, Fall 2016) "Body weight perception: what do adolescents see in the mirror?"
38. Meegan Justice (ENS, Fall 2016) "Effects of moderate ethanol consumption on lipid metabolism and inflammation through regulation of gene expression in rats"
39. Michelle Nakamichi-Lee (ENS, Fall 2016), "Dried plum consumption improves total cholesterol and antioxidant capacity and reduces inflammation in postmenopausal women"
40. Allison McMullen-Bustos (ENS, Fall 2016), "Omega 3s and persistent organic pollutants: dietary intake recommendations"
41. Tyler Rolling (ENS, Spring 2016), "The effects of social cognitive theory-base interventions on dietary behavior within children"
42. DawnKylee S. Klarich (ENS, Fall 2015), "Effects of alcohol consumption in prevention of colon cancer in rats"
43. Emily Cheera (ENS, Fall 2015), "Psychological and behavioral effects of genetic risk testing for obesity: a systematic review"
44. Tara Trakin (ENS, Fall 2015), "Effects of dark chocolate on LPS-induced inflammation"
45. Katy Kaufman (ENS, Spring 2015), "Effects of watermelon powder on lipid metabolism through regulation of gene expression in atherogenic diet-fed rats"
46. Jan Lumibao (ENS, Spring 2015), "Effects of contaminated fish oil on hepatic FAS and HMGCR gene expression and liver function enzyme activities"
47. Arshya Ahouraei Far (ENS, Spring 2015), "The effect of dried plum on lipid profile and liver function enzyme activities in postmenopausal women"
48. Yen-Tzu Tseng (ENS, Spring 2015), "Preventive effects of watermelon powder on colitis by maintaining the number of intact crypts in atherogenic diet-fed and dextran sodium sulfate-treated rats"
49. Shiloah Kviatkovsky (ENS, Fall 2014), "Relationships between physical activity, food choice, gender, and BMI in Southern California Teenagers"
50. Nicole Hartig (ENS, Fall 2014), "Effects of watermelon powder on antioxidant capacity, inflammation and lipid profiles in DSS treated rats fed an atherogenic diet"
51. Kyrie Baca (ENS, Fall 2013), "Effects of cayenne pepper on markers of cardiovascular disease risk in rats with inflammation fed an atherogenic diet"
52. Rebecca Dehamer (ENS, Fall 2013), "The effect of PCB contamination in fish oil on markers of inflammation and DNA repair activity in rat colon"
53. Leslie Mansour (ENS, Spring 2012), "Total antioxidant capacity of commonly consumed beverages in youth in the United States"
54. Christiana Orsa (ENS, Spring 2012), "Effects of dark chocolate on endothelial function in healthy adults"
55. Alely Wright (ENS, Spring 2012), "A qualitative analysis of exercise and health practices in Korean American vs. American adults in Southern California"

56. Deva Plumlee (ENS, Spring 2012), "Dietary cayenne pepper reduces the risk factors of metabolic dysregulation by favorable changes in body weight gain, body fat, lipid profile and inflammation"
57. Brian Kang (ENS, Spring 2013), "Effects of contaminated fish oil on aberrant crypt foci formation and colonic cell kinetics"
58. Patcharie Elkins (ENS, Fall 2011), "Nutrition risk in low income seniors"
59. Mahshid Shelechi (ENS, Fall 2011), "Dark chocolate, colon cell kinetics and colon carcinogenesis"
60. Julie Bornhoeft (ENS, Spring 2011), "The effect of green tea polyphenols on cardiovascular risk factors, liver enzymes and antioxidant status"
61. Kerin Dooley (ENS, Spring 2011), "Differential dietary and lifestyle behaviors in teens and adults"
62. Prashila Mistry (ENS, Spring 2011), "The effect of contaminated fish oil on the risk factor of CVD"
63. Tanya Marsh (ENS, Spring 2011), "Soy effects on SREBP2 gene expression"
64. Emily Delulio (ENS, Fall 2010), "Dark chocolate effects on aberrant colonic crypt foci"
65. Tahirih Shepanski (ENS, Fall 2010), "Majoring in nutrition influences BMIs of female college students"
66. Carrie Flack (ENS, Spring 2010), "Determination of epicatechin in rat serum by reversed-phase HPLC following dark chocolate consumption"
67. Kristina Paul (ENS, Spring 2009), "The relationship between vegetarianism and disordered eating in adolescents and young adults"

Master's Thesis Committee

1. Stanley Liang (Department of Psychology, Fall 2023) "Growth factor signaling in fetal alcohol spectrum disorders and the impact of choline"
2. Isabel Leon (Department of Psychology, Fall 2023) "Intervention for fetal alcohol spectrum disorder: The effects of exercise and choline supplementation on learning and memory"
3. Nicholas Smith (School of Exercise and Nutritional Sciences, Spring 2023) "Carbon monoxide and skeletal muscle mitochondrial function in the northern elephant seal"
4. Luciano Voutour (Department of Psychology, Fall 2022) "Moderate Ethanol and n-6/n-3 Diet Interactions on Lipid Profile and Liver Function in Mice"
5. Chaeun Lee (Nutrition and Dietetics, Marywood University, Spring 2022) "What are the attitudes of nutrition students at a university in (Northeast Pennsylvania) NEPA concerning body image responses from strangers, friends, and family"
6. Princess Dheimee Lagana (School of Public Health, Fall 2021) "The association between ambient temperature changes and proper food holding temperature violations in San Diego county during 2017-2019"
7. Marthew Tin Wong (School of Public Health, Summer 2021) "International evaluation of screening questions to identify persons with drug-resistant tuberculosis"
8. Julie C. Nguyen (School of Public Health, Spring 2019) "Level of total mercury in pacific oysters (*Crassostrea gigas*) from San Diego bay and a human health risk assessment for their consumption"

9. Dana O. Datuin (School of Public Health, Fall 2018) "Stool concentrations as an indicator of body burden and intervention trials for the elimination of persistent organic pollutants (POPS)"
10. Meseret Fesseha (School of Nursing, SDSU-UCSD Partnership, Summer 2018) "Effects of watermelon and colon cell kinetics"
11. Edward Dominguez (Graduate School of Public Health, Summer 2018) "A non-targeted analysis of organic contaminants in dietary fish oil supplements in the US"
12. Gerald Biando (Graduate School of Public Health, Summer 2018) "An analysis of restaurant food safety practices within full-service restaurants during peak business hours in San Diego County, California"
13. Jaime Harguess (Graduate School of Public Health, Spring 2018) "Strategies to reduce meat consumption: A systematic literature review of experimental studies"
14. Maria Christina Kander (Graduate School of Public Health, Fall 2017) "Bioaccumulation of metals (As, Cd, Cr, Cu, Ni, Pb, Se, and Zn) from smoked cigarette litter in fish (rainbow trout) and shellfish (Mediterranean mussels)"
15. Tracy Luu (Department of Biology, Summer 2017), "Immune mechanisms underlying the racial disparities in prostate cancer"
16. Rhonda J. Saleh (Graduate School of Public Health, Spring 2017), "Investigation of environmental contaminants in dietary fish oil"
17. Mengxi Tian (Department of Biology, Fall 2016), "Decreased T-cell cytotoxic in African American colorectal cancer patients and a novel therapy, Vax-IP micelles, for a CRC mouse model"
18. Jennifer M. Cossaboon (Graduate School of Public Health, Fall 2016), "Enhanced cataloguing of halogenated organic compounds in marine mammals of the Southern California Bight using a non-targeted analytical method"
19. Lyubov Rozhavskaia (Graduate School of Public Health, Summer 2016), "The association between season and critical food safety violations in San Diego county retail food facilities"
20. Nan Liu (Department of Biology, Summer 2016), "Pim1-miR101 as a therapeutic treatment for myocardial infarction"
21. Renita Salas (Graduate School of Public Health, Spring 2016), "Predictors of food facility violations during routine inspections in San Diego county during 2013-2014"
22. Joi Weeks (Department of Biology, Summer 2015), "Identification of brick-a-brac, tramtrack, broad complex (BTB) genes involved in stem cell regulation"
23. Nitya Bhaskaran (Department of Biology, Summer 2015), "A bioinformatics approach to developing an EMAST mouse model"
24. Pardis Zaeri (Department of Biology, Spring 2015), "Comparison of stroma-associated gene expression in African-American and Caucasian-American prostate cancer"
25. Kaitlen Samse (Department of Biology, Fall 2014), "PIM 1 kinase functional effect depends upon intracellular localization in human cardiac progenitor cells"
26. Nandini Ravindran (Department of Biology, Spring 2014), "Characterization of cardiac autophagy in the setting of metabolic syndrome using animal models"

27. Bernardo Rivera (Graduate School of Public Health, Spring 2014), "An assessment of mobile food operators food handler knowledge"
28. Brittany Mellen (Graduate School of Public Health, Spring 2014), "Relationship between a child's BMI and the amount of sleep"
29. Michael McGregor (Department of Biology, Fall 2013), "CENP-A plays a critical role in the proliferation of cardiac progenitor cells"
30. Sean V Nisperos (Department of Biology, Fall 2013), "Functional analysis of the HECT-domain3 ligase TRIP12 in planarian tissue regeneration and maintenance"
31. Pardis Zaeri (Department of Biology, Fall 2013), "Comparison of stroma-associated gene expression in African-American and Caucasian-American prostate cancer"
32. Balaji Sundararaman (Department of Biology, Spring 2012), "Non-random segregation and lineage commitment of cardiac stem cells"
33. Jinel Shah (Department of Biology, Spring 2013), "Infiltration to understand racial disparities in colorectal cancer"
34. Rano Basa (Department of Biology, Fall 2011), "Natural killer cells in colon cancer: A study in racial differences and immune coordination"
35. Pearl Quijada (Department of Biology, Fall 2010), "Genetic engineering of bone marrow cells for the treatment of myocardial infarction"
36. Matthew Mason (Department of Biology, Fall 2010), "PIM1 inhibits DRP1 promoting cardiac myocyte survival"
37. Vince Davies (Department of Biology, Fall 2010), "Effect of Vitamin D on the Immune Response to Colorectal Cancer"
38. Xiaoxiao Li (Department of Biology, Fall 2010), "Construction of a Targeting Vector for Mlh1 Conditional Knockout Mouse"
39. Fatima Villalobos (ENS, Spring 2008), "Antioxidant capacity, sensory analysis and texture profile for organically and conventionally grown strawberries"