

CURRICULUM VITAE

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EDUCATION:

Ph.D. Purdue University, West Lafayette, IN. 1991-1995
Major: Foods and Nutrition

M.S. Indiana University, Bloomington, IN. 1990-1991
Major: Nutrition Science

B.S. Indiana University, Bloomington, IN. 1986-1990
Major: Nutrition Science
Minor: Psychology

PROFESSIONAL EXPERIENCE:

2006-present: Professor and Coordinator of Foods and Nutrition, San Diego State University, School of Exercise and Nutritional Sciences, San Diego, CA.

Spring 2011: Visiting Scholar, University of Birmingham, School of Sport and Exercise Sciences, Birmingham, England

2001-2006: Associate Professor, San Diego State University, Department of Exercise and Nutritional Sciences, San Diego, CA.

2003-2005: Vice President, Discovery, Energy Shotz, LLC

2003: Visiting Scholar, University of California, Berkeley, Department of Nutritional Sciences and Toxicology, Berkeley, CA.

2002: Director, Didactic Program in Dietetics, San Diego State University, Department of Exercise and Nutritional Sciences, San Diego, CA.

Summer 2001: Research Associate, Purdue University, Department of Foods and Nutrition, West Lafayette, IN.

1995-2001: Assistant Professor, San Diego State University, Department of Exercise and Nutritional Sciences, San Diego, CA.

1994-1995: Dietetic Intern, Ball Memorial Hospital, Muncie, IN.

1991-1994: Graduate Teaching Assistant, Purdue University, Department of Foods and Nutrition, West Lafayette, IN.

1991-1994: Graduate Research Assistant, Purdue University, Department of Foods and Nutrition, West Lafayette, IN.

PROFESSIONAL CREDENTIALS AND HONORS:

1995-present: Registered by the Commission on Dietetic Registration as a Registered Dietitian

2006-2017,
2020-Present: Board Certified Specialist in Sports Dietetics

2022-2023: Outstanding Graduate Professor Award, College of Health and Human Services

2021-2022: ENS Outstanding Graduate Faculty

2021: SCAN Achievement Award

2018-19: President's Award, College of Health and Human Services

2013-14: College of Health and Human Services, Outstanding Club Advisor

2011-2012: ENS Outstanding Graduate Faculty

2011-2012: Outstanding Graduate Professor of the Year, College of Health and Human Services

2010: Inspiration Award, College of Professional Studies and Fine Arts

1998-1999: Mortar Board Society, Outstanding Faculty and Staff Award

REFEREED ARTICLES:

Cao S, Vialva C, Hooshmand S, Kern M, Woods GN, Roesch S, Weaver CM. Subgroup differences in calcium metabolism in response to dietary sodium: Rationale, design, and methods of a randomized, controlled, crossover dietary intervention in healthy adults. *Contemporary Clinical Trials*. 2025 May 18:107956.

Delaney K, Tsang M, Kern M, Rayo VU, Jason N, Hong MY, Liu C, Hooshmand S. Strawberries modestly improve cognition and cardiovascular health in older adults. *Nutrition, Metabolism and Cardiovascular Diseases*. 2025 Mar 18:104018.

Terrazas F, Kelley ST, Demasi T, Giltvedt K, Tsang M, Nannini K, Kern M, Hooshmand S. Influence of menstrual cycle and oral contraception on taxonomic composition and gas production in the gut microbiome. *Journal of Medical Microbiology*. 2025 Mar 28;74(3):001987.

Rayo VU, Okamoto L, Cervantes M, Hong MY, Jason N, Kern M, Liu C, North E, Storm S, Witard OC, Hooshmand S. Almond snacking modestly improves diet quality and waist circumference but not psychosocial assessments and other cardiometabolic markers in overweight, middle-aged adults: A randomized, crossover trial. *Human Nutrition & Metabolism*. 2025 Mar 1; 39:200291.

Rasmussen C, Rosas Jr M, Gallardo I, Kwon AJ, Luu H, Liu C, Hooshmand S, Kern M, Hong MY. Effects of blenderized watermelon consumption on satiety and postprandial glucose in overweight and obese adolescents. *Metabolism Open*. 2025 Jan 3:100345.

DeMasi T, Tsang M, Mueller J, Giltvedt K, Nguyen TN, Kern M, Hooshmand S. Prunes may blunt adverse effects of oral contraceptives on bone health in young adult women: a randomized clinical trial. *Current Developments in Nutrition*. 2024 Sep 1;8(9):104417.

Rayo VU, Cervantes M, Hong MY, Hooshmand S, Jason N, Liu C, North E, Okamoto L, Storm S, Witard OC, Kern M. Almond consumption modestly improves pain ratings, muscle force production, and biochemical markers of muscle damage following downhill running in mildly overweight, middle-aged adults: A randomized, crossover trial. *Current Developments in Nutrition*. 2024 Aug 7:104432.

Siegel L, Rooney J, Marjoram L, Mason L, Bowles E, van Keulen TV, Helander C, Rayo V, Hong MY, Liu C, Hooshmand S, Kern M, Witard OC. Chronic almond nut snacking alleviates perceived muscle soreness following downhill running but does not improve indices of cardiometabolic health in mildly overweight, middle-aged, adults. *Frontiers in Nutrition*. 2024 Jan 8;10:1298868.

Philpott J, Kern M, Hooshmand S, Carson I, Rayo V, North E, Okamoto L, O'Neil T, Hong MY, Liu C, Dreckowski G. Pistachios as a recovery food following downhill running exercise in recreational team-sport individuals. *European Journal of Sport Science*. 2023 Aug 10:1-1.

Reschechtko S, Nguyen TN, Tsang M, Giltvedt K, Kern M, Hooshmand S. Postural sway is not affected by estrogen fluctuations during the menstrual cycle. *Physiological Reports*. 2023 May;11(10):e15693.

Daughtry J, Rasmussen C, Rosas Jr. M, Zhang L, Lu S, Hooshmand S, Liu C, Kern M, Hong MY. Blenderized Watermelon consumption decreases body mass index, body mass index percentile, body fat and HbA1c in children with overweight or obesity. *Pediatric Obesity*. 2023;18:e13038.

Wickman BE, Clayton ZS, Rochester E, Kern M, Hong MY, Liu C, Hooshmand S. 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*. 2023;12:e11.

Asuncion P, Liu C, Castro R, Yon V, Rosas M, Hooshmand S, Kern M, Hong M. The effects of fresh mango consumption on gut health and microbiome - randomized controlled trial. *Food Science & Nutrition*. *Food Science & Nutrition*. 2023 Feb 1.

Rayo VU, Carson I, Galloway SD, Hong MY, Hooshmand S, Liu C, North E, Okamoto L, O'Neal T, Philpott J, Witard OC, Kern M. Influence of pistachios on force production, subjective ratings of pain, and oxidative stress following exercise-induced muscle damage in moderately trained athletes: A randomized, crossover trial. *Metabolism Open*. 2022 Oct 21:100215.

North E, Carson I, Galloway S, Dr. Hong MY, Hooshmand H, Liu C, Okamoto L, O'Neal T, Philpott J, Rayo V, Witard O, Kern M. Effects of short-term pistachio consumption before and throughout recovery from an intense exercise bout on cardiometabolic markers in healthy men. *Metabolism Open*. 2022 Oct 21:100216.

Hooshmand S, Gaffen D, Eisner A, Fajardo J, Payton M, Kern M. Effects of 12 months consumption of 100 g dried plum (prunes) on bone biomarkers, density, and strength in men. *Journal of Medicinal Food*. 2022. 1;25(1):40-7.

Rosas Jr M, Pinneo S, O'Mealy C, Tsang M, Liu C, Kern M, Hooshmand S, Hong MY. Effects of fresh mango consumption on cardiometabolic risk factors in overweight and obese adults. *Nutrition, Metabolism and Cardiovascular Diseases*. 2022. 1;32(2):494-503.

Pinneo S, O'Mealy C, Rosas Jr M, Tsang M, Liu C, Kern M, Hooshmand S, Hong MY. Fresh mango consumption promotes greater satiety and improves postprandial glucose and insulin responses in healthy overweight and obese adults. *Journal of Medicinal Food*. 2022. 1;25(4):381-8.

Hong MY, Kern M, Nakamichi-Lee M, Abbaspour N, Ahouraei Far A, Hooshmand S. Dried plum consumption improves total cholesterol and antioxidant capacity and reduces inflammation in healthy postmenopausal women. *Journal of Medicinal Food*. 2021.1;24(11):1161-8.

Stone M, Zachary S Clayton ZS, Buono MJ, Kern M. Exercise intensity influences plasma and sweat amino acid concentrations: A crossover trial. *Journal of Sports Medicine and Physical Fitness*. 2021 Mar 9.

Clayton ZS, Hauffe L, Liu C, Kern M, Hong MY, Brasser SM, Hooshmand S. Chronic ethanol consumption does not reduce true bone density in male Wistar rats. *Alcohol*. 2021. Jun 1;93:17-23.

Clayton Z, Hozman A, Paris B, Kern M. The effect of post-exercise oral glutamine supplementation on a subsequent cycling time to exhaustion test: A randomized double-blind placebo-controlled crossover trial. *International Journal of Applied Exercise Physiology*. 2020;9(7):6-12.

Petrisko M, Kloss R, Bradley P, Birrenkott E, Spindler A, Clayton ZS, Kern M. Biochemical, anthropometric, and physiological responses to carbohydrate-restricted diets versus a low-fat diet in obese adults: a randomized crossover trial. *Journal of Medicinal Food*. 2020 Mar 1;23(3):206-14.

Eisner A, Ramachandran P, Cabalbag C, Metti D, Shamloufard P, Kern M, Hong MY, Hooshmand S. 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*. 2020. 23 (3), 242-249.

Al-Tamimi AM, Petrisko M, Hong MY, Rezende L, Clayton ZS, Kern M. Honey does not adversely impact blood lipids of adult men and women: a randomized cross-over trial. *Nutrition Research*. 2020 Feb 1;74:87-95.

Clayton ZS, Fusco E, Schreiber L, Carpenter JN, Hooshmand S, Hong MY, Kern M. Snack selection influences glucose metabolism, antioxidant capacity and cholesterol in healthy overweight adults: A randomized parallel arm trial. *Nutrition Research*. 2019 May 1;65:89-98.

Abbaspour N, Roberts T, Hooshmand S, Kern M, Hong MY. Mixed nut consumption may improve cardiovascular disease risk factors in overweight and obese adults. *Nutrients*. 2019 Jul;11(7):1488. Lum T, Connolly M, Marx A, Beidler J, Hooshmand S, Kern M, Liu C, Hong MY. Effects of fresh watermelon consumption on the acute satiety response and cardiometabolic risk factors in overweight and obese adults. *Nutrients*. 2019. 11:3;595.

Godwin N, Roberts T, Hooshmand S, Kern M, Hong MY. Mixed nuts may promote satiety while maintaining stable blood glucose and insulin in healthy, obese, and overweight adults in a two-arm randomized controlled trial. *Journal of medicinal food*. 2019 Mar 21.

Glenn K, Klarich DS, Kalaba M, Figueroa A, Hooshmand S, Kern M, Hong MY. Effects of watermelon powder and l-arginine supplementation on azoxymethane-induced colon carcinogenesis in rats. *Nutrition and cancer*. 2018. 10:1-8.

Hong MY, Beidler J, Hooshmand S, Figueroa A, Kern M. 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. *Nutr Res*. 2018 1;58:46-54.

Sansone K, Kern M, Hong MY, Liu C, Hooshmand S. Acute effects of dried apple consumption on metabolic and cognitive responses in healthy individuals. *J Med Food*. 2018 Jun 29.

Clayton ZS, Fusco E, Kern M. Egg consumption and heart health: a review. *Nutrition*. 2017. 37:79-85.

Delgado Cuenca P, Almainan L, Schenk S, Kern M, Hooshmand S. Dried plum ingestion increases the osteoblastogenic capacity of human serum. *Journal of medicinal food*. 2017 Jul 1;20(7):653-8.

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Hooshmand S, Kern M, Metti D, Shamloufard P, Chai SC, Johnson SA, Payton ME, Arjmandi BH. The effect of two doses of dried plum on bone density and bone biomarkers in osteopenic postmenopausal women: a randomized, controlled trial. *Osteoporos Int*. 2016. 27:2271-2279.

Clemens RA, Jones JM, Kern M, Lee S-Y, Mayhew EJ, Mohamedshah FY, Slavin JL, Zivanovic S. Functionality of sugars in foods and health. *Comprehensive Reviews in Food Science and Food Safety*, 2016. 15:433-470.

Thralls KJ, Nichols JF, Barrack MT, Kern M, Rauh MJ. Body mass-related predictors of the female athlete triad among adolescent athletes. *Int J Sport Nutr Exerc Metab*. 2016. 26:17-25.

Hong M Y, Hartig N, Kaufman K, Hooshmand S, Figueroa A, Kern M. Watermelon consumption improves inflammation and antioxidant capacity in rats fed an atherogenic diet. *Nutrition Research*. 2015. 35:251-8.

Clayton ZS, Hobb KR, Shelechi M, Hernandez LM, Barber AM, Petrisko YJ, Hooshmand S, Kern M. Influence of resistance training combined with daily consumption of an egg-based or bagel-based breakfast on risk factors for chronic diseases in healthy untrained individuals. *J Am Coll Nutr* 2014. 34:113-119.

Shirin Hooshmand, Brittany Holloway, Tricia Nemoseck, Sarah Cole, Yumi Petrisko, Mee Young Hong, Mark Kern. Effects of agave nectar versus sucrose on weight gain, adiposity, blood glucose, insulin and lipid responses in mice. *J Med Food*. 2014. 17:1017-21.

Lalitha Ramaswamy, Mark Kern, Latha Sathiyamoorthy, S. Preema. Influence of place of living on dietary intake, physical activity and BMI of Indians and Asian Indians in the U.S. - a Pilot Study. *Indian Journal of Nutrition & Dietetics*. 2014. 51 (2).

Naomi Shadwell, Fatima Villalobos, Mark Kern, Mee Young Hong. Blooming reduces the antioxidant capacity of dark chocolate in rats without reducing its capacity to improve lipid profiles. *Nutrition Research*. 2013. 33:414-21.

Sheila Medina-Torne, Maria Rosario G. Araneta, Caroline A. Macera, Mark Kern, Ming Ji. Dietary factors associated with adiponectin in Filipino-American women. *Ethnicity & Disease*. 2011. 21:190-5.

Tricia M. Nemoseck, Erin G. Carmody, Allison Furchner-Evanson, Marsa Gleason, Amy Li, Hayley Potter, Lauren M. Rezende, Kelly J. Lane, Mark Kern. Honey promotes lower weight gain, adiposity, and triglycerides than sucrose in rats. *Nutrition Research*. 2011. 31:55-60.

Janine M. Wong and Mark Kern. Miracle fruit improves sweetness of a low-calorie dessert without promoting subsequent energy compensation. *Appetite*. 2011. 56:163-166.

Leslie Howarth, Yumi Petrisko, Allison Furchner-Evanson, Tricia Nemoseck, Mark Kern. Snack selection influences nutrient intake, triglycerides and bowel habits of adult women. A pilot study. *Journal of the American Dietetic Association*. 2010. 110:1322-1327.

Allison Furchner-Evanson, Yumi Petrisko, Leslie Howarth, Tricia Nemoseck, Mark Kern. Type of snack influences satiety responses in adult women. *Appetite*. 2010. 54:564-569.

Kern M. Fitness blunts adverse risks of an unhealthy diet. *Clinical Journal of Sport Medicine* 20:396, 2010.

Nemoseck, T, Kern, M. The effects of high-impact and resistance exercise on urinary calcium excretion. *Int J Sports Nutr Exerc Metab*. 19(2):162-71, 2009.

Klein, J, Nyhan, WL, Kern, M. The effects of alanine ingestion on metabolic responses to exercise in cyclists. *Amino Acids*. 37(4):673-80, 2009.

Cheng, MH, Bushnell, D, Cannon, D, Kern, M. Appetite regulation via exercise prior or subsequent to high-fat meal consumption. *Appetite*. 52(1):193-8, 2009. Epub 2008 Sep 25.

Hill, KM, Braun, M, Kern, M, Martin, BR, Navalta, JW, Sedlock, DA, McCabe, L, McCabe, GP, Peacock, M, Weaver, CM. Predictors of calcium retention in adolescent boys. *J Clin Endocrinol Metab*. 93(12):4743-4748, 2008.

Kern, M, Heslin, CJ, Rezende, RS. Metabolic and performance effects of raisins versus sports gel as pre-exercise feedings in cyclists. *J Strength Cond Res*. 21(4):1204-7, 2007.

Kern, M., Broder, H.D., Edmondson, J.I., and Cannon, D.T. Diet composition does not alter energy expenditure, substrate metabolism or excess post-exercise oxygen consumption in healthy, non-exercise trained women. *Nutr Res* 27(11): 665-671, 2007.

Burger, K.S., Kern, M., Coleman, K.J. (2007) Characteristics of self-selected portion size in young adults. *J Am Dietetic Assoc*. 107:611-8.

Braun, M., B.R. Martin, B.R., Kern, M., McCabe, G.P., Peacock, M., Jiang, Z., Weaver, C.M. (2006) Calcium retention in adolescent boys on a range of controlled calcium intakes. *Am. J. Clin. Nutr*. 84:414-8.

Ischayek J.I. and Kern, M. (2006) US honeys varying in glucose and fructose content elicit similar glycemic indexes. *J Am Dietetic Assoc*. 106:1260-62.

Kern, M. Dietary intake of adolescent athletes and non-athletes. (2006) *J Am Dietetic Assoc*. 106:717-8.

Pernick, Y, Nichols, JF, Rauh, MJ, Kern, M, Ji, M, Lawson, MJ, Wilfley, D. (2006) Disordered eating among a multi-racial/ethnic sample of female high school athletes. *J Adol Health*. 38:689-95.

Kloss, R., Linscheid, J., Johnson, A., Lawson, B., Edwards, K., Linder, T., Stocker, K., Petite, J., Kern, M. (2005) Effects of conjugated linoleic acid supplementation on blood lipids and adiposity of rats fed diets rich in saturated versus unsaturated fat. *Pharmacological Research*. 51:503-7.

Benado, M, Alcantara, C, de la Rosa, R, Ambrose, M, Mosier, K, Kern, M. (2004) Effects of various levels of dietary fructose on blood lipids of rats. *Nutrition Research*. 24:565-71.

Kern, M. (2003) Physical activity and nutrition. *Encyclopedia of Food and Culture*. Katz, S.H. ed. Scribners, NY. Vol. 3, pp. 63-66.

Kern, M., Ellison, D. Marroquin, Y., Ambrose, M., and Mosier, K. (2002) The effects of soy protein supplemented with methionine on blood lipids and adiposity of rats. *Nutrition*. 18:654-6.

Kern, M., Beuttenmuller, D., Diehl, S., McCormick, C, Ambrose, M. (2002) The effects of protein repletion at varied levels on the growth and nutritional status of protein restricted rats. *Nutrition Research*. 22:957-63.

Kern, M. (2001) An integrative research project for teaching research concepts and nutrition principles to college students. *J Nutr Educ*. 33:301-2.

Kern, M. Podewils, L.J., Vukovich, M., and Buono, M.J. (2001) Physiological response to exercise in the heat following creatine supplementation. *J Exerc. Physiol*. 4:18-27.

Weaver, C.M., Teegarden, D.T., Lyle, R.M., McCabe, G.P., McCabe, L.D., Proulx, W., Kern, M., Sedlock, D., Anderson, D.D., Hillberry, B.M., Peacock, M., and Johnston, C.C. (2001) Impact of exercise on bone health and contraindication of oral contraceptive use in young women. *Med. Sci. Sports Exerc*. 33:873-880.

Misell, L.M, Lagomarcino, N.D., Schuster, V., and Kern, M. Chronic medium-chain triacylglycerol consumption and endurance performance in trained runners. (2001) *J. Sports Med. Phys. Fitness*. 41:210-215.

Kern, M., Harris, D.R., Broder, H., and Edmondson, J.I. (2000). Effects of an acute bout of exercise on high density lipoprotein cholesterol following consumption of a high or low fat diet. *Sports Med. Training Rehab*. 9:199-208.

Kern, M., Lagomarcino, N.D., Misell, L.M., Schuster, V. (2000). The effect of medium-chain triacylglycerols on the blood lipid profile of male endurance runners. *J. Nutr. Biochem*. 11:288-292.

Kern, M. Ergogenic Aids: prospecting for new terminology (letter). (2000). *Int. J. Sport Nutrition*. 10:1-2.

Teegarden, D., Proulx, W.R., Kern, M., Sedlock, D., Weaver, C.M., Johnston, C.C., and Lyle, R.M. (1996). Previous physical activity relates to bone mineral measures in young women. *Med. Sci. Sports Exerc*. 28:105-113.

BOOKS, CHAPTERS, AND REVIEW ARTICLES:

Kern, M. Dietary Fat and Exercise. In *Sports Nutrition: A Manual for Practitioners*, 5th ed. American Dietetic Association, Chicago, IL. 2011.

Kern, M. Carbohydrates and Fats. In *Nutritional Concerns in Recreation, Exercise and Sport*. Driskell and Wolinsky, ed. CRC Press. Boca Raton, FL. 2009.

Kern, M. CRC Desk Reference on Sports Nutrition. CRC Press. Boca Raton, FL. May 2005.

Welch, J, Kern, M. Glutamine status, exercise and immune function. SCAN's PULSE. 27:9-13, 2008.

Birrenkott, E, Kern, M. Cellular adhesion molecules and risk for chronic diseases. SCAN's PULSE. 26, 6-8, 2007.

Kern, M. Basic dietary recommendations for athletes. In: Athletic Trainers' Guide to Strength and Endurance Training. Wiksten and Peters, eds. Slack, Inc., Thorofare, NJ. 2000. pp. 91-99.

Kern, M. Current knowledge of supplements for strength or endurance. In: Athletic Trainers' Guide to Strength and Endurance Training. Wiksten and Peters, eds. Slack, Inc., Thorofare, NJ. 2000. pp. 101-106.

EXTERNALLY FUNDED RESEARCH GRANTS:

Hooshmand S (co-PD), Kern M (co-PD), Weaver C (co-I). Optimizing Prune Consumption for Late Peri-menopausal Health: A Two-Year Intervention. USDA. 2025-2030. \$1,470,000.

Kern M (co-PI), Hooshmand S (co-PI). Impacts of Pistachios on Exercise Recovery of Active, Health-conscious Adults. American Pistachio Growers. 2025-2027. \$299,999.

Kern M (co-PI), Hooshmand S (co-PI). Utilizing grapes to reduce oxidative stress and promote recovery from strenuous exercise. California Table Grape Commission. 2025-2026. \$49,901.

Hooshmand S (co-PI), Kern M (co-PI). Evaluation of Acute and Long-term Impacts of SP Red Food Supplementation on Bioavailability, Oxidative Stress, Inflammatory Responses and Exercise Recovery. 2025-2026. \$466,977.

Hong MY (PI), Hooshmand S (co-PI), Kern M (co-PI), Liu C (co-PI). Effects of fresh mango consumption on gut health, skin health (gut-skin axis) and mental health (gut-brain axis) in adults with overweight or obesity - A randomized, crossover, placebo-controlled clinical trial. National Mango Board. 2025-2026. \$180,000.

Kern M (co-PI), Hooshmand S (co-PI). The Acute and Accumulative Effects of Almonds on Exercise Recovery. Almond Board of California. 2024-2026. \$394,347.

Kern M (co-PI), Hooshmand S (co-PI). Back to the Basics: Metabolic and Appetitive Characteristics of Meat and Potatoes. National Cattleman's Beef Association. 2024-2025. \$96,000.

Kern M (co-PI), Hooshmand S (co-PI). Impacts of Wild Blueberries on Appetite and Weight Regulation: A Randomized Clinical Trial. Wild Blueberry Association of North America. 2023-2025. \$192,920.

Weaver (PI). International Symposium Nutrition. Role: Co-PI. DHHS NIH/NIAMS. 03/2024-03/2025. \$15,000.

Weaver CM (PI), Hooshmand S (co-I), Kern, M. (co-I). Ethnic and racial differences in calcium metabolism. National Dairy Council. 2022-2026. \$800,000.

Hooshmand S (co-PI), Kern M (co-PI), La Frano M (co-I). Personalized Pork: Dose-dependent Identifications of Unique Biomarkers, National Pork Board. 2022-2024. \$263,956.

Kern, M (PI), Hooshmand S (co-I), Weaver CM (co-I), Zhao J (co-I). (Subcontract for Anderson, C (PI; UC San Diego). Sodium Regulation in Individuals on Known Dietary Sodium Intake. NIH/NHLBI. 2022-2023. Subaward: \$171,708.

Kern M (co-PI), Hooshmand S (co-PI), Liu C (co-I), Hong MY (co-I). Exploring the role of almonds in enhancing immune strength. Almond Board of California. 2021-2023. \$239,777.

Hooshmand S (PD), Kern M (Co-PD), Hong MY (co-PD), Liu C (co-PD), Forsberg E (co-PD), Kelley S (co-PD). An investigation of the impacts of fruit on the gut microbiota and its metabolites: connections to human health. United States Department of Agriculture. 2020-2023. \$500,000.

Kern M (PI), Hooshmand S (co-PI), Witard O (co-PI), Hong MY (co-I), Liu C (co-I). Roles of Almonds in Physical Performance. Almond Board of California. 2020-2022. \$316,250.

Hooshmand S (Co-PI), Kern M (Co-PI). The Impact of Consuming California Dried Plums (Prunes) on Bone Health of Young Women Using Hormonal Contraceptives. California Dried Plum Board. 2019-2022. \$333,910.

Hooshmand S (PI), Kern M (Co-PI), Hong MY (co-I), Liu C (co-I). Impact of strawberries on cognitive and motor function and vascular and cardiometabolic risk markers in older healthy adults: A randomized, cross-over, double-blind, placebo-controlled clinical trial. California Strawberry Commission. 2019-2022. \$180,000.

Hong M. (PI); Kern M (Co-I); Hooshmand S (Co-I); Liu C (Co-I). 2019. Effect of whole blenderized watermelon consumption on satiety and digestive health in overweight/obese children. National Watermelon Promotion Board. 03/01/19–08/31/20. \$50,000.

Hooshmand S (Co-PI), Kern M (Co-PI). Analysis of high resolution peripheral quantitative computed tomography images. Leidos Inc. 01/2019-07/2019. \$15,000.

Hong MY (PI), Kern M (Co-I), Hooshmand (co-I), Liu C (co-I). Effects of fresh mango pulp consumption on satiety and cardiometabolic health: A randomized, cross-over, double-blind, placebo-controlled clinical trial. National Mango Board. 2019. \$70,470.

Kern M (PI), Witard O (co-PI), Hooshmand S (co-I), Hong MY (co-I), Liu C (co-I), Roberts T (co-I). Pistachios as a Recovery Food Following Rigorous Exercise in Trained Athletes. American Pistachio Growers. 2018-2019. \$250,000.

Liu, C. (PI); Hooshmand, S. (Co-PI); Kern, M. (Co-PI); Hong, M. Y. (Co-PI); McClain, A. (Co-PI); Bhutani, S. (Co-PI). 2018. School Nutrition Advancement for Caribbean Kids (SNACK) Workshop. US Department of Agriculture (USDA)-Foreign Agricultural Service (FAS)-Cochran Fellowship Program (USDA-FAS-FX19CO-10962R012). 03/04/19-10/05/19. \$49,081.

Kern M (PI), Hong MY (co-I), Hooshmand S (co-I), and Liu C (co-I). Double-blind, Placebo Controlled, Randomized Crossover Pilot Study Evaluating the Impacts of Sodium Bicarbonate in Perconium Carrier on Blood Buffering Effects and Exercise Performance. Ampersand Biopharma LLC. 2017-2018. \$15,501.

Kern M (PI). Glycemic and Insulinemic Responses to the Milano Green Grape. Columbine Vineyards. 2017. \$10,047.

Hooshmand S (PI) and Kern M (co-PI). Effect of Dried Plum on Bone and Markers of Bone Status in Men. California Dried Plum Board. 2016-2018. \$120,000.

Hong MY (PI), Kern M (Co-I), Hooshmand S (Co-I). Effects of fresh watermelon consumption on satiety and cardiometabolic healing. National Watermelon Promotional Board. 2017-18. \$48,000.

Hong MYH (PI), Kern M (co-I), Hooshmand S (co-I), and Changqi Liu (co-I). Effect of mixed nut consumption on satiety and weight management. American Heart Association. 2016-2018. \$154,000.

Hooshmand, S. (PI) and Kern, M. (Co.I). Impact of Apple on Adiposity, Glucose Regulation and Appetite in Prediabetes or Metabolic Syndrome. US Apple Association. 2014-16. \$99,000.

Hong MY (PI), Kern M (Co-I), Hooshmand S (Co-I). Effects of watermelon supplementation on colon cancer prevention. National Watermelon Promotional Board. 2015-16. \$20,000.

Kern, M. (PI). Impact of Carbohydrate Rich Foods on Glucose Regulation, Serum Lipids, Blood Pressure and Adiposity in Prediabetes or Metabolic Syndrome: A Novel Role for Incorporation of Dried Plums into a Healthy Diet. California Dried Plum Board. 2012-13. \$90,531.

Hooshmand S (PI) and Kern, M. (Co-I). Effect of dried plum on bone and bone biomarkers in older women. California Dried Plum Board. 2012-14. \$16,000.

Kern, M. (PI) and Nemoseck, T. The Effects of Consuming an Egg-Based Breakfast Combined with a Resistance Exercise Program on Body Composition and Serum Cholesterol Levels. Egg Nutrition Council. 2010-2011. \$83,000.

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Walker, D.D., Lyle, R.M., Teegarden, D., Corrigan, D., Kern, M.J., and Weaver, C.M. Regional fat distribution and cardiovascular disease risk in premenopausal women. 30:S148, 1998.

Broder, H. and Kern, M. (1998). Effects of a High Carbohydrate Versus a High Fat Diet on Fuel Substrates and EPOC. Int. J. Sport Nutr. 8:200-1.

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Kern, M., Teegarden, D., Proulx, W.R., Lyle, R.M., and Weaver, C.M. (1996). Relationships of Blood Lipids, Lipoproteins, and LCAT to Physical Fitness are Dependent on Oral Contraceptive Use. SCAN. Scottsdale, AZ.

Kern, M., Teegarden, D., Proulx, W.R., Lyle, R.M., and Weaver, C.M. (1996). Effects of exercise on serum lipoproteins, LCAT activity, and Apo A-I in young women. Med. and Sci. in Sports and Exerc. 28:5, S96.

Proulx, W.R., Teegarden, D., Lyle, R.M., Kern, M., and Weaver, C.M. (1995). The effect of a combined exercise program on iron status in college age women. FASEB J. 9:A-984.

Lyle, R.M., Teegarden, D., Short, K., Proulx, W.R., Kern, M., Johnston, C.C., Weaver, C.M., and the Bone Health Study Group. (1994). Analysis of dietary intake, smoking habits, body composition, and cardiovascular disease risk in young women. Res Quart Exerc Sport. 65:A-50.

Teegarden, D., Proulx, W.R., Kern, M., Knight, A., Lyle, R., Slemenda, C., Johnston, C.C., and Weaver, C.M. (1993). Relationship of dietary factors, anthropometrics, and age to bone mineral density in young women. *J Bone Min Res.* 8:262.

NON-REFEREED PUBLICATIONS:

Kern, M. An integrative research project for the undergraduate curriculum. (2003). *The Digest—Newsletter of the Research Dietetic Practice Group of the American Dietetic Association.* 38 (2):1-3.

Culp, A. and Kern, M. Ergogenic Aids. (2003). *Sports 'N Spokes.* 29 (1): 26-27.

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DIVERSITY EQUITY AND INCLUSION TRAINING:

2022 Inclusive Excellence Fellowship, San Diego State University

2021 Equity-Minded Hiring, Center for Inclusive Excellence, San Diego State University

2021 Flexible Course Design Institute (Flex-CDI), San Diego State University

2021 Implicit Bias and Microaggressions, Center for Inclusive Excellence, San Diego State University

2020 Flexible Course Design Institute (Flex-CDI), San Diego State University

AD HOC REVIEWER:

Journal of Applied Physiology

Journal of Nutrition

International Journal of Sport Nutrition and Exercise Metabolism

Amino Acids

Medicine and Science in Sports and Exercise

Appetite

Nutrition

Journal of Nutritional Biochemistry

Journal of the American College of Nutrition

Journal of the Academy of Nutrition and Dietetics

Obesity

International Journal of Obesity

British Journal of Nutrition

Lipids

Nutrition Research

Public Health Nutrition

Physiology and Behavior

Journal of Nutrition Education

Journal of Medicinal Foods

Pharmacological Research

Journal of Aging and Physical Activity

Diabetes

Endocrine Research

Environmental Toxicology and Pharmacology

Nutrition Journal

Obesity Research & Clinical Practice

Journal of Food Science and Technology

Wadsworth Publishing Company

Lippincott Williams & Wilkins Publishing Company

Book Reviewer for *PULSE*: Publication for Sports, Cardiovascular and Wellness Nutritionist

PROFESSIONAL AFFILIATIONS:

Academy of Nutrition and Dietetics

California Academy of Nutrition and Dietetics

American Society for Nutrition

American College of Sports Medicine

Sports and Human Performance Nutritionist (SHPN)

Cardiovascular Health and Well-being (CV-Well)

Research Practice Group of the Academy of Nutrition and Dietetics

Professionals in Nutrition for Exercise and Sport (PINES)

SERVICE FOR THE UNIVERSITY AND THE COMMUNITY:

Departmental

ENS Peer Review Committee (2013-2015; 2020-2021; 2024-Present); Chair (2014-15)

Student Nutrition Organization Faculty Advisor (2012-Present)

Coordinator of Pathways to Health Colloquium (2010-2011)

ENS Advisory Committee (2006-2009)

ENS Peer Review Committee (2008-2011); Chair final 2010-11

ENS Post-Promotion Increase Review Committee (Chair 2008)

Foods and Nutrition Faculty Laboratory Director (1996-2018)

ENS Department Executive Committee (2001-2002)

Faculty Search Committees

Exercise Physiology (2024-25)

Applied Kinesiology (2024-25)

Exercise Physiology (2022-23)

Chair: Food Science (2021-2022)
Chair: Behavioral Nutrition (2017-2018)
Chair: Food Science (2015-2016)
Chair: Food Science (2014-2015)
Doctor of Physical Therapy (2014-15)
Doctor of Physical Therapy (2013-14)
Doctor of Physical Therapy (2012-13)
Chair: Nutrition Science (2010)
Chair: Food Science (2007-2008)
Chair: Foods and Nutrition (2006-2007)
Chair: Foods and Nutrition (2005-2006)
Chair: Foods and Nutrition (2004-2005)
Foods and Nutrition (2000-01)
Measurement and Evaluation (1999-2000)
Sport and Exercise Pedagogy (1995-96)
Staff Search Committee; ENS Equipment Technician (2025)
Foods and Nutrition Student Organization Faculty Advisor (Fall 1996-2002)
Scholarship Committee (member: 1996-97, Chair: 1997-2000)
Director of Nutrition Consulting with SDSU Athletics (1998-2000)
Graduation Planning Committee (1999)
Nutrition Faculty Scholarship Coordinator (1996-2002)
Founder's Day Committee (1997)
Exercise & Nutritional Sciences Faculty Endowment Committee (1995-96)

University

California State University New Master's Program Reviewer (2015)
Institutional Review Board Alternate (2012-2015)
Institutional Biosafety Committee (2007-2015)
SDSU Senate Library Committee (term: 1998-2012)
San Diego State University Heart Institute (2000-2010)
Metabolics Core, Board of Directors, SDSU Bioscience Center (2004-2005)
University Research Council (2001-2004)
San Diego State University Senate (1998-2001)
SDSU Faculty-Coach Program (2002-2010)
University Faculty Development Program (1996-97)
Faculty Advisor: SDSU Cycling Team (1998-2003)

Service to the Community and Professional Organizations

Board of Directors: San Diego Nutrition Research Consortium (2015-2018)
External Tenure and Promotion Reviewer
Kuwait University (2011-2024)

Northern Arizona University (2023)
Oregon State University (2019, 2022)
University of Nevada Las Vegas (2021)
Old Dominion University (2019)
University of Kentucky (2015)
Ohio University (2012)
Florida State University (2012)

SCAN/American Dietetic Association

Nominating Committee, Cardiovascular Health and Well-being (2022-23)
Editor-in-Chief, SCAN's PULSE: A Publication for Sports, Cardiovascular and Wellness Nutritionists (2003-2020)
SCAN Executive Committee (2003-2015)
Chair, SCAN Nominating Committee (2003-2004)
Presiding Officer for Annual Food & Nutrition Conference & Expo Session (2004)
Session Chair, SCAN's Pre-FNCE Symposium (2004)
Chair, SCAN Mentor Committee (2001-2002)
Sport Nutrition Trac Coordinator, SCAN Mentor Committee (2001-2002)

Professionals in Nutrition for Exercise and Sport (PINES)

Board of Directors (2020-Present)

Doris A. Howell Foundation Advisory Council (2012-2015; 2019-Present)

American Heart Association

Peer Review Committee, American Heart Association, Western Review Consortium (2003-2006)

American Society for Nutrition

Co-editor, ASN Nutrition Note's Dateline West (2010-2014)
Energy/Macronutrient Metabolism Research Interest Section Steering Comm. (2007-2009)
Symposium Chair for Experimental Biology-Food intake Regulation (2009)
Symposium Co-chair for Experimental Biology-Food intake Regulation (2008)
Symposium Chair for Experimental Biology-Dietary Factors Affecting Lipid Metabolism (2006)

National Honey Board

Scientific Advisory Panel (2004-2005)

California and San Diego Dietetic Association

Poster Session Chair, San Diego District Dietetic Association (1999)
Review Panel, California Dietetic Association Poster Session (1997)

Committee Member, American Diabetes Association's Tour de Cure (1999)

United States Olympic Committee. Exercise Testing Supervisor (1996)