

Surabhi Bhutani, Ph.D.

School of Exercise and Nutritional Sciences
San Diego State University
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EDUCATION

- 2016 – present** **NIH T-32 Post-Doctoral Research Fellow**
Sleep and Circadian Rhythm Biology Training Program
Feinberg School of Medicine
Northwestern University, Chicago
Mentor: Dr. Thorsten Kahnt, Ph.D.
- 2014 – 2016** **NIH T-32 Post-Doctoral Research Fellow**
Molecular and Applied Nutrition Training Program
(2T32DK007665-21)
University of Wisconsin, Madison
Mentor: Dr. Dale Schoeller, Ph.D.
- 2009 – 2013** **Ph.D.** in Human Nutrition
University of Illinois, Chicago
Mentor: Dr. Krista Varady, Ph.D.
- 2003 – 2005** **M.Sc.** - Home Science (Food and Nutrition)
Institute of Home Economics
University of Delhi, India
- 2000 – 2003** **B.Sc.** - Home Science (Honors)
Lady Irwin College
University of Delhi, India

FACULTY AND RESEARCH APPOINTMENTS

- 8/2018 –** **Assistant Professor**, School of Exercise and Nutritional Sciences, San Diego State University, San Diego, CA
- 9/2013 – 11/2013** **Visiting Scientist**, Northwestern University, Chicago
Center for Behavioral Intervention Technologies
Department of Preventive Medicine
Supervisor: Dr. Bonnie Spring, Ph.D.
Coaching and webinar training for “Optimization of Remotely Delivered Intensive Lifestyle Treatment for Obesity (Opt-in)” trial

- 9/2008 – 6/2009** **Research Assistant/Clinical Coordinator**, University of Illinois, Chicago
 Department of Kinesiology and Nutrition
 Supervisor: Dr. Krista Varady, Ph.D.
 Performed recruitment, and conducted all aspects of a clinical feeding trial that examined the effects of alternate day fasting for weight loss.
 Performed adipokine analyses by ELISA, and fat cell size analyses by microscopy for a trial that examined the effects of bariatric surgery on adipose tissue physiology parameters
- 7/2006 – 11/2006** **Research Dietitian**, Diabetes Foundation (India), New Delhi
 Supervisor: Dr. Anoop Misra, M.D.
 Performed anthropometric and clinical measurements, dietary counseling, dietary data collection, and data analysis for a study that examined trends in childhood nutrition and lifestyle factors in India
- 7/2005 – 7/2006** **Research Dietitian**, All India Institute of Medical Sciences, New Delhi
 Supervisor: Ms. Rekha Sharma, R.D., Chief Dietitian
 Performed subject recruitment, anthropometric and laboratory tests, dietary counseling, dietary data collection, and data analysis for a study that examined the effects of soy phytoestrogens on osteoporosis and CHD risk

OTHER RESEARCH APPOINTMENT

- 12/2005 – 1/2005** **Dietetic Internship**, All India Institute of Medical Sciences, New Delhi
 Studied the organizational setup and functioning of large scale quantity food preparation techniques and food delivery systems

TEACHING APPOINTMENTS

- 8/2018 – 12/2018** **Course Instructor** – School of Exercise and Nutritional Sciences
 San Diego State University
 Course: Nutrition through Lifecycle
- 3/2015 – 5/2015** **Co-Instructor**- Department of Nutritional Sciences
 University of Wisconsin-Madison
 Course: Advanced Nutrition: Obesity and Diabetes
- 6/2013 – 9/2013** **Lab Coordinator** – Department of Kinesiology and Nutrition
 University of Illinois, Chicago
 Course: Human Nutrition: Introduction to SAS
- 8/2009 – 5/2011** **Teaching Assistant** – Department of Kinesiology and Nutrition
 University of Illinois, Chicago
 Courses: Nutrition Science I, Science of Foods, Advanced Vitamins and Minerals

8/2009 – 5/2011 **Co-Instructor** – Department of Kinesiology and Nutrition
University of Illinois, Chicago
Course: Nutrition Science I, Advanced Vitamins and Minerals

STUDENT MENTORING

4/2015 – 12/2015 Zoe Quinette (Freshman year Honors program)
4/2015 – 12/2015 Katherine Miller (Graduation 2016, Dietetics, BS)
3/2014 – 8/2014 Maria Novek (Freshman year Honors program)
5/2013 – 8/2013 Natalie Gavi (Graduation 2014, Nutrition, BS)
1/2013 – 9/2013 Yolian calvo (Graduation 2014, Nutrition, MS)
5/2013 – 12/2013 Anna Titcomb (Graduation 2014, Dietetics, MS)

HONORS AND AWARDS

2017 **Postdoc Professional Development Travel Award**, Northwestern
University
2014 **2nd Place Award, Healthy Food Systems Poster Competition**,
University of Wisconsin – Madison
2013 **Graduate Student Council Travel Award**, University of Illinois Chicago
2013 **Central Society for Clinical and Translational Research: Trainee**
Travel Award, CSCR/MWAFMR Combined Annual Meeting, Chicago,
Illinois
2010 **Kamath Award for most productive PhD student in Nutrition**
Department of Kinesiology and Nutrition, University of Illinois, Chicago
2005 **Saraswati Anand Memorial Prize for Best Student in Therapeutic**
Nutrition, Institute of Home Economics, University of Delhi, India
2005 **Distinction Award – Master of Science in Foods and Nutrition (Final**
year), Institute of Home Economics, University of Delhi, India
2004 **Distinction Award – Master of Science in Foods and Nutrition (First**
year), Institute of Home Economics, University of Delhi, India

PROFESSIONAL AFFILIATIONS

2017 – present Society for Neuroscience
2016 – present Cognitive Neuroscience Society
2015 – 2017 The Obesity Society - Early Career Representative for Financial Committee
2014 – 2016 Wisconsin Prevention of Obesity and Diabetes (workgroup)
2008 – present The Obesity Society – Early Career Member
2008 – present The American Society for Nutrition – Professional Member

AD-HOC PEER REVIEWER

International Journal of Obesity, Applied Physiology, Nutrition and Metabolism, Nutrition, Obesity Reviews, Preventive Medicine

PUBLICATIONS

1. Kroeger CM, Trepanowski JF, Klempel MC, Barnosky A, **Bhutani S**, Gabel K, Varady KA. Eating behavior traits of successful weight losers during 12 months of alternate day fasting: An exploratory analysis of a randomized controlled trial. *Nutr Health*. 2018 Mar;24(1):5-10
2. **Bhutani S**, Kloke J, Hanrahan LP, VanWormer JA, Schoeller DA. Circannual variation in relative weight of children 5 to 16 years of age. *Pediatr Obes*. 2018 Jul;13(7):399-405
3. **Bhutani S**, Schoeller DA, Walsh MC, McWilliams C. Frequency of eating out at both fast-food and sit-down restaurants was associated with high body mass index in non-large metropolitan communities in Midwest. *Am J Health Promot*. 2018 Jan;32(1):75-83.
4. Trepanowski JA, Kroeger CM, Barnosky AR, Klempel MC, **Bhutani S**, Hoddy KK, Lin YS, Freels S, Rood J, Ravussin E, Varady KA. Effects of alternate-day fasting or daily calorie restriction on body composition, fat distribution, and circulating adipokines: secondary analysis of a randomized controlled trial. *Clin Nutr* 2017 Dec
5. Barnosky A, Kroeger CM, Trepanowski JA, Klempel MC, **Bhutani S**, Hoddy KK, Gabel K, Shapses SA, Varady KA. Effect of alternate day fasting on markers of bone metabolism: An exploratory analysis of a 6-month randomized controlled trial. *Nutr Healthy Aging* 2017 Dec 7;4(3):255-263
6. **Bhutani S**, Kahn E, Tasali E, Schoeller DA. Composition of two-week change in body weight under unrestricted free-living conditions. *Physiol Rep*. 2017 Jul;5(13). pii: e13336.
7. Trepanowski JA, Kroeger CM, Barnosky AR, Klempel MC, **Bhutani S**, Hoddy KK, Lin YS, Freels S, Rood J, Ravussin E, Varady KA. Alternate day fasting for weight loss and weight loss maintenance. *JAMA Int Med* 2017 Jul 1;177(7):930-938
8. Hoddy KK, Gibbons C, Kroeger CM, Trepanowski JF, Barnosky A, **Bhutani S**, Gabel K, Finlayson G, Varady KA. Changes in hunger and fullness in relation to gut peptides before and after 8 weeks of alternate day fasting. *Clin Nutr*. 2016 Dec;35(6):1380-1385.
9. Hoddy KK, **Bhutani S**, Phillips SA, Varady KA. Effects of different degrees of insulin resistance on endothelial function in obese adults undergoing alternate day fasting. *Nutr Healthy Aging*. 2016 Oct 27;4(1):63-71.
10. Varady KA, Hoddy KK, Kroeger CM, Trepanowski JF, Klempel MC, Barnosky A, **Bhutani S**. Determinants of weight loss success with alternate day fasting. *Obes Res Clin Pract*. 2016 Jul-Aug;10(4):476-80.

11. **Bhutani S**, Schoeller DA. Special considerations for measuring energy expenditure with doubly labeled water under atypical conditions. *Journal of Obesity and Weight Loss Therapy* 2015. S5:002 <http://dx.doi.org/10.4172/2165-7904.S5-002>
12. Hoddy KK, Kroeger CM, Trepanowski JF, Barnosky A, **Bhutani S**, Varady KA. Safety of alternate day fasting and effect on disordered eating behavior. *Nutrition Journal*. 2015 May 6;14(1):44.
13. Hoddy KK, Kroeger CM, Trepanowski JF, Barnosky A, **Bhutani S**, Varady KA. Meal timing during alternate day fasting: Impact on body weight and cardiovascular disease risk in obese adults. *Obesity (Silver Spring)*. 2014 Dec 22;(12):2524-31.
14. Varady KA, **Bhutani S**, Klempel MC, Kroeger CM, Trepanowski JF, Haus JM, Hoddy KK, Calvo Y. Alternate day fasting for weight loss in normal weight and overweight subjects: A randomized controlled trial. *Nutrition Journal*. 2013 Nov 12;12(1):146.
15. **Bhutani S**, Klempel MC, Kroeger CM, Aggour E, Calvo Y, Varady KA. Effect of exercising while fasting on eating behaviors and food intake. *J Int Soc Sports Nutr*. 2013 Nov 1;10(1):50.
16. **Bhutani S**, Klempel MC, Kroeger CM, Trepanowski JA, Phillips SA, Norvkeviciute E, Varady KA. Alternate day fasting with or without exercise: Effects on adipose tissue physiology and endothelial function in obese humans. *e-SPEN Journal*. 2013 Aug; 8(5): e205–e209.
17. **Bhutani S**, Klempel MC, Kroeger CM, Trepanowski JF, Varady KA. Alternate day fasting and endurance exercise combine to reduce body weight, retain lean mass, and favorably alter plasma lipids in obese adults. *Obesity (Silver Spring)*. 2013 Jul 21;(7):1370-9.
18. Kroeger CM, Klempel MC, **Bhutani S**, Trepanowski JF, Tangney CC, Varady KA. Improvement in coronary heart disease risk factors during an intermittent fasting/calorie restriction regimen: Relationship to adipokine modulations. *Nutr Metab (Lond)*. 2012 Oct 31;9(1):98.
19. Klempel MC, Kroeger CM, **Bhutani S**, Trepanowski JF, Varady KA. Intermittent fasting combined with calorie restriction is effective for weight loss and cardio-protection in obese women. *Nutr J*. 2012 Nov 21;11:98.
20. Varady KA, **Bhutani S**, Klempel MC, Kroeger CM. Comparison of effects of diet versus exercise weight loss regimens on LDL and HDL particle size in obese adults. *Lipids Health Dis*. 2011 Jul 18;10:119.
21. Varady KA, **Bhutani S**, Klempel MC, Phillips SA. Improvements in vascular health by low-fat diet, but not a high-fat diet, are mediated by changes in adipocyte biology. *Nutr J*. 2011 Jan 20;10(1):8.
22. Varady KA, **Bhutani S**, Klempel MC, Lamarche B. Improvement in LDL particle size and distribution by short-term alternate a modified fasting in obese adults. *Br J Nutr*. 2010 Sep 30:1-4.

23. Klempel MC, **Bhutani S**, Varady KA. Dietary and physical activity adaptations to alternate day fasting: Implications for optimal weight loss. *Nutr J.* 2010 Sep 3;9:35.
24. **Bhutani S**, Church EC, Klempel MC, Varady KA. Improvements in coronary heart disease risk indicators by alternate day fasting involve adipose tissue modulations. *Obesity (Silver Spring).* 2010 Nov;18(11):2152-9.
25. Varady KA, **Bhutani S**, Church EC, Klempel MC. Short-term modified alternate day fasting: A novel dietary strategy for weight loss and cardio-protection in obese adults. *Am J Clin Nutr.* 2009 Nov; 90(5):1138-43.
26. Varady KA, **Bhutani S**, Church EC, Phillips SA. Adipokine responses to acute resistance exercise in trained and untrained men. *Med Sci Sports Exerc.* 2010 Mar;42(3):456-62.
27. **Bhutani S** and Varady KA. Nibbling versus feasting: Which meal pattern is better for heart disease prevention? *Nutr Rev.* 2009 Oct; 67(10):591-8.
28. Varady KA, Tussing L, **Bhutani S**, Braunschweig CL. Degree of weight loss required to improve adipokine concentrations and decrease fat cell size in severely obese women. *Metabolism.* 2009; 58: 1096-11.

MANUSCRIPTS UNDER REVIEW

1. **Bhutani S**, Howard JD, Reynolds R, Zee P, Gottfried JA, Kahnt T. Olfactory contributions to sleep-dependent food intake in humans. *Cell Metabolism*

BOOK CHAPTERS

Surabhi Bhutani and Krista A. Varady. Effect of endurance exercise without diet modification on body weight and body composition. *Body Weight: Composition, Exercises for Men and Women and Impact on Health.* Hauppauge, NY: Nova Science Publishers, 2013.

RESEARCH FUNDING

CURRENT FUNDING

2T32HL007909-17 (Turek) 04/2016 – 03/2018
Sleep and Circadian Rhythm Biology Training Grant
 Role: Postdoctoral Trainee

COMPLETED FUNDING

2T32DK007665-21 (Eisenstein) 06/2014 – 03/2016
Molecular and Applied Nutrition Training Grant
 Role: Postdoctoral Trainee

American Heart Association – Pre-doctoral Fellowship

01/2012 – 12/2013

Title: Alternate day fasting combined with exercise for weight loss

Role: PI

Chancellor Discovery Fund, University of Illinois, Chicago (Varady) 09/2010 – 08/2013

Alternate day fasting for weight loss and CHD protection

Role: Co- PI

INVITED TALKS

2017 Neuroscience of Human Cognition and the Cognitive Brain Mapping Group Data Blitz, Northwestern University, Chicago.

“Central olfactory mechanisms underlying sleep dependent changes in food processing”

2015 Brown bag seminar series Department of Preventive Medicine, Feinberg School of Medicine, Northwestern University, Chicago.

“Eating away from home: A risk factor for obesity”

2014 Institute of Urban Agriculture and Nutrition Academic Symposium. Madison, Wisconsin.

“Obesity, chronic disease prevalence and barriers to healthy eating: The Wisconsin picture”

2012 National Graduate Research Conference (NGRC) 2012, NIH, Bethesda, Maryland.

“Alternate Day Fasting Combined with Exercise: An effective treatment for weight loss and cardio- protection in obese humans”

2012 Cells to Community (C2C) Forum. University of Illinois at Chicago.

“Alternate day fasting combined with exercise: Effects on body weight and coronary heart disease risk”

ABSTRACTS

1. **Bhutani S**, Howard JA, Gottfried JA, Kahnt T. Sleep-deprivation enhances processing of food odors in olfactory cortex. *Society for Neuroscience*, Washington DC, 2017.
2. **Bhutani S**, Gottfried JA, Kahnt T. Central olfactory mechanisms underlying sleep-dependent changes in food processing. *Cognitive Neuroscience*, San Francisco, CA, 2017.
3. **Bhutani S**, Tasali E, Schoeller DA. Short-term fluctuation in body weight and body composition with habitual lifestyle. *The Obesity Society*, New Orleans, LA, 2016.
4. **Bhutani S**, Schoeller DA, Kloke J, Hanrahan L. Assessment of circannual variation in relative weight among children in Wisconsin using electronic health records. *Experimental Biology*. San Diego, CA, USA, 2016.

5. **Bhutani S**, Schoeller DA, McWilliams C, Malecki K. Using the new “Obesity Food Index” to assess the diet quality of adults in association with frequency of restaurant visits. The Obesity Society, Los Angeles, CA, USA, 2015.
6. **Bhutani S**, Schoeller DA, Walsh MC, McWilliams C. Decision to frequent a restaurant type is influenced by individual characteristics of Wisconsin residents. *Experimental Biology*. Boston, MA, USA, 2014.
7. **Bhutani S**, Schoeller DA, Walsh MC, McWilliams C. Differences in the type of restaurant patronized influence the association between eating out and BMI in six counties of Wisconsin. *The Obesity Society*. Boston, MA, USA, 2014.
8. Kroeger C, Trepanowski JF, Hoddy KK, **Bhutani S**, Varady KA. Alternate day fasting is more effective than daily calorie restriction for increasing LDL particle size. *The Obesity Society*. Boston, MA, USA, 2014. [POSTER]
9. **Bhutani S**, Klempel MC, Kroeger C, Trepanowski JF, Hoddy KK, Varady KA. Alternate day fasting for weight loss in normal weight and overweight subjects: A randomized controlled trial. *The Obesity Society*. Atlanta, Georgia, 2013.
10. Kroeger CM, Klempel MC, **Bhutani S**, Trepanowski JF, Varady KA. Improvement in coronary heart disease risk factors during an intermittent fasting/calorie restriction regimen: Relationship to adipokine modulations. *Experimental Biology*. Boston, MA, USA, 2013
11. **Bhutani S**, Klempel MC, Kroeger C, Varady KA. Alternate day fasting when combined with endurance exercise reduces body weight and leptin in obese adults. *Fifth International Congress on Pre-diabetes and Metabolic Syndrome*. Vienna, Austria 2013.
12. **Bhutani S**, Klempel MC, Kroeger C, Varady KA. Alternate day fasting when combined with endurance exercise reduces body weight and leptin in obese adults. *Midwest AFMR and Central Society for Clinical Research Meeting*. Chicago, IL, USA, 2013.
13. **Bhutani S**, Kroeger C, Klempel MC, Varady KA. Alternate day fasting and endurance exercise combine to reduce body weight, retain lean mass, and favorably alter plasma lipids in obese humans. *Obesity*. San Antonio, Texas 2012.
14. Varady KA, **Bhutani S**, Klempel MC, Kroeger CM. Alternate day fasting: Effects on endothelial function. International Congress on Abdominal Obesity. Quebec City, Quebec, Canada, 2012.
15. **Bhutani S**, Klempel MC, Kroeger C, Varady KA. Alternate day fasting combined with exercise: An effective treatment for weight loss and cardio-protection in obese humans. *Experimental Biology*. San Diego, CA, USA, 2012.
16. **Bhutani S**, Klempel MC, Kroeger C, Varady KA. Alternate day fasting combined with exercise: An effective treatment for weight loss and cardio-protection in obese humans. *University of Illinois Student Research Forum*. Chicago, IL, USA. 2011.

17. Varady KA, **Bhutani S**, Klempel MC, Kroeger C. Comparison of effects of diet versus exercise weight loss regimens on LDL and HDL particle size in obese adults. *The Obesity Society*. Orlando, FL, USA, 2011.
18. Dao NK, **Bhutani S**, Varady KA, Rhodes DH, Fantuzzi G. White blood cell, red blood cell, and hemoglobin response to alternate day fasting. *University of Illinois Student Research Forum*. Chicago, IL, USA. 2011.
19. Varady KA, **Bhutani S**, Klempel MC. Effects of alternate day modified fasting on LDL particle size and distribution in obese adults. *Experimental Biology*. Washington DC, USA, 2011.
20. Varady KA, **Bhutani S**, Klempel MC. Weight loss, coronary heart disease risk reduction, and adipokine profile improvement by alternate day fasting. The Obesity Society. San Diego, CA, USA, 2010.
21. Phillips SA, Bian JT, Bhat S, **Bhutani S**, Varady K. Reduced leptin and resistin and increased adiponectin are associated with improved endothelial function during weight loss with low fat compared to low carbohydrate diets. *Experimental Biology*. Anaheim, CA, USA, 2010.
22. Varady KA, **Bhutani S**, Church EC, Klempel MC. Alternate day fasting: Effects on body weight and composition in obese adults. *Experimental Biology*. Washington DC, USA, 2010.
23. Varady KA, **Bhutani S**, Phillips SA. Effect of low-fat versus low-carbohydrate diets on body fat loss and circulating adipokine concentrations in obese humans. *North American Association for the Study of Obesity (NAASO)*. Washington DC, USA, 2009.
24. Varady KA, **Bhutani S**, Church EC, Phillips SA. Acute effects of weight lifting on plasma adiponectin in trained versus untrained individuals. *Experimental Biology*. New Orleans, LA, USA, 2009.
25. **Bhutani S**, Attlee A, Singh N, Makharia G. Dietary assessment of nutritional status of patients with malabsorption syndrome. *XXXVIII Annual National Convention of Indian Dietetic Association*, New Delhi, India, 2005.
26. **Bhutani S**, Attlee A, Singh N, Makharia G. Nutritional status in patients with malabsorption syndrome. *Proceedings of the 46th Annual Conference of the Indian Society of Gastroenterology*, New Delhi, India, 2005.

CONTINUING EDUCATION

- | | |
|--------------------|---|
| 2015 – 2016 | Postdoctoral Training Course in Scientific Leadership and Management University of Wisconsin – Madison |
| 2015 | OnCore research management system training
University of Wisconsin – Madison |

- 2015** **The Mathematical Sciences in Obesity, NIDDK short Course (1 week)** The University of Alabama, Birmingham
- 2015** **Research Mentor Training (non-certificate course), CIRTL (1 semester)** University of Wisconsin – Madison
- 2014 – 2015** **Ruth L. Kirschstein National Research Service Award (NRSA), Mock review committee** Department of Nutritional Sciences, University of Wisconsin – Madison
- 2013** **Graduate summer session in epidemiology (SAS training) (1 week)** The University of Michigan School of Public Health, Certificate

SERVICE

- 2015 – 2017** **The Obesity Society** – Early Career Representative for Financial Committee (2-year appointment)
- 2014 – present** **The Obesity Society** – Volunteer Support Group member
- 2014** **Co-Organizer, Healthy Food Systems Poster Competition**
Wisconsin Prevention of Obesity and Diabetes, Madison
- 2012** **Nutrition Module planner and developer**
Developed a nutrition module for Greater Chicago Food Depository, Chicago
- 2010- 2013** **Volunteer at a non-profit**
Community service at Indo American Center, Chicago
- 2005** **Volunteer health conference coordinator**
Wellness Action Program, Nestle India's Health Conference, India