

Shirin Hooshmand

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EDUCATION

05/2010	Florida State University
PhD	Nutrition and Food Sciences
05/2006	Oklahoma State University
MS	Nutritional Sciences
05/2004	Shahid Beheshti University of Medical Science
BS	Nutritional Sciences

PROFESSIONAL EXPERIENCES

Fall 2020- Present	Professor
San Diego State University	School of Exercise and Nutritional Sciences
Fall 2015 – Spring 2020	Associate Professor
San Diego State University	School of Exercise and Nutritional Sciences
Fall 2011 – Spring 2015	Assistant Professor
San Diego State University	School of Exercise and Nutritional Sciences
Fall 2010 – Spring 2011	Postdoctoral Fellow
Florida State University	Department of Foods, Nutrition and Exercise Sciences

Honors and Awards

2019	Outstanding Faculty Award, San Diego State University.
2018	Outstanding Faculty Award, San Diego State University.
2014	Outstanding Young Professional Award, Florida State University.
2010	Dean's Scholar, College of Human Sciences, Florida State University.
2010	Margaret Rector Sandels Scholarship, College of Human Sciences, Florida State University.
2009	Graduate Women in Science Fellowship, GWIS.
2009	Graduate Research and Creativity Award, Florida State University.
2009	Natholyn D. Harris Scholarship, College of Human Sciences, Florida State University.
2009	Research and Creativity Award for best oral presentation, College of Human Sciences, Florida State University.
2009	Graduate Scholar Award, Phi Kappa Phi Honor Society, Florida State University.
2008	Dissertation Award, College of Human Sciences, Florida State University.
2008	NIH Training Award for Botanical and Medicinal Plant.
2008	Glenn Honor Society, College of Human Sciences, Florida State University.
2008	Florence Smith-McAllister Fellowship, College of Human Sciences, Florida State University.
2008	Featured at FSU homepage (Student Profile) http://www.fsu.edu/students/profiles/archive.html
2007	Young Investigators' Travel Award, American Society of Bone and Mineral Research.
2007	Ann Marie Erdman Scholarship, Department of Nutrition, Food & Exercise Sciences, Florida State University.
2006	Jean Shipman Scholarship, College of Human Environmental Sciences, Oklahoma State University.

Professional Societies

- Academy of Nutrition and Dietetics, Member
- American Society for Nutrition, Member

- American Society for Bone and Mineral Research, Member
- American Bone Health, Medical and Scientific Advisory Board
- National Osteoporosis Foundation, Ambassador
- Journal of Obesity and Chronic Disease, Editorial Board Member
- Journal of Human Nutrition and Food Sciences, Editorial Board Member
- Kappa Omicron Nu Honor Society
- Glenn Honor Society

Professional Credentials

2018 Registered by the Commission on Dietetic Registration as a Registered Dietitian

Academic Advising

Major Advisor

- Fall 2018- Spring 2020 Jenna Laughlin; Thesis Title: Hormonal changes in oral contraceptive users vs non users.
- Fall 2018 – Spring 2019 Jonnatan Fajardo; Thesis Title: Effect of dried plum on bone density and bone strength in men.
- Fall 2017 – Spring 2019 Danielle Gaffen; Thesis Title: Effect of dried plum consumption on bone biomarkers in men.
- Fall 2016 - Fall 2018 Alexa D’Orzio; Thesis Title: The effect of tart cherries on insulin and glucose responses after consuming carbohydrate in healthy adults.
- Fall 2017 - Spring 2018 Brooke Wickman; Thesis Title: Effect of pistachios and mixed nuts on bone density and osteogenic gene expression in young male rats.
- Fall 2017 - Spring 2018 Eric Rochester; Thesis Title: Effects of the low and high daidzein diet on bone density and osteogenic gene expression in female obese Zucker rats.
- Fall 2015 - Fall 2017 Anna Hunter; Thesis Title: Human serum containing dried plum metabolites anti-osteoclastogenic activity in RAW264.7 cells during culture.
- Fall 2015 - Spring 2018 Ashley Tunstall; Thesis Title: Effects of dried apple consumption on serum lipid profile, glucose regulation, and inflammatory markers in overweight and obese children.
- Fall 2015 - Fall 2017 Pavithra Nagarajan; Thesis Title: Effects of dried apple consumption on body composition in overweight and obese children.
- Fall 2014 - Spring 2017 Lama Almaiman; Thesis Title: The effects of dried plum supplementation on bone mRNA expression levels of Wnt5, DKK-1, Sclerostin, β -catenin, Runx2, and Cx43 in ovariectomized rats.
- Fall 2014 - Spring 2017 Kara Zimmerman; Thesis Title: Acute effects of dried apple consumption on metabolic and cognitive responses in healthy individuals.
- Fall 2014 - Fall 2015 Conralyn Cabalbag; Thesis Title: Effects of apple snacking on serum lipid profile, glucose regulation, and inflammatory markers in overweight and obese children.
- Fall 2013 - Fall 2015 Monserrat Gonzalez; Thesis Title: Comparison of bone-related nutrients intake in adolescence pre & post bone and fracture related education.
- Fall 2013- Spring 2015 Mariana Beleche; Thesis Title: The effects of school edible garden on fruit and vegetable intake and food preference on sixth grade students from Tijuana, Mexico.
- Fall 2013 - Spring 2015 Paulina D. Cuenca; Thesis Title: Osteoblastogenesis increases through up-regulation of Runx2, Cx43 and β -catenin after treatment with human serum post dried plum ingestion.
- Fall 2013 - Spring 2015 Dina Metti; Thesis Title: Effects of long-term consumption of dried apple and dried plum on glucose, insulin and inflammatory markers.
- Fall 2012 - Spring 2014 Pouneh Shmaloufard; Thesis Title: Dose response of dried plum on bone density and bone turnover biomarkers in osteopenic women.
- Fall 2012 - Spring 2014 Dawn Ortiz; Thesis Title: The effectiveness of daily consumption of 50 g dried plum on improving indices of bone turnover in osteopenic postmenopausal women.
- Fall 2012 - Spring 2013 Jayme Brisco; Thesis Title: The effect of dried plum treatment on serum markers of bone regeneration in postmenopausal osteoporosis.

Committee member:

- Fall 2017 – Spring 2020 Alina Bilal; Thesis Title: Cardiac chamber-specific promoters enhance tissue and cell type selectivity of AAV9-mediated transgene expression in the heart.
- Fall 2017 - Spring 2018 Sarmistha Choudhury; Thesis Title: Human cardiochimeras demonstrate enhanced functional properties.
- Fall 2016 - Spring 2017 Fareheh Firouzi; Thesis Title: c-kit plays a protective role in the cardiac cells in stress conditions.

Fall 2014 - Fall 2015 Dawn Klarich; Thesis Title: Effects of alcohol consumption in prevention of colon cancer in rats.
 Fall 2012- Spring 2015 Maryam Moshref; Thesis Title: Cardiomyocyte cell cycle dynamics determined by fucci.
 Fall 2012- Fall 2013 Plamena Silvieva; Thesis Title: A cell based assay for the discovery of hepatitis C virus protease inhibitors.
 Fall 2011- Spring 2012 Rachel Shimpock; Thesis Title: Enriched.

Publications (*corresponding author)

1. Rochester R, Wickman B, Bell A, Bekkevold C, Clayton Z, Hakkak R, **Hooshmand S**[†]. (2019) A diet containing high- versus low-daidzein does not affect bone density and osteogenic gene expression in the obese Zucker rat model. *Food Funct.* 10 (10):6851-6857. doi: 10.1039/c9fo90058f.
2. Eisner A, Ramachandran P, Cabalbag C, Metti D, Shamloufard P, Kern M, Hong MY, **Hooshmand S**[†]. (2019) Effects of dried apple consumption on body composition, serum lipid profile, glucose regulation, and inflammatory markers in overweight and obese children. *J Med Food.* doi: 10.1089/jmf.2019.0044. [Epub ahead of print].
3. Wallace TC[†], Bailey RL, Blumberg JB, Burton-Freeman B, Chen CO, Crowe-White KM, Drewnowski A, **Hooshmand S**, Johnson E, Lewis R, Murray R, Shapses SA, Wang DD. (2019) Fruits, vegetables, and health: A comprehensive narrative, umbrella review of the science and recommendations for enhanced public policy to improve intake. *Crit Rev Food Sci Nutr.* 3:1-38. DOI: 10.1080/10408398.2019.1632258.
4. Abbaspour N, Roberts T, **Hooshmand S**, Kern M, Hong MY[†]. (2019) Mixed Nut Consumption May Improve Cardiovascular Disease Risk Factors in Overweight and Obese Adults. *Nutrients.* 11(7). pii: E1488. doi: 10.3390/nu11071488.
5. Lum T, Connolly M, Marx A, Beidler J, **Hooshmand S**, Kern M, Liu C, Hong MY[†]. (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.
6. Clayton ZS, Fusco E, Schreiber L, Carpenter JN, **Hooshmand S**, Hong MY, Kern M[†]. (2019) Snack selection influences glucose metabolism, antioxidant capacity and cholesterol in healthy overweight adults: A randomized parallel arm trial. *Nutr Res.* 65:89-98. doi: 10.1016/j.nutres.2019.03.002.
7. Goodwin N, Roberts T, **Hooshmand S**, Kern M, Hong MY[†]. (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. *J Med Food.* 22(4):427-432. doi: 10.1089/jmf.2018.0127.
8. Hong MY[†], Beidler J, **Hooshmand S**, Figueroa A, Kern M. (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. *Nutr Res.* 58:46-54. doi: 10.1016/j.nutres.2018.06.008.
9. Glenn K, Klarich DS, Kalaba M, Figueroa A, **Hooshmand S**, Kern M, Hong MY[†]. (2018) Effects of Watermelon Powder and l-arginine Supplementation on Azoxymethane-Induced Colon Carcinogenesis in Rats. *Nutr Cancer.* 12:1-8. doi: 10.1080/01635581.2018.1490782.
10. Sansone K, Kern M, Hong MY, Liu C, **Hooshmand S**[†]. (2018) Acute Effects of Dried Apple Consumption on Metabolic and Cognitive Responses in Healthy Individuals. *J Med Food.* 21(11):1158-1164. doi: 10.1089/jmf.2017.0152.
11. Arjmandi BH[†], Johnson SA, Pourafshar S, Navaei N, George KS, **Hooshmand S**, Chai SC, Akhavan NS. (2017) Bone-Protective Effects of Dried Plum in Postmenopausal Women: Efficacy and Possible Mechanisms. *Nutrients.* 14;9 (5). doi: 10.3390/nu9050496.
12. Cuenca PD, Almainan L, Schenk S, Kern M, **Hooshmand S**[†]. (2017) Dried plum ingestion increases the osteoblastogenic capacity of human serum. *J Med Food.* 20(7):653-658. doi: 10.1089/jmf.2016.0158.
13. Shamloufard P, Kern M, **Hooshmand S**[†]. (2017) Bowel Function of Postmenopausal Women: Effects of Daily Consumption of Dried Plum. *International Journal of Food Properties.* <http://dx.doi.org/10.1080/10942912.2016.1266498>, 3006-3013.
14. Johnson SA, Feresin RG, Navaei N, Figueroa A, Elam ML, Akhavan NS, **Hooshmand S**, Payton ME, Arjmandi BH[†]. (2017) Effects of daily blueberry consumption on circulating biomarkers of oxidative stress, inflammation, and antioxidant defense in postmenopausal women with pre- and stage 1-hypertension: a randomized controlled trial. *Food Funct.* 25;8(1):372-380. doi: 10.1039/c6fo01216g.

15. **Hooshmand S**[†], Kern M, Metti D, Shamloufard P, Chai SC, Johnson SA, Payton ME, Arjmandi BH. (2016) The effect of two doses of dried plum on bone density and bone biomarkers in osteopenic postmenopausal women: a randomized, controlled trial. *Osteoporos Int*, 27(7):2271-9. doi: 10.1007/s00198-016-3524-8.
16. **Hooshmand S**[†], Kumar A, Jiyao Z, Johnson SA, Chai SC, Arjmandi BH. (2015) Evidence for anti-inflammatory and antioxidative properties of dried plum polyphenols in macrophage RAW 264.7 cells. *Food Funct*. 6(5):1719-25. doi: 10.1039/c5fo00173k.
17. Clayton ZS, Hobb KR, Shelechi M, Hernandez LM, Barber AM, Petrisko YJ, **Hooshmand S**, Kern M[†]. (2015) 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*. 34(2):113-9.18:1-7. doi: 10.1080/07315724.2014.946622.
18. Hong MY[†], Hartig N, Kaufman K, **Hooshmand S**, Figueroa A, Kern M. (2015) Watermelon consumption improves risk factors for cardiovascular disease by regulating gene expression for lipid metabolism, and by improving inflammation and antioxidant capacity in rats fed an atherogenic diet. *Nutr Res*. 35(3):251-8. doi: 10.1016/j.nutres.2014.12.005.
19. Johnson SA, Figueroa A, Navaei N, Wong A, Kalfon R, Ormsbee LT, Feresin RG, Elam ML, **Hooshmand S**, Payton ME, Arjmandi BH[†]. (2015) Daily blueberry consumption improves blood pressure and arterial stiffness in postmenopausal women with pre- and stage 1-hypertension. *J Acad Nutr Diet*. 115(3):369-77. doi: 10.1016/j.jand.2014.11.001.
20. Elam ML, Johnson SA, **Hooshmand S**, Payton ME, Feresin RG, Gu J, Arjmandi BH. (2015) A calcium-collagen chelate dietary supplement attenuates bone loss in postmenopausal women with osteopenia: a randomized controlled trial. *J Med Food*. 8(3):324-31. doi: 10.1089/jmf.2014.0100.
21. **Hooshmand S**, Juma S, Khalil D, Shamloufard P, Arjmandi BH. (2015) Women with osteoarthritis have elevated synovial fluid levels of insulin-like growth factor (IGF)-I and IGF-binding protein-3. *J Immunoassay Immunochem*. 36(3):284-94. doi: 10.1080/15321819.2014.947431.
22. **Hooshmand S**, Brisco JR, Arjmandi BH. (2014) The effect of dried plum on serum levels of receptor activator of NF- κ B ligand, osteoprotegerin and sclerostin in osteopenic postmenopausal women: a randomized controlled trial. *Br J Nutr*. 29:1-6. doi: 10.1017/S0007114514000671.
23. **Hooshmand S**, Holloway B, Nemoseck T, Cole S, Petrisko Y, Hong MY, Kern M. (2014) Effects of agave nectar versus sucrose on weight gain, adiposity, blood glucose, insulin and lipid responses in mice. *J Med Food*. 17(9):1017-21. doi: 10.1089/jmf.2013.0162.
24. Bakhshalian N, Johnson SA, **Hooshmand S**, Feresin RG, Elam ML, Soung DY, Payton ME, Arjmandi BH. (2014) Dietary phosphorus exacerbates bone loss induced by cadmium in ovariectomized rats. *Menopause*. 21(12):1292-7. doi: 10.1097/GME.0000000000000241.
25. Zhang JY, Cuenca PD, Arjmandi BH, **Hooshmand S**. (2013) Anti-Inflammatory properties of blueberry polyphenols in inflammatory-induced MC3T3-E1 pre-osteoblasts. *J Hum Nutr Food Sci* 1(3): 1020.
26. Bakhshalian N, **Hooshmand S**, Campbell SC, Kim JS, Brummel-Smith K, Arjmandi BH. (2013) Biocompatibility and microstructural analysis of osteopromotive property of allogenic demineralized dentin matrix. *Int J Oral Maxillofac Implants*. 28(6):1655-62. doi: 10.11607/jomi .2833.
27. Ormsbee MJ, Thomas DD, Mandler W, Ward EG, Kinsey AW, Panton LB, Scheett TP, **Hooshmand S**, Simonavice E, Kim JS. (2013) The effects of pre- and post-exercise consumption of multi-ingredient performance supplements on cardiovascular health and body fat in trained men after six weeks of resistance training: a stratified, randomized, double-blind study. *Nutrition & Metabolism*, 16;10 (1):39. doi: 10.1186/1743-7075-10-39.
28. **Hooshmand S**, Elam M, Browne J, Campbell SC, Payton ME, Gu J, Arjmandi BH. (2013) Evidence for bone reversal properties of a calcium-collagen chelate, a novel dietary supplement. *J Food Nutr Disor*. 2:1.
29. Figueroa A, Vicil F, Sanchez-Gonzalez MA, Wong A, Ormsbee MJ, **Hooshmand S**, Daggy B. (2013) Effects of diet and/or low-intensity resistance exercise training on arterial stiffness, adiposity, and lean mass in obese postmenopausal women. *Am J Hypertension*, 26(3): 416-23. doi: 10.1093/ajh/hps050.
30. Figueroa A, Wong A, **Hooshmand S**, Sanchez-Gonzalez MA. (2013) Effects of watermelon supplement on arterial stiffness and wave reflection amplitude in postmenopausal women. *Menopause*, 20(5):573-7. doi: 10.1097/GME.0b013e3182733794.
31. Arjmandi BH, Marcus L, Elam, **Hooshmand S**. (2012) Nature's solution to bone health. *J Food Nutr Disor*, 1 (2) 1000e106.

32. Juma S, Ezzat-Zadeh Z, Khalil D.A., **Hooshmand S**, Akhter M, Arjmandi BH. (2012) Soy Protein with or without its isoflavones failed to preserve bone density in gonadal hormone- deficient male rat model of osteoporosis. *Nutr Res.* 32(9):694-700. doi: 10.1016/j.nutres.2012.08.001.
33. Chai SC, **Hooshmand S**, Saadat RL, Payton ME, Brummel-Smith K, Arjmandi BH. (2012) Daily apple consumption reduces cardiovascular risk factors in postmenopausal women. *J Acad Nutr Diet.* 112(8):1158-68. doi: 10.1016/j.jand.2012.05.005.
34. Figueroa A, Gil R, Wong A, **Hooshmand S**, Park SY, Vicil F, Sanchez-Gonzalez MA. (2012) Whole-body vibration training reduces arterial stiffness, blood pressure and sympathovagal balance in young overweight/obese women. *Hypertens Res*, 35(6):667-72. doi: 10.1038/hr.2012.15.
35. **Hooshmand S**, Chai SC, Saadat R, Payton M, Brummel-Smith K, Arjmandi BH. (2011) Comparative effects of dried plum and dried apple on bone in postmenopausal women. *Br J Nutr*, 106(6):923-30. doi: 10.1017/S000711451100119X.
36. Arjmandi BH, Johnson C, Campbell S, **Hooshmand S**, Chai SC, Akhter M. (2010) Combination of fructooligosaccharides and dried plum has the best bone reversal properties among select functional foods and bioactive compounds. *J Med Food*, 13(2):312-9. doi: 10.1089/jmf.2009.0068.
37. **Hooshmand S**, Juma S, Arjmandi BH. (2010) Combination of genistin and fructooligosaccharides prevents bone loss in ovarian hormone deficiency. *J Med Food*, 13(2):320-5. doi: 10.1089/jmf.2009.0059.
38. Figueroa A, **Hooshmand S**, Figueroa M, Bada AM. (2010) Cardiovascular baroreflex and aortic hemodynamic responses to isometric exercise and post-exercise muscle ischemia in resistance trained men. *Scand J Med Sci Sports*, 20(2):305-9. doi: 10.1111/j.1600-0838.2009.00927.x.
39. **Hooshmand S**, Arjmandi BH. (2009) Dried plum, an emerging functional food that may effectively improve bone health. *Ageing Research Reviews*, 8(2):122-127.
40. Johnson CD, Lucas EA, **Hooshmand S**, Campbell S, Akhter MP, Arjmandi BH. (2008) Addition of fructooligosaccharides and dried plum to soy-based diets reverses bone loss in the ovariectomized rat. *Evid Based Complement Alternat Med* [Epub ahead of print]. doi: 10.1093/ecam/nen050.
41. **Hooshmand S**, Balakrishnan A, Clark RM, Owen KQ, Koo SI, Arjmandi BH. (2008) Dietary L-carnitine supplementation improves bone mineral density by suppressing bone turnover in aged ovariectomized rats. *Phytomedicine*, 15(8):595-601. doi: 10.1016/j.phymed.2008.02.026.
42. **Hooshmand S**, Khalil DA, Murillo G, Singletary K, Kamath SK, Arjmandi BH. (2008) The combination of genistein and ipriflavone prevents mammary tumorigenesis and modulates lipid profile. *Euro J Clin Nutr*, 27(4):643-8. doi: 10.1016/j.clnu.2007.11.008.
43. Devareddy L, **Hooshmand S**, Collins JK, Lucas EA, Chai SC, Arjmandi BH. (2008) Blueberry prevents bone loss in ovariectomized rat model of postmenopausal osteoporosis. *J Nutr Bioch*, 19(10):694-9. doi: 10.1016/j.phymed.2008.02.026.
44. **Hooshmand S**, Khalil DA, Arjmandi BH, Juma S, Soung DY. (2007) Link between estrogen, its receptors and osteoarthritis. *Int J Mol Med & Adv Sci*, 3(3):124-30.
45. **Hooshmand S**, Soung DY, Lucas EA, Madhally SV, Levenson CW, Arjmandi BH. (2007) Genistein reduces the production of proinflammatory molecules in human chondrocytes. *J Nutr Bioch*, 18(9):609-14. doi: 10.1016/j.jnutbio.2006.11.006.
46. Soung DY, Devareddy L, Khalil DA, **Hooshmand S**, Patade A, Lucas EA, Arjmandi BH. (2006) Soy affects trabecular microarchitecture and favorably alters select bone-specific gene expressions in a male rat model of osteoporosis. *Calcif Tissue Int*, 78(6):385-91. doi: 10.1007/s00223-005-0069-9.
47. Devareddy L, Khalil DA, Korlagunta K, **Hooshmand S**, Bellmer D, Arjmandi BH. (2006) The effects of fructooligosaccharides in combination with soy protein on bone in osteopenic ovariectomized rats. *Menopause*, 13(4):692-9. doi: 10.1097/01.gme.0000195372.74944.71.

Book Chapter

1. **Hooshmand S**. Effect of Dried Plum on Bone Biomarkers in Men. In: Nutritional Influences on Bone Health. 193-197, 2019.
2. **Hooshmand S**, Leta C, Arjmandi BH. Nutritional Impacts on Joint Health in Frontiers. In Arthritis, Vol.1, 24-39, 2016.

Published Abstracts

1. Fajardo J, Gaffen D, Eisner A, Kern M, **Hooshmand S**. Effects of Dried Plum (Prunes) on Bone Density and Strength in Men. *ASN*, 2020,
2. Rosas M, Liu C, OMealy C, Forsberg E, **Hooshmand S**, Kern M and Hong MY. The effects of mixed nut consumption on the microbiome in healthy adults. *ASN*, 2020.
3. Pinneo S, OMealy C, Rosas M, Tsang M, Castro R, Sagisi S, Molina T, Hinton C, Leisenring S, Fajardo J, Liu C, Kern M, **Hooshmand S**, Hong MY. Effects of fresh mango fruit consumption on glucose, insulin and satiety hormones. *ASN*, 2020.
4. **Hooshmand S**, Kern M, Gaffen D, Fajardo J, Tunstall A. Effects of daily consumption of prune (dried plum) on bone biomarkers and bone mineral density in healthy men. Quadrennial Congress of the International Confederation of Dietetic Associations, 2020.
5. Kern M, South B, Nelson S, Zawilski A, **Hooshmand S**. Prunes reduce the postprandial insulin response necessary to similarly regulate glucose in comparison to a refined snack food. Quadrennial Congress of the International Confederation of Dietetic Associations, 2020.
6. Carson I, O'neal T, Munoz AJ, Son J, **Hooshmand S**, Liu Changqi, Hong MY, Kern M. Pistachios may promote recovery from strenuous exercise. *ACSM*, 2020.
7. Gaffen D, Tunstall A, Fajardo J, Ramachandran P, Kern M, **Hooshmand S**. Effects of dried plum on bone biomarkers in men. *ASN*, 2019.
8. Abbaspour N, Roberts T, **Hooshmand S**, Kern M, Hong MY. Effect of mixed nut consumption on cardiovascular disease risk factors in overweight and obese adults. *ASN*, 2019.
9. Connolly M, Lum T, Marx A, **Hooshmand S**, Kern M, Liu C, Hong MY. Effect of fresh watermelon fruit consumption on risk factors for cardiovascular disease in overweight and obese adults. *ASN*, 2019.
10. Woolf E, Love J, Zhao J, **Hooshmand S**, Hong MY, Liu C. Isolation of mealworm tropomyosin, a potential cross-reactive food allergen. *IFT*, 2019.
11. Rochester E, Wickman B, Liu C, Bell A, Bekkevold C, **Hooshmand S**, Hakkak R. Effects of the low and high daidzein diet on bone density and osteogenic gene expression in female obese Zucker rats. *ASN*, 2018.
12. Lum T, Marx A, Hooshmand S, Liu C, Kern M, Hong MY. Watermelon consumption reduces body weight, body mass index, and blood pressure in overweight and obese adults. *ASN*, 2018.
13. Wickman B, Rochester E, Hauffe L, Kern M, Hong MY, Liu C, **Hooshmand S**. Effect of pistachios and mixed nuts on bone density and osteogenic gene expression in young male rats. *FASEB J.*, 2018.
14. Navaei N, Pourafshar S, Johnson SA, **Hooshmand S**, Chai SC, Arjmandi BH. Regular apple consumption improves lipid profiles in overweight postmenopausal women. *FASEB J.*, 2017.
15. Nagarajan P, Tunstall A, Almaiman L, Cabalbag C, Metti D, Hong MY, Kern M, **Hooshmand S**. Effects of dried apple consumption on body composition, inflammatory markers and lipid profile in overweight and obese children. *FASEB J.*, 2017.
16. Beidler J, **Hooshmand S**, Kern M, Figueroa A, Hong MY. Watermelon and L-arginine consumption regulate gene expression related to serum lipid profile, inflammation and oxidative stress in rats fed an atherogenic diet. *FASEB J.*, 2017.
17. Zimmerman K, Kern M, Hong MY, Liu C, **Hooshmand S**. Acute effects of dried apple consumption on metabolic and cognitive responses in healthy individuals. *FASEB J.*, 2017.
18. Glenn K, Klarich D, Figueroa A, **Hooshmand S**, Kern M, Hong MY. Effect of watermelon powder supplementation on azoxymethane-induced colon carcinogenesis in rats. *FASEB J.*, 2017.
19. Akhavan NS, Saadat RL, **Hooshmand S**, Chai SC, Johnson SA, Pourafshar S, Arjmandi BH. Dried Plum Consumption Modulates Bone Turnover Biomarkers in Postmenopausal Women with Osteopenia. *FASEB J.*, 2017.
20. Pourafshar S, Navaei N, Johnson SA, Chai SC, **Hooshmand S**, Arjmandi BH. Genistein in combination with fructooligosaccharides prevents bone loss in ovariectomized rats. *FASEB J.*, 2017.
21. Groven SL, Corwin C, Marx A, Messervy L, **Hooshmand S**, Kern M, Hong MY. The effects of mixed nuts on lipid profiles, glucose, oxidative stress, and antioxidant capacity in atherogenic-diet fed rats. *FASEB J.*, 2017.
22. Akhavan NS, Kamkar, **Hooshmand S**, Johnson SA, Arjmandi BH. Bone protecting and anti-inflammatory effects of dried plum polyphenols in vitro. *ASBMR*, 2016.
23. Almaiman L, Arjmandi BH, **Hooshmand S**. The effects of dried plum supplementation on bone mRNA expression levels of dkk-1, sclerostin, β -catenin, runx2, and cx43 in ovariectomized rat model of osteoporosis. *ASBMR*, 2016.

24. Siega-Riz AM, Rivera J, Gardiner P, Young L, Youngblood M, Poole C, Greenlee H, Castaneda S, Daviglius M, Giacinto RE, **Hooshmand S**, Penedo F, Van Horn L. Botanical supplement use in the hispanic community health study/study of latinos. *American Public Health Association, 2 FASEB J.*, 016.
25. Nakamichi-Lee M, **Hooshmand S**, Kern M, Ahouraei A, Hong MY. Dried plum consumption improves antioxidant capacity and reduces inflammation in postmenopausal women. *FASEB J.*, 2016.
26. Lee F, Ghassemian M, Schenk S, Kern M, **Hooshmand S**. Proteomic analysis of human serum of osteopenic women after dried plum treatment. *FASEB J.*, 2016.
27. Cabalbag C, Metti D, Tunstall A, Almaiman L, Hong MY, Kern M, **Hooshmand S**. Effects of apple snacking on body weight status and metabolic profiles of overweight and obese children. *FASEB J.*, 2016.
28. Beidler J, Hunter A, Tunstall A, Kern M, **Hooshmand S**, Figueroa A, Hong MY. Effects of watermelon and l-arginine consumption on serum lipid profile, inflammation, and oxidative stress in rats. *FASEB J.*, 2016.
29. Arjmandi BH, Johnson SA, Pourafshar S, Navaei N, **Hooshmand S**, Chai SC. Dried plum consumption and bone mineral density retention in postmenopausal women: a follow-up study. *FASEB J.*, 2016.
30. **Hooshmand S**, Cuenca PD. Osteoblastogenesis increases through up-regulation of RUNX2, CX43 and beta-catenin after treatment with human serum collected 1 hour and 2 hour post dried plum ingestion. *ASBMR*, 2015.
31. Hooshmand S, Metti D, Kern M, Arjmandi BH. Dose response of dried plum on bone density and bone turnover biomarkers in osteopenic postmenopausal women. *ISNAO*, 2015.
32. Zawilski A, Nelson S, McGill B, McIntosh M, Hong MY, **Hooshmand S**, Kern M. Dried plums promote increased antioxidant capacity in smokers and nonsmokers. *FASEB J.*, 2015.
33. Johnson S, Feresin R, Navaei N, Elam M, **Hooshmand S**, Payton M, Levenson C, Arjmandi BH. Blueberries attenuate DNA damage in postmenopausal women. *FASEB J.*, 2015.
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Oral presentations

- 08/2019 Effect of prunes on bone status and bone biomarkers. Invited speaker, Asian Congress of Nutrition (ACN) 2019, Bali, Indonesia.
- 07/2019 Prunes across the lifespan, Dietitians in Integrative and Functional Medicine (DIFM) educational webinar for the Academy of Nutrition and Dietetics.
- 06/2019 The role of prunes in optimizing health, Sports, Cardiovascular and Wellness Nutrition (SCAN) educational webinar for the Academy of Nutrition and Dietetics.
- 04/2019 Applying the science behind prunes for bone health and weight management. California State Academy of Nutrition and Dietetics, Riverside, CA.
- 10/2018 Bone health: why brittle bone concerns are important to both men and women. Food and Nutrition Conference and Expo (FNCE), Washington D.C.
- 04/2018 Prunes for bone health: building strength through research. New York State Academy of Nutrition and Dietetics, Niagara Falls, NY.
- 11/2017 Effect of dried plum on bone biomarkers in men. 10th International Symposium on Nutritional Aspects of Osteoporosis. Hong Kong, China.
- 10/2017 The Almighty prune: strengthening bone and improving eating habits. Food and Nutrition Conference and Expo (FNCE), Chicago, IL.
- 05/2017 Important nutrients for bone health, Education webinar for National Osteoporosis Foundation (NOF).
- 04/2017 No bones about it: applying the science behind prunes and bone health in practice. Sports, Cardiovascular and Wellness Nutrition (SCAN), Charlotte, NC.
- 11/2016 Functional foods for bone health. San Diego Academy of Nutrition and Dietetics, San Diego, CA.
- 10/2016 The latest research on prunes and bone health, Food and Nutrition Conference and Expo (FNCE), Boston, MA.
- 08/2015 Prune for bone health: building strength through research. Orthopaedic Surgery Research Conference, UCSD, San Diego, CA.
- 10/2014 Prunes for bone health, Invited speaker, Food and Nutrition Conference and Expo (FNCE), Atlanta, GA.
- 04/2014 Nutrition and bone health, Invited speaker, National Osteoporosis Foundation (NOF) education webinar.
- 05/2014 Functional foods and bone, Invited speaker, Interdisciplinary Symposium on Osteoporosis (ISO), New Orleans, LA.
- 11/2013 Eating dried plums helps prevent fractures. Invite speaker, Food and Nutrition Conference and Expo (FNCE), Houston, TX.
- 05/2013 The role of diet in building strong bones, Invited speaker, National Osteoporosis Foundation (NOF), Boston, MI.
- 05/2013 Bone protective effects of dried plum is through increasing osteoprotegerin and suppressing sclerostin levels. Experimental Biology (EB), Boston, MI.
- 03/2012 The role of functional foods in prevention and treatment of osteoporosis, Invited Speaker, Orthopaedic Surgery Research Conference, UCSD, San Diego, CA.
- 03/2012 Nutrition, growth and development, Invited Speaker, Department of Bioengineering, UCSD, San Diego, CA.
- 03/2011 Dried plum reverses bone loss in postmenopausal women. Experimental Biology (EB), Washington, DC.

Funded Research Grants

1. Roles of Almonds for Physical Performance. Role: Co-I. Almond Board of California.
2. The impact of consuming California dried plums (prunes) on bone health of young women using hormonal contraceptives. Role: PI. California Prune Board.
3. Analysis of high resolution peripheral quantitative computed tomography images. Role: PI. Leidos Inc.
4. Effect of whole blenderized watermelon consumption on satiety and digestive health in overweight/obese children. Role: Co-I. National Watermelon Promotion Board.

5. Impact of strawberries on cognition, motor function, and vascular and cardiometabolic markers in healthy older adults: A randomized, cross-over, double-blind, placebo-controlled clinical trial. Role: PI. California Strawberry Commission.
6. Effects of fresh mango pulp consumption on satiety and cardiometabolic health: A randomized, cross-over, double-blind, placebo-controlled clinical trial. Role: Co-I. National Mango Board.
7. School Nutrition Advancement for Caribbean Kids (SNACK) Workshop. Role: Co-I. US Department of Agriculture (USDA)-Foreign Agricultural Service (FAS)-Cochran Fellowship Program.
8. Pistachios as a recovery food following rigorous exercise in trained athletes. Role: Co-I. American Pistachio Growers.
9. Effects of fresh watermelon consumption on satiety and cardiometabolic health. Role: Co-I. National Watermelon Promotion Board.
10. Effect of dried plum on bone and markers of bone status in men. Role: PI. California Dried Plum Board.
10. Glycemic and insulinemic responses to the Milano Green Grape. Role. Co-I. Columbine Vineyards.
11. Effects of mixed nut consumption on satiety and weight management. Role: Co-I. American Heart Association.
12. Effect of dried plum on bone biomarkers in older osteopenic men. Role: PI. The President's Leadership Fund, San Diego State University.
13. Impact of apple on adiposity, glucose regulation and appetite in overweight and obese children. Role: PI. US Apple Association.
14. Mechanism by which dried plum polyphenols protect bone at the cellular level. Role: PI. University Grant Program, San Diego State University.
15. Mechanism by which dried plum reverses bone loss in postmenopausal women. Role: PI. University Grant Program, San Diego State University.
16. Toward a new biomarker for bone health in at risk individuals. Role: PI. UCSD Clinical and Translational Research Institute.
17. 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. Role: Co-I. California Dried Plum Board.
18. Effect of dried plum on bone and bone biomarkers in older women. Role: PI. University Grant Program, San Diego State University.
19. Effect of dried plum on bone and bone biomarkers in older women. Role: PI. California Dried Plum Board.
20. Daily incorporation of blueberries into a diet favorably improves vascular function and lowers aortic blood pressure in postmenopausal women with prehypertension. Role: Co-I. U.S. Highbush Blueberry Council.
21. Study of X-supplement on biomarkers for bone metabolism and BMD in a small population of post-menopausal woman. Role: Co-I. AIDP, Inc.
22. A pilot study to evaluate the effect of two dietary supplement in subjects with joint discomfort associate with osteoarthritis of the knee. Role: Co-I. Unigen.
23. To elucidate the pathophysiology of osteoarthritis. Role: PI. Graduate Women in Sciences.

Service

2018 - 2022	Scientific Merit Review Board Member for VA in musculoskeletal/orthopedic rehabilitation (RRD2), Rehabilitation Research & Development Merit Review.
06/2019	The power of prunes: bone and digestive health. Soundbite Podcast: https://www.soundbitesrd.com/podcast-episode-122-the-power-of-prunes-bone-digestive-health-dr-shirin-hooshmand/
04/2019	No bones about it! 5 prunes a day keep the fractures away! Podcast for Figure facts. https://wgnradio.com/2019/05/30/no-bones-about-it-5-prunes-a-day-keeps-the-fractures-away/
06/2018	Lead Judge for Aging and Chronic Disease RIS poster competition, American Society for Nutrition, Boston, MA.
Fall 2017	Nutrition Behavior Search Committee, San Diego State University, San Diego, CA.
11/2017	Moderator, 10th International Symposium on Nutritional Aspects of Osteoporosis, Hong Kong, China.

04/2017 Lead Judge for Aging and Chronic Disease RIS poster competition, Experimental Biology, Chicago, IL.

04/2017 Judge for Dietary Bioactive Components RIS poster competition, Experimental Biology, Chicago, IL.

04/2017 Chair session of Aging: Bone health and Body Composition, Experimental Biology, Chicago, IL.

02/2017 Adhoc Reviewer for VA in musculoskeletal/orthopedic rehabilitation (RRD2), Rehabilitation Research & Development Merit Review.

2016 - Present IRB Committee Member (full), San Diego State University, San Diego, CA.

Fall 2016 Promotion Tenure Review Committee panel member, San Diego State University, San Diego, CA.

08/2016 Adhoc Reviewer for VA in musculoskeletal/orthopedic rehabilitation (RRD2), Rehabilitation Research & Development Merit Review.

03/2016 Eating for healthier bones. Peer Education Webinar talk for Nutrition month, American Bone Health, San Diego, CA.

03/2016 Judge for Aging and Chronic Disease RIS poster competition, Experimental Biology, San Diego, CA.

Spring 2016 Doctor of Physical Therapy Search Committee, San Diego State University, San Diego, CA.

2015 - 2016 IRB Committee Member (alternate), San Diego State University, San Diego, CA.

Fall 2015 Foods and Nutrition Search Committee, San Diego State University, San Diego, CA.

07/2015 Nutrition Evidence Library (NEL) Evidence Abstractor for the USDA-HHS Dietary Guidance Development Project for Birth to 24 Months and Pregnancy, USDA Center for Nutrition Policy and Promotion.

06/2015 Moderator, 9th International Symposium on Nutritional Aspects of Osteoporosis, Montreal, CA.

03/2015 Judge for Dietary Bioactive Components RIS poster competition, Experimental Biology, Boston, MA.

04/2014 Judge for Dietary Bioactive Components RIS poster competition, Experimental Biology, San Diego, CA.

04/2014 Judge for Aging and Chronic Disease RIS poster competition, Experimental Biology, San Diego, CA.

01/2014 Reviewer for Howell Foundation for Women's Health Research CEI research proposals.

01/2014 How to Prevent Bone Loss. Invited speaker, Howell foundation, San Diego, CA.

06/2013 Teen-to-Teen Bone health Education Project (Summer 2013)

05/2013 Judge for Aging and Chronic Disease RIS poster competition, Experimental Biology, Boston, MA.

03/2013 Judge for Student Research Symposium, San Diego State University, San Diego, CA.

Spring 2013 AP&P committee, San Diego State University, San Diego, CA.