

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

2022	Senate Excellence in Teaching Award, San Diego State University.
2021	Graduate Professor of the Year Award, San Diego State University.
2021	Outstanding Faculty Award, San Diego State University.
2020	Outstanding Faculty Award, San Diego State University.
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 Nutritional Sciences, Member
- American Society for Bone and Mineral Research, Member
- American Bone Health, Medical and Scientific Advisory Board
- National Osteoporosis Foundation, Ambassador
- Kappa Omicron Nu Honor Society
- Glenn Honor Society

Professional Credentials and Trainings

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
2018	Registered by the Commission on Dietetic Registration as a Registered Dietitian
2011	Registered by California Department of Public Health as a X-Ray technician

Academic Advising

Major Advisor

Spring 2022 -	April Flower, Thesis Title:
Fall 2021 - Spring 22	Julaine Lapacik, Thesis Title: Bowel function of adult men: effects of daily long-term consumption of dried plum
Fall 2021 – Present	Shania Zingales, Thesis Title:
Fall 2020 – Present	Jessica Martinez, Thesis Title:
Fall 2020 – Spring 22	Amy Nguyen, Thesis Title: The effect of the menstrual cycle & oral contraceptives on balance & postural sway in young women.
Fall 2020 – Spring 22	Michelle Tsang, Thesis Title: Oral contraceptives on bone health, plasma estradiol, and c-reactive protein levels across the menstrual cycle.
Fall 2019 – Spring 22	Kristin Delany; Thesis Title: Impact of strawberries on cognitive and psychomotor function.
Fall 2019 – Spring 21	Kristine Giltvedt, Thesis Title: The effects of oral contraceptives and prunes on GI health and inflammation.
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:

- Spring 2022- Present Camila Nadalet, Thesis Title: Examination of the effect of supplementary dietary protein (21g per day) on lean mass and strength in sedentary, adult vegetarians, *Nutritional Sciences*, Arizona State University.
- Spring 2022 – Present Alex Handzel, Dissertation Title: Polycystic Ovary Syndrome (PCOS) and the effect on the gut microbiome, *Biology*, San Diego State University.
- Spring 2022 – Present Alex Gonsalves; Thesis Title:
- Fall 2021 – Present Esteban Salcedo; Thesis Title: Skeletal muscle abnormalities in the SU5416/hypoxia mouse model of pulmonary arterial hypertension, *Exercise Sciences*, San Diego State University.
- Fall 2020 – Spring 2022 Lauren Okamoto, Thesis Title: Effects of long-term almond consumption on cardiometabolic health markers, *Public Health*, San Diego State University.
- Fall 2019 – Spring 2022 Vernon Rayo; Thesis Title: Role of Almonds in Physical Performance, *Exercise and Nutritional Sciences*, San Diego State University.
- Spring 2021 – Fall 2022 Jennifer R. Bathgate; Thesis Title: The Effect of Green Tea Extract Supplementation and Impact of Catechol-O-Methyltransferase Genotype on plasma concentration of F 2 -Isoprostanes in women who are post-menopause, *Rutgers university*.
- 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, *Biology*, San Diego State University.
- Fall 2017 - Spring 2018 Sarmistha Choudhury; Thesis Title: Human cardiochimeras demonstrate enhanced functional properties, *Biology*, San Diego State University.
- Fall 2016 - Spring 2017 Fareheh Firouzi; Thesis Title: c-kit plays a protective role in the cardiac cells in stress conditions, *Biology*, San Diego State University.
- Fall 2014 - Fall 2015 Dawn Klarich; Thesis Title: Effects of alcohol consumption in prevention of colon cancer in rats, *Nutritional Sciences*, San Diego State University.
- Fall 2012- Spring 2015 Maryam Moshref; Thesis Title: Cardiomyocyte cell cycle dynamics determined by fucci, *Biology*, San Diego State University.
- Fall 2012- Fall 2013 Plamena Silvieva; Thesis Title: A cell-based assay for the discovery of hepatitis C virus protease inhibitors, *Biology*, San Diego State University.
- Fall 2011- Spring 2012 Rachel Shimpoock; Thesis Title: Enriched, *Art and letters*, San Diego State University.

Publications (†corresponding author)

1. Moore JM, Vinoskey C, Salmons H, **Hooshmand S**, Kressler J†. Sex differences in the acute effect of stair-climbing on postprandial blood glucose levels: A randomized controlled trial. *Metabolism Open*. 2022 Jul 14:100200.
2. Rosas M, Pinneo S, O'Mealy C, Tsang M, Liu C, Kern M, **Hooshmand S**, Hong M†. (2022) Effects of fresh mango consumption on cardiometabolic risk factors in overweight and obese adults. *Nutr Metab Cardiovasc Dis*. 32(2):494-503. doi: 10.1016/j.numecd.2021.11.001.

3. Moore J, Bartholomae EM, Ward K, **Hooshmand S**, Kressler J[†]. (2022) Three minutes moderate-intensity stair walking improves glucose and insulin but not insulin sensitivity or total antioxidant capacity. *Nutr Metab Cardiovasc Dis.* 32(2):479-486. doi: 10.1016/j.numecd.2021.10.016.
4. **Hooshmand S[†]**, Gaffen D, Tunstall A, Fajardo J, Payton M, Kern M. (2022) Effects of 12 months consumption of 100 g dried plum (prunes) on bone biomarkers, density and strength in men. *J Med Food.* 25(1):40-47. doi: 10.1089/jmf.2021.0080.
5. Pinneo S, O'Mealy C, Rosas Jr. M, Tsang M, Liu C, Kern M, **Hooshmand S**, Hong MY[†]. (2022) Fresh mango consumption promotes greater satiety and improves postprandial glucose and insulin responses in healthy overweight and obese adults. *J Med Food.* 25(4):381-8. doi: 10.1089/jmf.2021.0063.
6. Hong MY[†], Kern M, Nakamichi-Lee M, Abbaspour N, Ahouraei A, **Hooshmand S**. (2021) Dried plum consumption improves total cholesterol and antioxidant capacity and reduces inflammation in healthy postmenopausal women. *J Med Food.* 2021;24(11):1161-1168. doi: 10.1089/jmf.2020.0142.
7. Clayton ZS, Hauffe L, Liu C, Kern M, Hong MY, Brassler SM, **Hooshmand S[†]**. (2021) Chronic ethanol consumption does not reduce true bone density in male Wistar rats. *Alcohol.* 93:17-23. doi: 10.1016/j.alcohol.2021.02.003.
8. Eisner A, Ramachandran P, Cabalbag C, Metti D, Shamloufard P, Kern M, Hong MY, **Hooshmand S[†]**. (2020) Effects of dried apple consumption on body composition, serum lipid profile, glucose regulation, and inflammatory markers in overweight and obese children. *J Med Food.* 3: 242-249. doi: 10.1089/jmf.2019.0044.
9. 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. (2020) 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.* 60.13: 2174-2211. DOI: 10.1080/10408398.2019.1632258.
10. 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.
11. 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.
12. 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.
13. 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.
14. 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.
15. 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.
16. 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.
17. 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.
18. 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.
19. 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.

20. 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.
21. 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.
22. **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.
23. **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.
24. 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.
25. 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.
26. 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.
27. 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.
28. **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.
29. **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.
30. **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.
31. 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.
32. 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.
33. 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.
34. 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.
35. **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.

36. 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.
37. 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.
38. Arjmandi BH, Marcus L. Elam, **Hooshmand S**. (2012) Nature's solution to bone health. *J Food Nutr Disor*, 1 (2) 1000e106.
39. 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.
40. 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.
41. 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.
42. **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.
43. 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.
44. **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.
45. 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.
46. **Hooshmand S**, Arjmandi BH. (2009) Dried plum, an emerging functional food that may effectively improve bone health. *Ageing Research Reviews*, 8(2):122-127.
47. 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.
48. **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.
49. **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.
50. 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.
51. **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.
52. **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.
53. 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.
54. 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, Arjamndi BH.** Nutritional Impacts on Joint Health in Frontiers. In Arthritis, Vol.1, 24-39, 2016.

Published Abstracts

1. Hong MY, Yon V, **Hooshmand S**, Kern M, Liu C. Effects of mango consumption on total antioxidant capacity, gut permeability proteins (ZO-1, Claudin-2, and Occludin), and bowel movement habits. *ASN*, 2022.
2. Rasmussen C, Rosas M, Luu H, Liu C, **Hooshmand S**, Kern M, Hong M. Effects of blenderized watermelon consumption on satiety and postprandial glucose in overweight and obese adolescents. *ASN*, 2022.
3. Hong MY, Asuncion P, Liu C, Castro R, **Hooshmand S**, Kern M. Effects of mango fruit consumption on the diversity of the gut microbiome. *ASN*, 2022.
4. Daughtry J, Rasmussen C, Rosas M, Zhang L, Lu S, **Hooshmand S**, Kern M, Liu C, Hong M. Blenderized watermelon consumption improves BMI, BMI percentile, body fat, and A1C in overweight or obese children. *ASN*, 2022.
5. Vale Cruz K, Kuang E, Lambert C, **Hooshmand S**, Kern M, Forsberg E. Identification of bone-protective biomarkers in human fecal and plasma using high resolution mass spectrometry. *ACS*, 2022.
6. Miller C, Adam M, Chao G, **Hooshmand S**, Sohl C. The Effects of Prune Extract on Cellular Models of Bone Cancer. *FASEB*, 2022.
7. Tsang M, Giltvedt K, Laughlin J, Kern M, **Hooshmand S**. Bone mineral density, plasma estradiol, and C-reactive protein levels in young oral contraceptives users vs. non-users. *ASBMR*, 2021.
8. Rosas M, Pinneo S, O'Mealy C, Liu C, Kern M, **Hooshmand S**, Hong MY. Effects of Fresh Mango Consumption on Blood Glucose, Insulin, and Other Cardiovascular Disease Risk Factors in Overweight and Obese Adults. *ASN*, 2021.
9. Singar S, Suminski R, Arjamndi BH, **Hooshmand S**, Chai S. Body Mass Index Predicts Cardiovascular Risk Factors and Inflammatory Status in Postmenopausal Women. *ASN*, 2021.
10. Laughlin J, Kern M, **Hooshmand S**. Bone mineral density and shifts in plasma estradiol concentrations throughout the menstrual cycle in young female oral contraceptive users versus non-users. *ASBMR*, 2020.
11. Fajardo J, Gaffen D, Eisner A, Kern M, **Hooshmand S**. Effects of Dried Plum (Prunes) on Bone Density and Strength in Men. *ASN*, 2020.
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Oral presentations

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| 04/2022 | Beyond the gut: the bone building power of prunes. <u>Invited Speaker</u> , California Academy of Nutrition and Dietetics (CAND), Oakland, CA. |
| 02/2022 | The bone health benefits of prunes for men and women. <u>Invited Speaker</u> , American Academy of Physician Assistants/Associates (AAPA), Virtual. |
| 11/2021 | Nutrition for bone health throughout the lifespan. <u>Invited Speaker</u> , National Osteoporosis Foundation (NOF), Virtual. |
| 10/2021 | Beyond calcium and vitamin D. <u>Invited Speaker</u> , American Bone health (ABH), Virtual. |
| 10/2021 | The anti-inflammatory effects of prunes: new research and recipe hacks for heart health. Food and Nutrition Conference and Expo (FNCE), Virtual. |
| 03/2021 | Why brittle bone concerns are just as important for men as women. <u>Invited Speaker</u> , University of Arizona medical School, Department of Dietetics and Nutrition |
| 03/2021 | The role of dried fruits on bone health in aging. <u>Invited Speaker</u> , UCSD Bone Health support group, Virtual. |
| 11/2020 | Nutrition for bone health: building strength through research, <u>Invited speaker</u> University of Colorado, Department of Integrative Physiology |
| 10/2020 | Making matters of bone health important for men: a summary of the latest research findings, Food and Nutrition Conference and Expo (FNCE), Virtual. |
| 08/2019 | Effect of prunes on bone status and bone biomarkers. <u>Invited speaker</u> , 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. 10 th 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, <u>Invited speaker</u> , Food and Nutrition Conference and Expo (FNCE), Atlanta, GA.
04/2014	Nutrition and bone health, <u>Invited speaker</u> , National Osteoporosis Foundation (NOF) education webinar.
05/2014	Functional foods and bone, <u>Invited speaker</u> , Interdisciplinary Symposium on Osteoporosis (ISO), New Orleans, LA.
11/2013	Eating dried plums helps prevent fractures. <u>Invite speaker</u> , Food and Nutrition Conference and Expo (FNCE), Houston, TX.
05/2013	The role of diet in building strong bones, <u>Invited speaker</u> , 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, <u>Invited Speaker</u> , Orthopaedic Surgery Research Conference, UCSD, San Diego, CA.
03/2012	Nutrition, growth and development, <u>Invited Speaker</u> , 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. Personalized pork: dose-dependent identification of unique biomarkers. Role: PI. National Pork Board. 08/2022-08/2024.
2. Exploring the role of almonds in enhancing the immune strength. Role: Co-I. Almond Board of California. 02/2021-02/2023.
3. An investigation of the impacts of fruit on the gut microbiota and its metabolites: connections to human health. Role: PI. USDA-NIFA-AFRI. 01/2021-12/2023.
4. Roles of Almonds for Physical Performance. Role: Co-I. Almond Board of California. 04/2020-04/2022. \$320,000.
5. The impact of consuming California dried plums (prunes) on bone health of young women using hormonal contraceptives. Role: PI. California Prune Board. 10/2019-09/2023.
6. Analysis of high resolution peripheral quantitative computed tomography images. Role: PI. Leidos Inc. 01/2019-07/2019.

7. Effect of whole blenderized watermelon consumption on satiety and digestive health in overweight/obese children. Role: Co-I. National Watermelon Promotion Board. 04/2019–03/2021.
8. 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. 02/2019–01/2023.
9. 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. 05/2019–12/2020.
10. School Nutrition Advancement for Caribbean Kids (SNACK) Workshop. Role: Co-I. US Department of Agriculture (USDA)-Foreign Agricultural Service (FAS)-Cochran Fellowship Program. 03/2019-10/2019.
11. Pistachios as a recovery food following rigorous exercise in trained athletes. Role: Co-I. American Pistachio Growers. 03/2018–08/2020.
12. Effects of fresh watermelon consumption on satiety and cardiometabolic health. Role: Co-I. National Watermelon Promotion Board. 04/2017–03/2018.
13. Effect of dried plum on bone and markers of bone status in men. Role: PI. California Dried Plum Board. 09/2016-08/2019.
14. Glycemic and insulinemic responses to the Milano Green Grape. Role. Co-I. Columbine Vineyards. 07/2017–12/2017.
10. Effects of mixed nut consumption on satiety and weight management. Role: Co-I. American Heart Association. 07/2016-06/2019.
11. Effect of dried plum on bone biomarkers in older osteopenic men. Role: PI. The President’s Leadership Fund, San Diego State University. 06/2015-06/2016.
12. Impact of apple on adiposity, glucose regulation and appetite in overweight and obese children. Role: PI. US Apple Association. 04/2014-12/2016.
13. Mechanism by which dried plum polyphenols protect bone at the cellular level. Role: PI. University Grant Program, San Diego State University. 06/2014-06/2016.
14. Mechanism by which dried plum reverses bone loss in postmenopausal women. Role: PI. University Grant Program, San Diego State University. 06/2013-06/2016.
15. Toward a new biomarker for bone health in at risk individuals. Role: PI. UCSD Clinical and Translational Research Institute. 08/2013-8/2014.
16. 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. 08/2012-08/2013.
17. Effect of dried plum on bone and bone biomarkers in older women. Role: PI. University Grant Program, San Diego State University. 01/2012-06/2013.
18. Effect of dried plum on bone and bone biomarkers in older women. Role: PI. California Dried Plum Board. 06/2012-06/2014.
19. 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. 2011-2012.
20. Study of X-supplement on biomarkers for bone metabolism and BMD in a small population of post-menopausal woman. Role: Co-I. AIDP, Inc. 2010-2011.
21. 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. 2010-2011.
22. To elucidate the pathophysiology of osteoarthritis. Role: PI. Graduate Women in Sciences. 2009-2010.

Service

- Spring 2022- PresentAge-Friendly University Steering Committee member
- Spring 2022-Present Adhoc Advisor for Diversity and Inclusion in Nutrition and Dietetics: Overcoming obstacles to RDN recruitment, education and advancement, Academy of Nutrition and Dietetics
- Spring 2022 Obesity, Physical Activity, Nutrition (OPAN) Search Committee member for 4 positions for Fuertes cluster hiring, San Diego State University, San Diego, CA.
- Fall 2021 Physical activity behavioral Search Committee, San Diego State University, San Diego, CA.

Fall 2021 Food science Search Committee, San Diego State University, San Diego, CA.

Summer 2021 Scientific Merit Review for USDA

Spring 2021 Motor control/motor learning Search Committee, San Diego State University, San Diego, CA.

2020-2022 School Peer Review Committee, San Diego State University, San Diego, CA.

Sept 14, 2020 External reviewer for Promotion to associate Professor Department of Nutrition and Food Sciences at Texas Woman's University

June 11, 2020 External reviewer for Promotion to associate Professor Department of Human Nutrition and Hospitality Management at The University of Alabama

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. Soundsbite
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
Spring 2013

Judge for Student Research Symposium, San Diego State University, San Diego, CA.
AP&P committee, San Diego State University, San Diego, CA.