

Jennifer Graef, PhD, RD/LD

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EDUCATION

- 2016 PhD Nutritional Sciences, Oklahoma State University, Stillwater, Oklahoma
Dissertation: Bioactive Compounds in Dried Plum Enhance Osteoblast Activity via BMP Pathways and Decrease Osteoclast Activity by Suppressing Intracellular Calcium and Activation of MAPKs
- 2010 MA Didactic Program in Dietetics, University of Oklahoma Health Sciences Center, Oklahoma City, OK
- 2009 MS Exercise Physiology, University of Oklahoma, Norman, Oklahoma
Thesis: The effects of creatine supplementation and high-intensity interval training on cardiorespiratory fitness
- 2007 BS Biology, University of Wisconsin-Oshkosh, Oshkosh, Wisconsin

PROFESSIONAL EXPERIENCE

Assistant Professor—Dept. of Nutritional Sciences, *University of Oklahoma Health Sciences Center, Oklahoma City, OK* (June 2016 - Present)

Adjunct Assistant Professor—Dept. of Cell Biology, *University of Oklahoma Health Sciences Center, Oklahoma City, OK* (May 2017 - Present)

Affiliate Instructor—Dept. of Health and Exercise Sciences, *University of Oklahoma, Norman, OK* (August 2017-Present)

GRANTSMANSHIP

- 2017-18 College of Allied Health Faculty Research Seed Grant, “Compromised integrity of the small intestine epithelial barrier with estrogen deficiency”, *University of Oklahoma Health Sciences Center*, \$5000.00
- 2008-09 National Strength and Conditioning Association Master’s Research Grant, “The effects of 6 weeks of high-intensity interval training and creatine supplementation on critical power, anaerobic working capacity, and cardiorespiratory fitness”, *University of Oklahoma*, \$2500.00

PEER REVIEWED JOURNAL PUBLICATIONS

1. **Graef, JL**, P Ouyang, Y Wang, E Rendina-Ruedy, MR Lerner, D Marlow, EA Lucas, BJ Smith. Dried Plum Polyphenolic Extract Combined with Vitamin K and Potassium Restores Trabecular and Cortical Bone in Osteopenic Model of Postmenopausal Bone Loss. *J Funct Foods*, 42 (2018) 262-270.
2. **Graef, JL**, E Rendina-Ruedy, EK Crockett, P Ouyang, JB King, RH Cichewicz, EA Lucas, BJ Smith. Select polyphenolic fractions from dried plum enhance osteoblast activity through BMP-2 signaling. *J Nutr Biochem* (2017).
3. **Graef, JL**, E Rendina-Ruedy, EK Crockett, P Ouyang, L Wu, JB King, RH Cichewicz, D Lin, EA Lucas, BJ Smith. Osteoclast Differentiation is Downregulated by Select Polyphenolic Fractions from Dried Plum via Suppression of MAPKs and Nfatc1 in Mouse C57BL/6 Primary Bone Marrow Cells. *Current Dev in Nutr*, 2017, 1(10).
4. Rendina-Ruedy E, **JL Graef**, SA Lightfoot, JW Ritchey, SL Clarke, EA Lucas, BJ Smith. Impaired glucose tolerance attenuates bone accrual by promoting the maturation of osteoblasts: Role of Beclin 1-mediated autophagy. *Bone Reports*, 2016, 5:199-207.
5. Rendina-Ruedy E, **JL Graef**, MR Davis, KD Hembree, JM Gimble, SL Clarke, EA Lucas, BJ Smith. Strain differences in the attenuation of bone accrual in a young growing mouse model of insulin resistance. *J Bone Miner Metab*, 2016, 34:4.
6. Shen CL, PJ Syapin , **JL Graef**, BJ Smith, G Brackee , AK Fowler, I Segura-Ulate, JS Wang, SE Bergeson. Alcohol-induced Bone Loss and Quality during Adolescence is Improved by Green Tea Polyphenols. *J Clinical Toxicol*, 2014, 4:1.
7. Smith BJ, **JL Graef**, TJ Wronski, E Rendina, AA Williams, KA Clark, SL Clarke, EA Lucas, BP Halloran. Effects of Dried Plum Supplementation on Bone Metabolism in Adult C57BL/6 Male Mice. *Calcified Tissue Int*, 2014. 94:442-453.
8. Moon, JR, JR Stout, AA Walter, AE Smith, MS Stock, TJ Herda, VD Sherk, KC Young, CM Lockwood, KL Kendall, DH Fukuda, **JL Graef**, JT Cramer, TW Beck, EN Esposito. Mechanical Scale and Load Cell Underwater Weighing: A Comparison of Simultaneous Measurements and the Reliability of Methods. *Journal of Strength and Conditioning*, 2011. 25(3):652-661.
9. Moon JR, JR Stout, AE Smith, SE Tobkin, CM Lockwood, KL Kendall, **JL Graef**, DH Fukuda, PB Costa, MS Stock, KC Young, PS Tucker, E Kim, TJ Herda, AA Walter, SL Ferguson, VD Sherk, JT Cramer. Reproducibility and validity of bioimpedance spectroscopy for tracking changes in total body water: implications for repeated measurements. *Br J Nutr*. 2010 Nov;104(9):1384-94.
10. Kendall, KL, AE Smith, **JL Graef**, AA Walter, JR Moon, CM Lockwood, TW Beck, JT Cramer, JR Stout. Validity of Electromyographic Fatigue Threshold as a Non-Invasive Method for Tracking Changes in Ventilatory Threshold in College-Aged Males. *Journal of Strength and Conditioning*, 2010. 24(1):109-113.
11. Lockwood CM, JR Moon, AE Smith, SE Tobkin, KL Kendall, **JL Graef**, JT Cramer, and JR Stout. Low-calorie energy drink improves physiological response to exercise in previously sedentary men: A placebo controlled efficacy and safety study. *J Strength Cond Res*. 2010 Aug;24(8):2227-38.
12. **Graef, JL**, AE Smith, KL Kendall, DH Fukuda, JR Moon, TW Beck, JT Cramer, and JR Stout. The effects of four weeks of creatine supplementation and high-intensity interval training on cardiorespiratory fitness. *J Int Soc Sports Nutr*. 2009 Nov 12;6:18
13. Smith, AE, JR Moon, KL Kendall, **JL Graef**, CM Lockwood, AA Walter, TW Beck, JT Cramer and JR Stout. The effects of beta-alanine supplementation and high-intensity interval training on

- neuromuscular fatigue and muscle function. *European Journal of Applied Physiology*. 2009. 105 (3): 357
14. Smith, AE, AA Walter, **JL Graef**, KL Kendall, JR Moon, CM Lockwood, DH Fakuda, TW Beck, JTCramer, and JR Stout. Effects of β -alanine supplementation and high-intensity interval training on endurance performance and body composition in men; a double-blind trial. *Journal of the International Society of Sports Nutrition*. 2009. 6:5.
 15. Kendall KL, **JL Graef**, AE Smith, DH Fukuda, JR Moon, TW Beck, JT Cramer, and JR Stout. The Effects of Four Weeks of High-Intensity Interval Training and Creatine Supplementation on Critical Power and Anaerobic Working Capacity in College-Aged Men. *J Strength Cond Res*. 2009 Sep;23(6):1663-9.
 16. Moon JR, Smith AE, Tobkin SE, Lockwood CM, Kendall KL, **Graef JL**, Roberts MD, Dalbo VJ, Kerksick CM, Cramer JT, Beck TW, Stout JR. Total body water changes after an exercise intervention tracked using bioimpedance spectroscopy: a deuterium oxide comparison. *Clin Nutr*. 2009 Oct;28(5):516-25.
 17. **Graef, JL**, AE Smith, KL Kendall, AA Walter, JR Moon, CM Lockwood, TW Beck, JT Cramer, and JR Stout. The relationships among endurance performance measures as estimated from VO₂PEAK, ventilatory threshold, and electromyographic fatigue threshold: a relationship design. *Dynamic Medicine*. 2008. 7:15.

PUBLISHED RESEARCH ABSTRACTS AND PRESENTATIONS

1. JL Morrison, AF Wiechmann, R Rai, V Chandra, DM Benbrook, **JL Graef**. Estrogen regulates tight junction protein expression in the small intestine. Accepted for presentation at the American Society of Nutrition national conference (*Nutrition*), Boston, MA, June 2018.
2. EK Crockett, KF Washburn, **JL Graef**, EA Lucas, BJ Smith. MODE-K Cells as a Model to Study the Gut Epithelial Response: An Outside-in and Inside-out Approach. Presented at Experimental Biology, Chicago, IL, April 2017.
3. KF Washburn, EK Crockett, **JL Graef**, EA Lucas, BJ Smith. Polyphenolic Compounds Downregulate IL-6 in Gut Epithelial Cells Under Inflammatory Conditions. Presented at Experimental Biology, Chicago, IL, April 2017.
4. **Graef JL** E Rendina-Ruedy, JB King, RH Cichewicz, EA Lucas, BJ Smith. Dried Plum Phenolic Compounds Alter Osteoblast and Osteoclast Differentiation and Activity. Presented at the Oklahoma State University Research Symposium, Stillwater, OK, February 2015.
5. **Graef JL**, E Rendina-Ruedy, JB King, RH Cichewicz, EA Lucas, BJ Smith. Evaluation of potential bioactive components and their effects on osteoblast and osteoclast differentiation and activity. Accepted for presentation at the American Society of Bone and Mineral Research Annual Conference, Houston, TX, September 2014.
6. Rendina-Ruedy E, **JL Graef**, SA Lightfoot, JW Ritchey, EA Lucas, SL Clarke, BJ Smith. Glucose intolerance attenuates bone accrual in the young growing skeleton by promoting the maturation of osteoblasts through Beclin1-mediated autophagy. Accepted for presentation at the American Society of Bone and Mineral Research Annual Conference, Houston, TX, September 2014.
7. Shen C, S Bergeson, P Syapin, G Brackee, **JL Graef**, BJ Smith. Green tea polyphenols improve cortical bone and bone quality in alcohol-induced bone loss of young male rats. Accepted for presentation at the Experimental Biology Meeting, San Diego, CA, April 2014.
8. **Graef JL**, E Rendina, P Chongwatpol, MR Davis, S Peterson, SL Clarke, EA Lucas, BJ Smith. The Efficacy of the Bioactive Components of Dried Plum in Reversing Bone Loss. Accepted for presentation at the Oklahoma Skeletal Biology Symposium, Oklahoma City, OK, November 2013.

9. E. Rendina-Ruedy, **J Graef**, MR Davis, J Gimble, EA Lucas, SL Clarke, BJ Smith. Determination of the Role of Autophagy on Bone Metabolism and Structure during the Initiation and Progression of Type 2 Diabetes. Oklahoma Skeletal Biology Symposium, November 4, 2013, Oklahoma City, OK.
10. Smith BJ, Rendina E, **Graef, JL**, Peterson SK, Clarke SL, Lucas EA. Site-specific Changes in the Microarchitectural and Biomechanical Properties of Long Bones in a Murine Model of Type 2 Diabetes. Presented at the SCANCO User Meeting, October 2013, Appenzell, Switzerland.
11. **Graef JL**, E Rendina, P Chongwatpol, MR Davis, S Peterson, SL Clarke, EA Lucas, BJ Smith. The efficacy of dried plum's bioactive components in reversing bone loss. Accepted for presentation at the American Society of Bone and Mineral Research Annual Conference, Baltimore, MD, October 2013.
12. Shen C, S Bergeson, P Syapin, R Dagda, J Chen, **JL Graef**, G Brackee, BJ Smith. Green tea polyphenols improve bone matrix in alcohol-induced bone loss of young male rats. Accepted for presentation at the American Society of Bone and Mineral Research Annual Conference, Baltimore, MD, October 2013.
13. Chongwatpol P, E Rendina, **JL Graef**, SL Clarke, EA Lucas, BJ Smith. The Efficacy of Tart Cherry Supplementation in the Prevention of Age-related Bone Loss. Experimental Biology, Boston, MA, April 2013.
14. **Graef JL**, TJ Wronski, E Rendina, KA Clark, SL Clarke, EA Lucas, BP Halloran, BJ Smith. Dried Plum Supplementation has a Biphasic Effect on Bone Metabolism in Male C57BL/6 Mice and Prevents Age-related Bone Loss. Presented at the Oklahoma State University Research Symposium, Stillwater, OK, February 2013.
15. BJ Smith, TJ Wronski, **JL Graef**, E Rendina, KA Clark, SL Clarke, EA Lucas, BP Halloran. Dried Plum Supplementation on Bone Metabolism. **Presenting author** at the American Society of Bone and Mineral Research Annual Conference in Minneapolis, MN, October 2012.
16. BJ Smith, TJ Wronski, **JL Graef**, E Rendina, KA Clark, SL Clarke, EA Lucas, BP Halloran. Biphasic Alterations of Dried Plum Supplementation in Age-related Bone Loss. **Presenting author** at the Oklahoma Skeletal Biology Symposium, Oklahoma City, OK, May 2012.
17. **Graef, JL**, HR Hull, C Paley, K Navder, Dymrna Gallagher. Maternal dietary consumption of linoleic acid is inversely related to infant fat mass. Presented at the OUHSC College of Allied Health Research Day, 2010.
18. Moon JR, AE Smith, KL Kendall, **JL Graef**, DH Fukuda, CM Lockwood, ML Rea, TW Beck, JT Cramer, and JR Stout. Analysis of total body and segmental muscle mass in elderly men and women using bioimpedance: A dual-energy x-ray absorptiometry comparison. Accepted for presentation at the Annual Meeting of the American College of Nutrition in Orlando, FL, October 2009.
19. Smith AE, JR Moon, CM Lockwood, KL Kendall, **JL Graef**, DH Fukuda, JT Cramer, and JR Stout. Low-Calorie thermogenic beverage and exercise improves body composition and lipid profile in overweight and obese women. Accepted for presentation at the Annual Meeting of the American College of Nutrition in Orlando, FL, October 2009.
20. **Graef JL**, KL Kendall, DH Fukuda, AE Smith, JR Moon, TW Beck, JT Cramer, and JR Stout. The effects of four weeks of high-intensity interval training and creatine supplementation on cardiorespiratory fitness in college-aged men. Accepted for presentation at the National Strength and Conditioning Association in Las Vegas, NV, July 2009.
21. Kendall, KL, **JL Graef**, DH Fukuda, AE Smith, JR Moon, TW Beck, JT Cramer, and JR Stout. The effects of four weeks of high-intensity interval training and creatine supplementation on critical power and anaerobic working capacity in college-aged men. Accepted for presentation at the National Strength and Conditioning Association in Las Vegas, NV, July 2009.

22. Moon, JR, AE Smith, KL Kendall, **JL Graef**, DH Fukuda, TW Beck, JT Cramer, ML Rea, and JR Stout. Concerns and limitations of dual-energy x-ray absorptiometry (DXA) for the evaluation of fat and fat-free mass in older men and women. Accepted for presentation at the National Strength and Conditioning Association in Las Vegas, NV, July 2009.
23. Smith, AE, **JL Graef**, AA Walter, KL Kendall, CM Lockwood, JR Moon, TW Beck, JT Cramer, and JR Stout. Effects of 3 weeks of high-intensity interval training and beta-alanine supplementation on endurance performance and aerobic metabolism in college-aged men. Accepted for presentation at the National Strength and Conditioning Association in Las Vegas, NV, July 2008.
24. Walter, AA, KL Kendall, AE Smith, **JL Graef**, JR Moon, SE Tobkin, CM Lockwood, TW Beck, JT Cramer, and JR Stout. Short-term high-intensity interval training and beta-alanine loading enhances performance and metabolic adaptations in women. Accepted for presentation at the National Strength and Conditioning Association in Las Vegas, NV, July 2008.
25. Smith, AE, AA Walter, **JL Graef**, KL Kendall, TW Beck, JT Cramer and JR Stout. The relationship among endurance performance measures as estimated from VO_{2PEAK} , Ventilatory Threshold and Electromyographic Fatigue Threshold. Accepted for presentation at the American College of Sports Medicine National Conference in Indianapolis, IN. May 29, 2008.
26. Walter, AA, AE Smith, KL Kendall, **JL Graef**, TW Beck, JT Cramer and JR Stout. Relationships among maximal oxygen consumption, ventilatory threshold, and electromyographic fatigue threshold as performance assessments in college women. Accepted for presentation at the American College of Sports Medicine National Conference in Indianapolis, IN. May 29, 2008.
27. **Graef, JL**, KL Kendall, AE Smith, AA Walter, TW Beck, JT Cramer and JR Stout. The Effects of Acute High-Intensity Interval Endurance Training in Men and Women. Accepted for presentation at the American College of Sports Medicine National Conference in Indianapolis, IN. May 28, 2008.
28. Stout, JR FISSN, JR Moon, SE Tobkin, CM Lockwood, AE Smith, **JL Graef**, KL Kendall, TW Beck, and JT Cramer. Pre-workout Consumption of Celsius[®] Enhances the Benefits of Chronic Exercise on Body Composition and Cardiorespiratory Fitness. Accepted for presentation at the International Society of Sports Nutrition National Conference in Las Vegas, NV. June 8-10, 2008.
29. Smith, AE, AA Walter, KL Kendall, **JL Graef**, CM Lockwood, JR Moon, TW Beck, JT Cramer and JR Stout, FISSN. Beta-alanine supplementation and high intensity interval training augments metabolic adaptations and endurance performance in college-aged men. Accepted for presentation at the International Society of Sports Nutrition National Conference in Las Vegas, NV. June 8-10, 2008.

TEACHING EXPERIENCE

University of Oklahoma Health Sciences Center, Oklahoma City, OK (Assistant Professor)

Summer:

2016-Present	NS 5253 Experimental Foods
2016-Present	NS 7412 Food Preparation Practicum
2017	NS 5990 Special Studies (Sports Nutrition); 1 student enrolled

Fall:

2017	HES 2823 Introduction to Nutrition
2017	NS 5960 Directed Readings; 1 student enrolled
2016-Present	NS 5233 Research Methods

2016-Present AHS 6970/NS 5970 Seminar

Spring:

2018 NS 5990 Special Studies (Mediterranean Diet and Culture); 25 students enrolled
2017 NS 5990 Special Studies (Sports Nutrition); 8 students enrolled
2017-present AHS 6970/NS 5970 Seminar
Odd yrs NS 6613 Sports Nutrition

Mentoring:

Doctoral Committee Member:

2016- Chelsea Smith

Masters Committee Chair:

2017- Kelly Kerr
2017- Christina Crowder
2017- Jennifer Morrison
2017- Brittany Ross

Masters Committee Member:

2017-18 Stephen Cash
2017-18 Whitney Warfield
2018- Colette Vartanian

Oklahoma State University, Stillwater, OK (Graduate Teaching Assistant)

2013-2015 NSCI 5123 Research Methods
2012-2014 NSCI 4023 Nutrition and the Pathophysiology of Chronic Disease
2011-2012 NSCI 2114 Principles of Human Nutrition

University of Oklahoma, Norman, OK (Graduate Teaching Assistant)

2007-2009 HES 1221 Individual Fitness
2009 HES 3813 Principles of Health Fitness

RESEARCH TRAINING

Graduate Research Assistant—Dept. of Nutritional Sciences, *Oklahoma State University, Stillwater, OK* (2011-2015)

2013-2016 Examining the role phenolic compounds in dried plum play in altering intestinal mucosal immunity and the relationship between these immune alterations and bone health
2011-2014 Examining the effects of bioactive components of dried plum on a post-menopausal model of osteoporosis; examining the activity of phenolic compounds extracted from dried plum on a bone-related cell culture model
2011-2012 Examined alterations in age-related bone metabolism over time with dried plum supplementation; examined the effects of supplementation with synthetic phenolic

compounds similar to those rich in dried plum on bone health in a post-menopausal model of osteoporosis

Graduate Research Assistant – Dept. of Nutritional Sciences, *University of Oklahoma Health Sciences Center, Oklahoma City, OK* (2010)

- 2010 Examined the effects of diet quality on cardiometabolic risk factors during pregnancy; examine the effects of maternal diet quality and breast feeding on infant growth
- 2009-2010 Examined the effect of exercise on glucose and insulin response following ingestion of a milkshake in normal weight and obese children and adults

Graduate Research Assistant – Dept. of Cell Biology, *University of Oklahoma Health Sciences Center, Oklahoma City, OK* (2009-2010)

- 2009-2010 Examined the role of MMPs in the signaling of tight junction separation in the corneal epithelium of *Xenopus*

Graduate Research Assistant – Dept. of Health and Exercise Science, *University of Oklahoma, Norman, OK* (2007-2009)

- 2009 Examined the effects of a nutritional supplement and resistance training on body composition and strength in elderly men and women
- 2008 Examined the effects of an energy drink and exercise on cardiovascular fitness, strength, body composition, and nutritional profile in healthy adult men and women
- 2007-2009 Examined the effects of a pre-exercise and post-exercise supplements on various exercise performance parameters in college-aged men and women

Undergraduate Research Mentor—Dept. of Nutritional Sciences, *Oklahoma State University, Stillwater, OK*

- 2014-2015 **Graduate Mentor of Undergraduate Niblack Scholar**—Erica Crockett, “The influence of cherry phenolic compounds on gut mucosal immunity through intercellular communication between epithelial and immune cells”, Oklahoma State University, *Stillwater, OK*
- 2013-2014 **Graduate Mentor of Undergraduate Wentz Scholar**—Nataly Daggy, “Dried Plums Ability to Protect Against Post-Menopausal Weight Gain Due to Alterations in Gut Microflora”, Oklahoma State University, *Stillwater, OK*
- 2012 **Graduate Mentor of Undergraduate Niblack Scholar**—Kara Miller, “The Effects of Iron Deficiency on Iron Metabolism and Bone Strength”, Oklahoma State University, *Stillwater, OK*

PROFESSIONAL SERVICE

University:

- 2016-present All Professions Day faculty facilitator

College:

2017-2019	CAH Faculty Board member
2017-2019	CAH Elections Committee member
2017-2019	CAH Academic Misconduct Board member
2017-2020	CAH Academic Appeals Board member
2016-2019	CAH Research Committee member
2016-2017	CAH Consecutive Term Promotions sub-committee member (modifying official document)
2016	CAH Awards and Honors sub-committee member (modifying criteria)

Department:

2016-present	Masters of Science Admissions committee member
2016-present	Dietetic Intern Selection committee member

Community:

2018	Abstract reviewer for the American Society of Nutrition's annual conference
2017-present	Peer Reviewer for PLOS One scientific journal
2017-present	Assisted with planning Heart Healthy Summit with OKC Seafood Nutrition Partnership
2016-present	Analyze diets and provide nutrition counseling for Norman High cross country runners upon request

AWARDS/HONORS

2015	Second place paper presentation in Biological Sciences at the Oklahoma State University Research Symposium, <i>Stillwater, OK</i>
2014-2015	Distinguished Graduate Fellowship, Oklahoma State University Foundation, <i>awarded to doctoral students with a cumulative graduate GPA of 3.5 or above who have demonstrated scholarly contributions to the academic community, including awards, honors, research projects, publications, presentations at professional meetings, performances, creative writings, etc.</i>
2014	First place paper presentation in Biological Sciences at the Oklahoma State University Research Symposium, <i>Stillwater, OK</i>
2014-2015	Mildred H. & John W. Skinner Graduate Fellowship, College of Human Sciences, Oklahoma State University, <i>awarded to MS or PhD candidates with an outstanding scholastic record (minimum 3.6 GPA) who has well-defined professional goals in Human Sciences</i>
2013-2014	Commission on Dietetic Registration Doctoral Scholarship, Academy of Nutrition and Dietetics, <i>awarded to doctoral students who demonstrate a commitment to further the dietetics profession through teaching and/or research in the US and its territories</i>
2013-2014	Mildred H. & John W. Skinner Graduate Fellowship, College of Human Sciences, Oklahoma State University, <i>awarded to MS or PhD candidates with an outstanding scholastic record (minimum 3.6 GPA) who has well-defined professional goals in Human Sciences</i>
2013	Accepted and funded (by NIH) to attend the National Institutes of Health Office of Dietary Supplements Mary Frances Picciano Dietary Supplement Practicum, <i>June 4-7, Bethesda, MD</i>
2012-2013	Mildred H. & John W. Skinner Graduate Fellowship, College of Human Sciences, Oklahoma State University, <i>awarded to MS or PhD candidates with an outstanding</i>

- scholastic record (minimum 3.6 GPA) who has well-defined professional goals in Human Sciences*
- 2012 Inducted into Sigma Xi Research Society, *a society honoring excellence in scientific investigation and encouraging a sense of companionship and cooperation among researchers in all fields of science and engineering*
- 2012 Oklahoma Dietetic Association Graduate Scholarship, *awarded to a graduate student in Oklahoma pursuing a degree related to the Dietetics profession*
- 2011 Burton W. & Gladys T. Logue Distinguished Graduate Fellowship, College of Human Sciences, Oklahoma State University, *awarded to a MS or PhD candidate with a high scholastic record (approximately 3.6 GPA or above)*
- 2010 Oklahoma City District Dietetic Association Scholarship, *awarded to a graduate student in the Oklahoma City District pursuing a degree related to the Dietetics profession*
- 2010 American Dietetic Association Foundation Patsy Jane O'Malley Memorial Scholarship, *awarded to a graduate student excelling in the field of dietetics, taking on leadership roles, and maintaining a high GPA*
- 2010 Inducted into Alpha Eta Honor Society, *a society recognizing scholarship in allied health students*
- 2009 Glen Michael Sims Memorial Graduate Merit Scholarship, University of Oklahoma, *awarded to one Master's student each year who demonstrates research and academic excellence*
- 2007 University of Wisconsin-Oshkosh Woman Scholar Athlete, *awarded to one graduating female athlete each year who demonstrates academic and athletic excellence, as well as a high level of community involvement*
- 2003-2007 Academic Excellence Scholarship, University of Wisconsin-Oshkosh, *awarded to incoming freshmen who graduated at the top of their high school class*

EXTRACURRICULAR/COMMUNITY INVOLVEMENT

Invited Presentations and Lectures

- Invited lecturer for Oklahoma City University Physician's Assistant program, "Nutrigenomics", *Oklahoma City University, Oklahoma City, OK (Fall 2016)*
- Invited speaker at the 92nd 4-H Roundup, "Nutrition Basics", *hosted by Oklahoma State University, Stillwater, OK (Summer 2013)*
- Invited lecturer for 4-week sports nutrition series, *Colvin Wellness Center, Oklahoma State University (Spring 2012, Spring 2013, Fall 2013, Spring 2014)*
- Invited speaker at Oklahoma City Landrunners Running Club meetings, *Oklahoma City, OK*
 - Winter 2013, "Eating Habits of Local Runners"
 - Summer 2011, "Sports Nutrition for Marathoners"
- Invited to present beginners 5K running and nutrition advice series, *FOX 25 Morning News, Oklahoma City, OK (Fall 2009)*
- Invited speaker for Norman High School Cross Country banquets, *Norman, OK*
 - "Race Day Preparations"
 - "Training and Nutrition Tips"

- Invited speaker at “Race with Me” program meeting, “Race Day Nutrition”, *Oklahoma City Community College, Oklahoma City, OK*
- Invited speaker at Oklahoma City District Dietetics Association meeting, “Effects of a pre-exercise antioxidant supplement on cardiovascular response to exercise”, *hosted by the University of Oklahoma Health Sciences Center, Oklahoma City, OK (Fall 2010)*

PROFESSIONAL AFFILIATIONS

National

American Society of Nutrition, August 2016-Present

Academy of Nutrition and Dietetics (AND), August 2009-Present

State

Oklahoma Dietetic Association (ODA), August 2009-Present