

*Curriculum Vitae***SHAWAWN M. FORESTER PhD RDN**

CURRENT POST: Chief Science Officer, The Nutrient Institute

RESEARCH AREA: The role of nutrient requirements on human endocrinology and metabolism, specifically as they relate to optimal cellular proficiency and whole body health; the design of interventions to reverse and prevent the progression of nutrient related chronic disease.

BIO PARAGRAPH (e.g., if you have invited me to speak and are creating promotional material):

Dr. Shavawn Forester is a Nutritional Biologist and Registered Dietitian Nutritionist based in Reno, NV and San Diego, California, USA, and is the Chief Science Officer of The Nutrient Institute a nutrient research focused foundation, a Nevada-based 501(c)(3) charity dedicated to sharing nutrient science research that is simple to read, easy to consume and relevant to daily life. She is also Editor-in-Chief of Nutrient Science News, educating health professionals with high quality nutrient focused research in a monthly publication. She received her BA and Ph.D. from the University of California Davis in 2007 and 2012 respectively. Her research interests encompass the characterization of all nutritional and environmental factors that constitute human metabolic health and the design of interventions to reverse and prevent the progression of nutrient related chronic disease. She has developed a comprehensive approach for such health, which simplifies the overly complex message of nutrition into simple nutrient focused recommendations that ALL people can access. A key aspect of her nutrient focused approach is that it can fit into any healthy lifestyle and does not bash any health or diet plan. Dr. Forester has termed this nutrient focused approach as the “Foundation of Health”. Dr. Forester sits on the editorial and scientific advisory boards of journals and organizations.

EMAIL: shavawn@nutrientinstitute.org

DATE OF BIRTH: 3rd June, 1983

NATIONALITY: American

MARITAL STATUS: Married to Mr. Chase Pennington Forester; no children

EDUCATION

University of California Davis, Davis, CA

Ph.D. in Nutritional Biology - December 2012

Dissertation: “The Hormonal Implications of Eating and Skipping Breakfast”

Minor: Advanced Physiology

Baptist Health System Dietetic Internship, San Antonio, CA

Registered Dietetic Degree, RDN January 2012

Area of Concentration: Clinical

University of California Davis, Davis, CA

B.A. Clinical Nutrition June 2007

Area of Concentration: Biochemistry

Lake Tahoe Community College, South Lake Tahoe, CA

A.A. Mathematics, Natural Sciences, Liberal Arts June 2005

HONORS

Academy of Nutrition and Dietetics Foundation Scholarship July 2012

FASEB MARC (Minority Access to Research Careers) Awards April 2010, 2011, & 2012

Peter J. Shields Scholarship June 2009 & June 2010

The Alliance for Graduate Education and the Professorship Scholarship June 2009

MEMBERSHIPS

American Society for Nutrition Sept 2008 - Present

Academy of Nutrition and Dietetics June 2009 - Present

Dietetic Practice Groups July 2012 - Present

- Dietitians in Business and Communications
- Nutrition Educators of Health Professionals
- Nutrition Education for the Public
- Research

Northern California Area Dietetic Association June 2012 - Present

EMPLOYMENT

Chief Science Officer - The Nutrient Institute Jan 2014 - Present Responsible for communicating with the scientific and public communities concerning nutrient focused research and education.

Editor-In-Cheif - Nutrient Science News Jan 2014 - Present

Mission at Nutrient Science News: Educate health professionals and beyond. Highlight nutrient focused research in a monthly publication making scientific research simple to read and easy to consume.

Private Practice - Nutrition Answered LLC Jan 2014 - Present

Provide personalized, simple, & straight forward nutrition. Also available as a guest speaker, and as a corporate nutrition strategist.

Nutrition Instructor – University of Nevada Reno Sept 2014 - May 2017

Food and Culture. Medical Nutrition Therapy. Advanced Nutrition.

Nutrition Instructor – Truckee Meadows Community College August 2012 - Dec 2014

Introductory Nutrition. Course content covers all major micro and macronutrients. Students learn the health benefits of an adequate diet and how to apply nutrient knowledge to make better food and cooking choices.

Teaching Assistant – University of California Davis Sept 2009 - March 2012

Department: Neurophysiology and Behavior & Nutrition

Role and responsibilities: Collaborated on curriculum and exam development; met with students every week, during scheduled office hours as well as upon request; recorded and posted lectures; graded written work including final exams; and posted exams results and final scores.

HUMAN NUTRITION RESEARCH, UC DAVIS

Hormonal regulation of satiety related hormones June 2009 - Dec 2012

Development of a clinical trial whose primary aim was to evaluate the role of breakfast in promoting a healthy body weight, specifically as it relates to satiety, food intake, and metabolism.

Role of whole grain exposure on measures of GI health Aug 2009 - June 2010

Protocol, Description of Study, IRB documentation, and consent form development of a clinical trial whose primary aim is to evaluate if exposure to grain products affects liking, acceptability, and or intake.

Multi-Center questionnaire development May 2009

Conducted focus groups (Nominal Group Technique) with 5th graders and caregivers who were recruited from elementary schools in Sacramento and Yolo county as part of a multi-center study (seven sites across the US), the Healthy Eating and Lifestyle for Total Health (HEALTH).

CONFERENCE PUBLICATIONS AND ABSTRACTS

Shavawn M. Forester Megan Witbracht, William Horn, Kevin Laugero, Nancy L. Keim: *The satiety response to a standard lunch in habitual breakfast eaters and skippers*. FASEB J April 9, 2013 27:237.4. **Presented as an oral presentation at Experimental Biology 2013**

Shavawn M. Forester, Megan Witbracht, William Horn, Kevin Laugero, Nancy L. Keim: *Within subject variation of satiety hormone responses to a standard lunch*. FASEB J March 29, 2012 26:639.5. **Poster presentation**

Shavawn Marie Forester, Megan G. Witbracht, Marinelle Nunez, Peter J. Havel, Kimber L. Stanhope, James L. Graham, William F. Horn, and Nancy L. Keim: *Relationships between breakfast consumption, insulin resistance, and BMI in adult men and women*. FASEB J March 17, 2011 25:1b267. Abstract. **Poster Presentation**

Shavawn Marie Casey, William Horn, Tara Hembrooke, and Nancy Keim: *Glycemic index does not affect overall glucagon like peptide - 1 levels in healthy overweight women*. FASEB J April 6, 2010 24:330.6 **Presented as an oral presentation at Experimental Biology 2010**

PUBLICATIONS

Adrienne M. Widaman, PhD, RD, Megan G. Witbracht, PhD, Shavawn M. Forester, PhD, RD, Kevin D. Laugero, PhD, Nancy L. Keim, PhD, RD: *Chronic Stress Is Associated with Indicators of Diet Quality in Habitual Breakfast Skippers*. Journal of the Academy of Nutrition and Dietetics. Nov 2016

Shavawn M. Forester, Megan Witbracht, William Horn, Kevin Laugero, and Nancy L. Keim: *The satiety response to a standard lunch in habitual breakfast eaters and skippers*. FASAB Journal. April 2013.

Nancy L. Keim, PhD, RD, Shavawn M. Forester, PhD, RD, Marika Lyly, PhD, Grant J. Aaron, PhD, MS, Marilyn S. Townsend, PhD, RD: *Vegetable variety is associated with diet quality in low income women in California*. Journal of the Academy of Nutrition and Dietetics. July 2013

Nancy L Keim, Shavawn M Forester, M.G. Witbracht, Kevin Laugero: *Impact of Eating Breakfast on Food Intake Behaviors and Food Choice*. Journal of Nutrition Education and Behavior. Jul 2012