

CURRICULUM VITAE

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Name Susan Barbara Roberts
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Education and Training

1975-1978 BSc in Nutrition with 1st Class Honors
Queen Elizabeth College, University of London, UK
1984 Ph.D. in Nutritional Physiology, advisor W. Andrew Coward, PhD,
University of Cambridge, UK
1983-1986 Research Fellow, advisor Alan Lucas, MD, Dunn Nutrition Unit and
Department of Pediatrics, University of Cambridge, UK
1986 -1987 Postdoctoral Fellow, advisor Vernon Young, PhD, Massachusetts
Institute of Technology

Honors and Awards

1978 1st class honors in BSc (equivalent to Summa Cum Laude), University
of London, UK
1978 Prize for highest physiology grade in BSc class
1984 Drummond Fellowship of UK, a single 2-year postdoctoral award for
medical research.
2000 Will Solimene Award for Excellence in Medical Communications,
American Medical Writers Association, for *Feeding Your Child for
Lifelong Health* by Susan B. Roberts and Melvin B. Heyman with Lisa
Tracy (Bantam, 1999)
2001 1st Annual Max Horowitz Lecture, St. Louis University, *Effects of Aging
on Energy Regulation*
2009 E.V. McCollum Award, American Society for Nutrition, given for clinical
investigator who is currently perceived as major creative force
2011 Visiting Professorship and Annual Braham Lecture, UCSF, *Dietary
Composition and Weight Regulation: Are All Calories the Same?*
2012 Certificate of Recognition, Nutrition Reviews, for 12th most highly cited
article in 70-year journal history
2013 Leadership and Service Award, USDA Human Nutrition Research
Center on Aging at Tufts University
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2016 W.O. Atwater Lecturer. This is the only federal award for nutrition
research, and recognizes a scientist for making a uniquely important
contribution towards improving the health of people around the world

Research and Academic Positions

1978-1980 Research Officer, Dunn Nutrition Unit, Keneba, The Gambia
1987 - Present Initially Scientist II and currently (from 1998) Senior Scientist, Jean
Mayer USDA Human Nutrition Research Center on Aging, Tufts
University

1992-Present	Director, Energy Metabolism Laboratory, Jean Mayer USDA Human Nutrition Research Center on Aging, Tufts University
1994 -Present	Initially Associate Professor of Nutrition and currently (from 1998) Professor of Nutrition, School of Nutrition, Tufts University
1995-Present	Initially Associate Professor of Psychiatry and currently (from 1999), Adjunct Professor of Psychiatry, Tufts University School of Medicine
2005-Present	Senior Staff Member in Pediatrics, Tufts University School of Medicine

Teaching

1984-1985	External lecturer in Nutrition, Royal Institute of Public Health and Hygiene, London, UK
1985-1986	Lecturer in Nutrition, Department of Pediatrics, University of Cambridge, UK
1989 - Present	Supervision of graduate students in PhD program and MD fellows at the USDA Human Nutrition Research Center on Aging at Tufts University Teaching: 2-20 hours per year (depending on year) of graduate lectures in energy metabolism and obesity Co-Organizer of University Seminary Series on the Obesity Epidemic open to both undergraduate and graduate students.

Society Memberships

American Society for Nutrition
The Obesity Society

Leadership

1992	Co-Chair of mini-symposium <i>Energy Metabolism</i> in annual FASEB meeting, Anaheim, CA
1993	Member of advisory team to the NIH Biology of Aging program
1994	Organizer and Chair, <i>Doubly Labeled Water Workshop</i> in annual FASEB meeting. Anaheim, CA
1994	Organizer and Chair, <i>Tutorial Session Indirect Calorimetry with Tracers</i> in 7th International Congress on Obesity, Toronto, Ontario, Canada
1994 - Present	Member of the USDA Human Nutrition Research Center Metabolic Research Unit User's Committee for long-range planning of human metabolic research facilities
1994	Chair, USDA Human Nutrition Research Center subcommittee to recommend on strategies for error reduction in dietary studies
1994	Member of <i>International Dietary Energy Consultative Group</i> to the World Health Organization/Food and Agriculture Organization, London School of Tropical Medicine and Hygiene, UK
1994	Member of NIA working party to recommend on research directions for research into the mechanisms of aging, Atlanta, GA
1994	Invited participant in national forum by the Office of Science and Technology Policy <i>Meeting the Challenge: Health, Safety, and Food for America, Washington DC</i>
1996	Scientific Organizer, USDA Human Nutrition Research Center retreat at Woods Hole, MA
1997	Organizer and Chair, symposium <i>Effects of Childhood Diet on Adult</i>

- 1997 *Health and Disease* in annual FASEB meeting, New Orleans, LA
Organizer and Chair, workshop *The Physiology of Fat Reduction and Fat Replacement*, Tufts University
- 1999 Organizer and Chair, symposium *Dietary Composition and Body Fatness: Do We Need to Look Beyond Dietary Fat?* In FASEB meeting, Washington, DC
- 1999 Chair of mini-symposium *Energy Expenditure* in annual FASEB meeting, Washington, DC
- 1999 – 2009 Chair, Appointments and Promotions Committee, School of Nutrition, Tufts University
- 2000 – Present Member, Strategic Planning Committee, School of Nutrition, Tufts University
- 2000 – Present Ad hoc review for NIH (various panels including Special Emphasis, regular Study Sections, Training Grants, Program Project reviews, and STTR)
- 2000 – 2002 Member, Dietary Reference Intakes Macronutrient Panel, National Academy of Sciences, and lead author for Glycemic Index section of 2002 publication of DRIs by Institute of Medicine
- 2001 – 2002 Member, virtual expert group advising the World Health Organization on revising international dietary energy recommendations
- 2001 Chair, Annual Nominating Committee, American Society for Nutrition
- 2002 – 2005 Member, Obesity Task Force, NECON Working Group on Prevention and Control of Obesity
- 2003 - Present Steering Committee Member and Tufts Site PI, *Comprehensive Assessment of Long-term Effects of Reducing Intake of Energy (CALERIE)*, multisite NIH-funded study of human calorie restriction
- 2006 – 2007 Co-Chair USDA Efficacy Trials Initiative
- 2007 & 2010 Member, Grant Review Committee, USDA Human Nutrition Research Center on Aging
- 2009 Co-Organizer, FASEB Summer Research Conference *The Physiological Basis for Obesity Therapeutics*, Saxon's River, VT
- 2009 – 2010 Co-Chair, *The Obesity Epidemic*, University Seminar Series, Tufts University
- 2009-2010 Elected Committee Member, Medical Nutrition Council of the American Society for Nutrition
- 2009-2012 Advisory Council, *The Human Hall of Life Exhibition*, which includes exhibitions on dietary variety and portion to illustrate Roberts lab research. Museum of Science, Boston MA
- 2010 Organizer and Co-Chair, symposium *Measuring Food Intake* in annual FASEB meeting, Anaheim, CA
- 2011 - Present Advisory Committee, Ingestive Behavior Research Center, Purdue University
- 2012 Organizer and Co-Chair, symposium *Intervention Points in Childhood Obesity: How and who should we treat?* In annual FASEB meeting, San Diego, CA
- 2013 Co-Organizer, *NFL Transition Assistance Program*, Tufts University.
- 2013 Organizer and Co-Chair, symposium *Intervention Points in Adult Obesity: How Effective are Worksite Interventions for Weight Control and Reducing Excess Health Care Costs Associated with Obesity?* in annual FASEB meeting, San Diego, CA
- 2013 - Present Led formation of new Mentoring Lunch Series for junior female faculty at

- 2013 - Present the USDA Human Nutrition Research Center on Aging
 Founder and Co-Chair, *The International Obesity Consortium* (<http://hnrca.tufts.edu/ioc/>). This major new initiative at Tufts University has developed and signed a Memorandum of Understanding between Tufts University and the following institutes for research relating to obesity reduction worldwide. The first consortium-wide protocol has been developed and IRB approval is in process for identical studies in each country:
 Physician Hospital das Clinicas Ribeirao Preto, Sao Paul University, Brazil
 Institute of Genetics and Developmental Biology, Chinese Academy of Sciences, China
 Institution of Public Health and Clinical Nutrition, University of Eastern Finland, Kuopio, Finland
 St John's Research Institute, St. John's National Academy of Health Sciences, Bangalore and Food and Nutrition Program, India
 Kuwait Institute for Scientific Research, Kuwait
 Additional countries are currently under discussion to become part of the consortium
- 2014 Organized meeting for controversy session *Glycemic Index and Health* at annual meeting of The Obesity Society in Boston, MA
- 2014 - 2017 ASN Publication Management Committee Member
- 2014 - Leading development of new clinical trial team in Guinea-Bissau, West Africa for studies of malnutrition and obesity and site for training U.S. international researchers in high quality field research. A local research manager and two study coordinators have been trained, as well as community health workers in 20 villages and 15 per diem nurses for outcomes assessments. Studies have been conducted in >5000 children and parents.
- 2014 - Developed new lab initiative to support the exposure of promising young adults to nutrition and clinical trial research to encourage entry into research. To date 11 young men and women from minority groups within the U.S and from 7 other countries (Brazil, France, Guinea-Bissau, Italy, Kuwait, Sri Lanka and Uzbekistan) have interned or taken paid employment at Tufts University within the Energy Metabolism Laboratory.
- 2016- Appointments and Promotions Committee, Friedman School of Nutrition, Tufts University
- 2010, 2017 Invited speaker at Congressional Biomedical Caucus (2010) and the House of Representatives Hunger Caucus (2017).
- 2016-2017 One of 14 scientists chosen by the Institute of Medicine, National Academies of Sciences, to form a 'Committee to Review the Process to Update the Dietary Guideines for Americans' as directed by Congress. This committee will address the widespread criticism from scientists and the public concerning the 2015 Dietary Guideines for Americans. There will be a formal report prior by the committee in 2017.

Funding

Continuously funded by NIH and USDA since 1992, and also funded by the Department of Defence since 2014. Additional funding currently from 3 companies and a local philanthropist.

Patents

2012 US 8,242,180 B2. Awarded patent *Use of High Satiety, Low Calorie Solid Food Product in Controlling Body Weight*.

2013 Provisional Patent filed *Low Fructose, Low Glycemic Load Ready-to-Eat Therapeutic Formulations*.

2016 Patent filed. *Method for individualized weight loss support by computer algorithm*.

Books

Feeding Your Child for Lifelong Health, by Susan B. Roberts and Melvin B. Heyman with Lisa Tracy (Bantam, August, 1999).

The Instinct Diet: Use Your 5 Food Instincts to Lose Weight and Keep it Off by Susan B. Roberts and Betty Kelly Sargent (Workman Publishing, 2008).

The "I" Diet: Use Your Instincts to Lose Weight – and keep it off – without feeling hungry by Susan B. Roberts and Betty Kelly Sargent (Workman Publishing, 2010).

Australian edition of *World's Best Diet* by Arne Astrup, Christian Bitz, Jennie Brand-Miller and Susan B. Roberts (Penguin 2014).

Research Publications

1. Prentice AM, Whitehead RG, **Roberts SB**, Paul AA, Watkinson M, Prentice A, Watkinson AA. Dietary supplementation of Gambian nursing mothers and lactational performance. *Lancet* 1980;2:886-888.
2. Prentice AM, Whitehead RG, **Roberts SB**, Paul AA. Long term energy balance in childbearing Gambian women. *Am J Clin Nutr.* 1981;34:2790-2799.
3. **Roberts SB**, Paul AA, Cole TJ, Whitehead RG. Seasonal changes in activity, birth weight and lactational performance in rural Gambian women. *Tran Royal Soc Trop Med Hyg.* 1982;76:668-678.
4. Coward WA, Cole TJ, Gerber H, **Roberts SB**, Fleet I. Water turnover and the measurement of milk intake. *Eur J Physiol.* 1982;393:344-347.
5. **Roberts SB**. Studies on lactational performance in relation to energy intake. University of Cambridge, England, 1983.
6. Prentice AM, **Roberts SB**, Prentice A, et al. Dietary supplementation of lactating Gambian women. 1. Effect on breast milk volume and quantity. *Hum Nutr: Clin Nutr.* 1983;37C:53-64.
7. **Roberts SB**, Coward WA. Lactation increases the efficiency of energy utilization in rats. *J Nutr.* 1984;114:2193-2200.

8. **Roberts SB**, Coward WA. Dietary supplementation increases milk output in the rat. *Br J Nutr.* 1985;53:1-9.
9. **Roberts SB**, Coward WA. Effects of ambient temperature on the energy requirements of the lactating rat. *J Nutr.* 1985;115:980-985.
10. **Roberts SB**, Coward WA. The effects of lactation on the relationship between metabolic rate and ambient temperature in the rat. *Ann Nutr Metab.* 1985; 29:19-22.
11. **Roberts SB**, Cole TJ, Coward WA. Lactational performance in relation to energy intake in the baboon. *Am J Clin Nutr.* 1985;41:1270-1276.
12. **Roberts SB**, Lucas A. Effect of two extremes of dietary intake on protein accretion in preterm infants. *Early Hum Dev* 1985;12:301-307.
13. **Roberts SB**, Lucas A. Measurement of urinary constituents and output using disposable diapers. *Arch Dis Child.* 1985;60:1021-1024.
14. Coward WA, **Roberts SB**, Prentice AM, Lucas A. The $^2\text{H}_2^{18}\text{O}$ method for energy expenditure - clinical possibilities, necessary assumptions and limitations. In: GJ Dietze, G Kleinberger, eds. *Clinical nutrition and metabolic research.* Basel: Karger 1986:169-177.
15. **Roberts SB**, Coward WA, Schlingenseipen K-H, Nohria V, Lucas A. Comparison of the doubly labeled water ($^2\text{H}_2^{18}\text{O}$) method with indirect calorimetry and a nutrient balance study for simultaneous determination of energy expenditure, water intake and metabolizable energy intake in preterm infants. *Am J Clin Nutr.* 1986;44:315-322.
16. **Roberts SB**, Savage J, Lucas A. Does lambs wool promote growth in preterm infants? *Lancet* 1986;i:921-922.
17. **Roberts SB**, Lucas A. Measurement of urinary constituents using disposable diapers (letter to the editor). *Arch Dis Child.* 1986;61:208.
18. Lucas A, Ewing G, **Roberts SB**, Coward WA. How much energy does the breast fed infant consume and expend? *Br Med J.* 1987;295:75-78.
19. Lucas A, Ewing G, **Roberts SB**, Coward WA. Measurement of milk intake by deuterium dilution. *Arch Dis Child.* 1987;62:796-800.
20. Lucas A, Nohria V, **Roberts SB**. Measurement of carbon dioxide production rate and estimation of energy expenditure in sick ventilated premature infants. *Biol Neonate.* 1987;51:138-143.
21. Prentice A, Ewing G, **Roberts SB**, et al. The nutritional roles of breast-milk IgA and lactoferrin. *Acta Ped Scand.* 1987;76:592-598.
22. **Roberts SB**, Coward WA. Effects of calorie restriction on lactational performance (letter to the editor). *Acta Ped Scand.* 1987;76:153.
23. **Roberts SB**, Coward WA, Lucas A. Use of the doubly labeled water method for measurement of energy expenditure in preterm infants (letter to the editor). *Am J Clin Nutr.* 1987;45:1545-1547.
24. **Roberts SB**, Lucas A. Energetic efficiency and nutrient accretion in preterm infants fed extremes of dietary intake. *Hum Nutr: Clin Nutr.* 1987;41C:105-113.
25. **Roberts SB**, Murgatroyd PR, Crips JA, Nohria V, Schlingenseipen KH, Lucas A. Long-term variation in O_2 consumption rate in preterm infants. *Biol Neonate.* 1987;52:1-8.

26. Coward WA, **Roberts SB**, Cole TJ. A theoretical and practical approach to the measurement of isotope disappearance curves in the $^2\text{H}_2^{18}\text{O}$ method for estimating energy expenditure in man. *Eur J Clin Nutr.* 1988;42:207-212.
27. Lucas A, **Roberts SB**, Ewing G, Coward WA. Energy content of breast milk and metabolizable energy intake in breast-fed infants. In: LA Hansen, ed. *Biology of Human Milk.* San Francisco: Vevey/Raven Press 1988:7-25.
28. **Roberts SB**, Coward WA, Ewing G, Savage J, Cole TJ, Lucas A. The effect of weaning on the accuracy of the doubly labeled water method in infants. *Am J Physiol.* 1988;254:R622-R627.
29. **Roberts SB**, Savage J, Coward WA, Chew B, Lucas A. Energy expenditure and energy intake in infants born to lean and overweight mothers. *New Eng J Med.* 1988;318:461-466.
30. **Roberts SB**, Young VR. The energy costs of fat and protein deposition in the human infant. *Am J Clin Nutr.* 1988;48:951-955.
31. **Roberts SB**. Use of the doubly labeled water method for measurement of total energy expenditure, total body water, water intake and metabolizable energy intake in humans and small animals. *Can J Physiol Pharm.* 1989;67:1190-1198.
32. **Roberts SB**, Savage J, Coward WA, Chew B, Lucas A. Energy expenditure and energy intake in infants born to lean and overweight mothers. In: FA Oski, JA Stockman, eds. *Year Book of Pediatrics.* Chicago, IL: Year Book Medical Publishers 1989:30-32.
33. **Roberts SB**, Savage J, Coward WA, Chew B, Lucas A. Energy expenditure and intake in infants born to lean and overweight mothers. In: JD Bagdade, LE Brauerman, JB Halter, et al., eds. *Year Book of Endocrinology.* Chicago, IL: Year Book Medical Publishers 1989:301-318.
34. **Roberts SB**, Morrow FJ, Evans WJ, Shepard DC, Dallal GE, Meredith CN, Young VR. Use of p-aminobenzoic acid to monitor compliance with prescribed dietary regimens during metabolic balance studies in man. *Am J Clin Nutr.* 1990;51:485-488.
35. Heyman M, **Roberts SB**. Determination of total energy expenditure in infants using doubly labeled water ($^2\text{H}_2^{18}\text{O}$). In: T Chapman, R Berger, DT Reyngoud, A Okken, eds. *Stable Isotopes in Pediatric Nutritional and Metabolic Research.* Andover, UK: Intercept 1990:51-66.
36. **Roberts SB**. Causes of obesity in infants. *Nutrition & the MD* 1990;16:1-2.
37. **Roberts SB**, Fjeld C, Westerterp K, Goran M. Use of the doubly labeled water method under difficult circumstances. In: AM Prentice, ed. *The doubly-labeled water method for measuring energy expenditure: technical recommendations for use in humans.* Vienna: International Atomic Energy Agency 1990:251-266.
38. **Roberts SB**, Young VR, Fuss P, Fiatarone M, Richard B, Rasmussen H, Wagner D, Joseph L, Holehouse E, Evans WJ. Energy expenditure and subsequent nutrient intakes in overfed young men. *Am J Physiol.* 1990;259:R461-R469.
39. Weaver LT, **Roberts SB**. The measurement of milk intake in the neonatal guinea pig. *Growth Dev Aging.* 1990;54:45-50.
40. Dallal GE, **Roberts SB**. DLW: a computer program for the analysis of data obtained in doubly labeled water studies. *Comp Biomed Res.* 1991;24:143-151.

41. **Roberts SB.** Early Diet and Obesity. In: WH Heird, ed. Nutrition During the Second Six Months. San Francisco: Raven Press 1991, pp 303-316.
42. **Roberts SB,** Ferland G, Young VR, Morrow F, Heyman MB, Melanson K, Gullens SR, Dallal GE. Objective verification of dietary intake by measurement of urine osmolality. *Am J Clin Nutr.* 1991;54:774-782.
43. **Roberts SB,** Heyman MB, Evans WJ, Fuss, P, Young, VR. The dietary energy requirements of young adult men, determined using the doubly labeled water method. *Am J Clin Nutr.* 1991;54:499-505.
44. **Roberts SB,** Heyman MB, Fuss P, Evans WJ, Young VR. Effects of overfeeding and underfeeding on energy expenditure and subsequent voluntary energy intake in normal-weight young men. In: GA Bray and DH Ryan, eds. Proceedings of the 2nd Annual Pennington Biomedical Research Center Symposium on The Science of Food Regulation. Baton Rouge, LA. Baton Rouge: LSU Press 1992, pp 37-54.
45. Heyman MB, Young VR, Fuss, P, Tsay R, Joseph L, **Roberts SB.** Underfeeding and body weight regulation in normal weight young men. *Am J Physiol.* 1992;263:R250-R257.
46. **Roberts SB.** Estimation of energy requirements using doubly labeled water. In: RC de Angelis, JM Filho, SC Szarfarc, eds. *Necessidades Nutricionais.* Sao Paulo, Brazil: Sociedade Brasileira de Alimentacao e Nutricao 1992, pp 41-43.
47. **Roberts SB.** Assessment of energy expenditure and body composition using stable isotopes. In: RC de Angelis, JM Filho, SC Szarfarc, eds. *Necessidades Nutricionais.* Sao Paulo, Brazil: Sociedade Brasileira de Alimentacao e Nutricao 1992, pp 130-132.
48. **Roberts SB.** Infant obesity and nutrition. In: CC Cook-Fuller, ed. *Nutrition 92/93.* Guilford, Connecticut: Dushkin Publishing Group, Inc. 1992;144-145.
49. **Roberts SB,** Young VR, Fuss P, Heyman MB, Fiatarone M, Dallal GE, Cortiella J, Evans WJ. What are the dietary energy needs of elderly adults? *Int J Obesity.* 1992;16:969-976.
50. Fiatarone MA, O'Neill EF, Ryan ND, Clements KM, **Roberts SB,** Kehayias JJ, Lipsitz LA, Evans WJ. The Boston FICSIT study: the effects of resistance training and nutritional supplementation on physical frailty in the oldest old. *J Am Geriatr Soc.* 1993;41:333-337.
51. Calazel CM, Young VR, Evans WJ, **Roberts SB.** Effect of fasting and feeding on measurement of carbon dioxide production using doubly labeled water. *J Appl Physiol.* 1993;74:1824-1829.
52. **Roberts SB.** Energy expenditure and the development of early obesity. *NY Acad Sci* 1993;699:18-25.
53. **Roberts SB,** Fuss P, Evans WJ, Heyman MB, Young VR. Energy expenditure, aging and body composition. *J Nutr.* 1993 ;123:474-480.
54. **Roberts SB,** Young VR. Aging and energy metabolism. Proceedings of the XV International Congress of Gerontology, Volume 1. Monduzzi Editore, 1994, pp 269-276.
55. Fiatarone MA, O'Neill EF, Ryan ND, Clements KM, Solares GR, Nelson ME, **Roberts SB,** Kehayias JJ, Lipsitz LA, Evans WJ. Exercise training and nutritional

- supplementation for physical frailty in very elderly people. *New Eng J Med.* 1994;330:1769-1775.
56. **Roberts SB**, Fuss P, Heyman MB, Evans WJ, Tsay R, Rasmussen H, Fiatarone M, Cortiella J, Dallal G, Young VR. Control of food intake in older men. *JAMA.* 1994;272:1601-1606.
 57. **Roberts SB, Fuss P, Heyman M, Young V.** Influence of age on energy requirements. *Am J Clin Nutr.* 1995; 62:1053S-1058S.
 58. **Roberts SB.** Effects of aging on energy requirements and the control of food intake in men. *J Gerontol.*1995; 50A:101-106.
 59. **Roberts SB**, Dietz W, Sharp T, Dallal GE, Hill JO. Multiple laboratory comparison of the doubly labeled water method. *Obesity Research* 1995;3 Supplement 1:3-14.
 60. Speakman J, **Roberts SB.** Introduction to workshop. *Obesity Research* 1995;3 Supplement 1:1-2.
 61. **Roberts SB.** Abnormalities of energy expenditure and the development of obesity. *Obesity Research* 1995; 3:155S-163S.
 62. Saltzman E, **Roberts SB.** The role of energy expenditure in energy regulation: findings from a decade of research. *Nutr Rev.* 1995;53:209-220.
 63. Sawaya AL, Dallal G, Solymos G, deSousa MH, Ventura M, **Roberts SB**, Sigulem DM. Obesity and malnutrition in a Shantytown population in the city of Sao Paulo, Brazil. *Obesity Res.* 1995;3:107S-115S.
 64. **Roberts SB**, Greenberg AS. Age-associated changes in energy regulation and their relation to mitochondrial DNA mutations. *Aging Clin Exp Res.* 1995;7:469-470.
 65. **Roberts SB.** Energy requirements of older individuals. *Eur J Clin Nutr.* 1996;50:S112-S118.
 66. Dupont J, Durnin JVGA, Ferro-Luzzi A, **Roberts SB**, Schurch B, Shetty PS. Report of the working group on energy requirements of older individuals. *Eur J Clin Nutr.* 1996;50:S192.
 67. Buyckx M, Dupont J, Durnin JVGA, Ferro-Luzzi A, **Roberts SB**, Schurch B, Shetty PS. Report on the working group on general principles of assessing energy requirements. *Eur J Clin Nutr.* 1996;50:S186-S187.
 68. Sawaya AL, Saltzman E, Fuss P, Young VR, **Roberts SB.** Dietary energy requirements of young and older women, determined by using the doubly labeled water method. *Am J Clin Nutr.* 1996;62:338-344.
 69. **Roberts SB**, Fuss P, Dallal GE, Atkinson A, Evans WJ, Joseph L, Fiatarone MA, Greenberg AS, Young VR. Effects of age on energy expenditure and substrate oxidation during experimental overfeeding in healthy men. *J Gerontol.*1996;51A:B148-B157.
 70. **Roberts SB**, Fuss P, Heyman MB, Dallal GE, Young VR. Effects of age on energy expenditure and substrate oxidation during experimental underfeeding in healthy men. *J Gerontol.* 1996;51A:B158-B166.
 71. Sawaya AL, Tucker K, Tsay R, Willett W, Saltzman E, Dallal GE, **Roberts SB.** Evaluation of four methods for determination of energy intake in young and older

- women: comparison with doubly labeled water measurements of total energy expenditure. *Am J Clin Nutr.* 1996;63:491-499.
72. **Roberts SB**, Greenberg AS. The new obesity genes. *Nutr Rev.* 1996;1:41-49.
 73. Melanson KJ, Saltzman E, Russell R, **Roberts SB**. Postabsorptive and postprandial energy expenditure and substrate oxidation do not change during the menstrual cycle in young women. *J Nutr.* 1996;126:2531-2538.
 74. **Roberts SB**, Vinken AG. Energy and substrate regulation in obesity. In: *Nutrition in Pediatrics: Basic Science and Clinical Applications*, 2nd ed, 1996. A Walker, ed. Neully-sur-Seine, France: Decker Europe, Incorporated.
 75. Millward DJ, **Roberts SB**. Protein requirements of older individuals. *Nutr Res Rev.* 1996;9:67-87.
 76. Saltzman E, **Roberts SB**. Effects of energy imbalance on energy expenditure and respiratory quotient in young and older men: a summary of data from two metabolic studies. *Aging Clin Exp Res.* 1996;8:370-378.
 77. **Roberts SB**. Editorial: human obesity genes. *Nutrition* 1997;13:236-238.
 78. Dupont JL, Narang K, Thayer DW, Kehayias JJ, **Roberts SB**, Reeds PJ, Russell RM. Nuclear technology in agriculture and nutrition. *Nuclear News* 1997;40:58-62.
 79. Melanson KJ, Saltzman E, Russell R, **Roberts SB**. Fat oxidation in response to four graded energy challenges in younger and older women. *Am J Clin Nutr.* 1997;66:860-866.
 80. **Roberts SB**, Nicholson M, Staten M, Sawaya AL, Heyman MB, Fuss P, Greenberg AS. Relationship between circulating leptin and energy expenditure in adult men and women aged 18 years to 81 years. *Obes Res.* 1997;5:459-463.
 81. Saltzman E, Dallal GE, **Roberts SB**. The effect of high-fat and low-fat diets on voluntary energy intake and substrate oxidation: studies in identical twins using diets matched for energy density, fiber and palatability. *Am J Clin Nutr.* 1997;66:1332-1339.
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 83. **Roberts SB**, McDonald, R. The evolution of a new research field: metabolic programming by early diet. *J Nutr.* 1998;128:400S.
 84. Sawaya AL, Grillo LP, Verreschi I, Da Silva, AC, **Roberts SB**. Mild stunting is associated with higher susceptibility to the effects of high fat diets: studies in a shantytown population in Sao Paulo, Brazil. *J Nutr.* 1998;128:415S-420S.
 85. **Roberts SB**, Pi-Sunyer X, Dreher M, Hahn R, Hill JO, Kleinman RE, Peters JC, Ravussin E, Rolls BJ, Yetley E, Booth SL. Physiology of fat replacement and fat reduction: Effects of dietary fat and fat substitutes on energy. *Nutr Rev.* 1998;56:S29-S49.
 86. **Roberts SB** and Leibel RL. Excess energy intake and low energy expenditure as predictors of obesity 1998;22:385-386.
 87. Melanson KJ, Greenberg AS, Ludwig D, Saltzman E, **Roberts SB**. Blood glucose and hormonal responses to small and large meals in healthy young and older women. *J Gertontol.* 1998;53A:B299-B305.

88. Surrao J, Sawaya AL, Dallal GE, and **Roberts SB**. The use of food quotients in human doubly labeled water studies: does it matter which food intake method is used? *J Am Diet Assoc.* 1998;98:1015-1020.
89. **Roberts SB** and Hays NP. Older people (a) nutritional requirements. In: *Encyclopedia of Human Nutrition*, M Sadler, B. Caballero, S. Strain, eds. London: Academic Press Limited, 1998.1466-1473.
90. **Roberts SB**, Dallal GE. The effects of age on energy balance. *Am J Clin Nutr.* 1998;68(suppl):975S-979S.
91. Melanson KJ, Saltzman E, Russell, **Roberts SB**. The effects of age on postprandial thermogenesis at four graded energetic challenges: findings in young and older women. *J Gerontol.* 1998;53A:B409-B414.
92. Hsu LKG, Benotti P, Dwyer J, **Roberts SB**, Saltzman E, Shikora S, Rolls BJ, Rand W. Non-surgical factors that influence the outcome of bariatric surgery. *Psychosomatic Med.* 1998;60:338-346.
93. **Roberts SB**. Are low-fat diets safe for young children? *Nutr Clin Care.* 1999;2:143-144.
94. Vinken AG, Bathalon GP, Sawaya AL, Dallal GE, Tucker KL, **Roberts SB**. Equations for prediction of energy requirements in non-obese, healthy adults aged 18 to 81. *Am J Clin Nutr.* 1999; 69:920-926.
95. Ludwig DS, Majzoub JA, Al-Zharani A, Bouchard T, Yao M, Blanco I, Dallal GE, **Roberts SB**. High glycemic index foods, overeating and obesity. *Pediatrics* 1999;103:E26.
96. McCrory MA, Fuss PJ, McCallum JE, Yao M, Vinken AG, Hays NP, **Roberts SB**. Dietary variety within food groups: association with energy intake and body fatness in men and women. *Am J Clin Nutr.* 1999;69:440-447.
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Community Service and Additional Activities

- Invited community lectures e.g. in libraries and for consumer groups on how to achieve sustainable weight loss.
- Raised money to support building a school for a rural village in Guinea Bissau, where we have been doing a research project testing malnutrition food supplements. The school enrolled >200 pupils in 2014 and the older children are now reading. Money has been raised to build 2 more classrooms starting in 2017.
- Scientific Advisor and equity holder in start-up company Instinct Health Science Inc., which is scaling a behavioral weight loss program (as outlined in *The "I" Diet* book) into a national weight management support organization.
- Widely quoted by national and international media for commentary on weight control. Citations include New York Times Room for Debate and Jane Brody Column, The Atlantic, LA Times, Time magazine, People magazine, NPR, other radio stations, and local and national news programs.