

# Krista Varady, Ph.D.

University of Illinois at Chicago, Department of Kinesiology and Nutrition  
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## Education

- Postdoctoral Fellow      **University of California, Berkeley - Department of Nutritional Sciences**  
Human Nutrition      August 2006 - Jul 2008  
Supervisor: Dr. Marc K. Hellerstein, M.D., Ph.D.
- Ph.D.      **McGill University - School of Dietetics and Human Nutrition**  
Human Nutrition      September 2002 - June 2006  
Supervisor: Dr. Peter J. Jones, Ph.D.
- B.S.      **University of Guelph - Department of Applied Human Nutrition**  
Nutrition & Dietetics      September 1998 - April 2002

## Faculty and Research Appointments

- Associate Professor      **University of Illinois at Chicago - Department of Kinesiology and Nutrition**  
Aug 2013 - Present
- Assistant Professor      **University of Illinois at Chicago - Department of Kinesiology and Nutrition**  
Aug 2008 - Present
- Clinical Coordinator      **McGill University - School of Dietetics and Human Nutrition**  
Mary Emily Clinical Nutrition Research Unit  
September 2002 - May 2006
- Research Assistant      **University of Guelph - Department of Nutritional Sciences**  
Nutraceutical and Functional Food Research Center  
January 2001 - April 2002

## Teaching Appointments

- Course Instructor      **University of California, Berkeley - Department of Nutritional Sciences**  
Integrated Metabolism Course (Graduate level)  
January 2008 - April 2008
- Course Instructor      **McGill University - School of Dietetics and Human Nutrition**  
Human Nutrition Course (Undergraduate level)  
September 2005 - December 2005
- Teaching Assistant      **McGill University - School of Dietetics and Human Nutrition**  
Nutrition & Society, Functional Foods (Undergraduate level)  
September 2002 - April 2005

## **Graduate Student Supervision**

2013 – Present	Kristin Hoddy, Ph.D. Student (Expected graduation date: Spring 2017)
2012 – Present	Yolian Calvo, M.S. Student (Expected graduation date: Spring 2014)
2011 – Present	Cynthia Kroeger, Ph.D. Student (Expected graduation date: Spring 2015)
2011 – Present	John Trepanowski, Ph.D. Student (Expected graduation date: Spring 2015)
2009 – 2013	Monica Klempel, Ph.D. Student
2009 – 2013	Surabhi Bhutani, Ph.D. Student

## **Postdoctoral Fellow Supervision**

2013 – Present	Adrienne Barnosky, M.D. (Endocrine Fellow)
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## **Professional Affiliations**

Member of the Obesity Society since 2007

Member of the Canadian Obesity Network since 2007

Member of the Canadian Nutrition Society since 2003

Member of the American Society for Nutritional Sciences since 2003

## **Reviewer for Journals**

Journal of the American Medical Association, American Journal of Clinical Nutrition, Appetite, Diabetes, European Journal of Clinical Nutrition, European Journal of Endocrinology, International Journal of Obesity, Journal of Lipid Research, Journal of Nutrition, Medicine and Science in Sports and Exercise, Metabolism: Clinical and Experimental, Nutrition, Nutrition Reviews, Obesity, and Obesity Reviews.

## **Committee Service**

### **Graduate Student Committees**

2012 – Present	Mohamed Ali, Ph.D. Thesis Committee Member
2012 – Present	Ignacio Rivero Covelo, Ph.D. Thesis Committee Member
2011 – Present	Chen Shen, Ph.D. Thesis Committee Member
2010 – Present	Melissa Goslawski, M.S. Thesis Committee Member
2008 – 2012	Nina Franklin, Ph.D. Thesis Committee Member
2010 – 2011	Sarah Olender, M.S. Thesis Committee Member
2008 – 2008	Eunyoung Park, M.S. Thesis Committee Member

### **Departmental Committees**

2008 – Present	Graduate Admissions Committee University of Illinois, Chicago, Department of Kinesiology and Nutrition
2008 – Present	Human Nutrition Curriculum Committee University of Illinois, Chicago, Department of Kinesiology and Nutrition
2009 – 2012	Coordinator for Weekly Distinguished Lecture Series University of Illinois, Chicago, Department of Kinesiology and Nutrition

## University Committees

2012 – Present	University Senate Member, University of Illinois, Chicago
2008 – Present	Graduate Research Forum, Faculty Judge, University of Illinois, Chicago

## Honors and Awards

2013	Researcher of the Year Award, Clinical Sciences Rising Star – University of Illinois, Chicago
2010	International Life Sciences Institute – Future Leader in Nutrition Award
2009	Canadian Society for Nutritional Sciences – Outstanding Research Award
2008	Quebec Innovation in Agriculture and Food Science – Poster Award
2006	McGill University – Alma Mater Student Travel Award
2005	Institute of Nutraceuticals and Functional Foods – Poster Award
2005	Advanced Foods and Materials Network – Travel grant
2005	McGill University – Alma Mater Student Travel Award
2004	Canadian Society for Clinical Nutrition – Premier Abstract Award
2004	McGill University – Alma Mater Student Travel Award
2003	American Society for Nutritional Sciences – Pre-doctoral Fellowship
2001	University of Guelph – Dean’s Scholarship
2000	University of Guelph – Adelaide Hoodless Proficiency Scholarship
1998	University of Guelph – Entrance Scholarship

## Research Funding

### Pending

07/15/13 – 12/31/16	<b>American Diabetes Association</b>	<b>\$566,700</b>
	Modification of diabetic risk factors by alternate day fasting. This aim of this trial is to examine the effect of the alternate day fasting diet on weight loss and reduction of diabetes risk indicators. The impact of the diet on various parameters of insulin sensitivity will also be assessed. Role: PI	

### Active

01/01/11 – 12/31/15	<b>National Institutes of Health (NHLBI), 1R01HL106228-01</b>	<b>\$1,546,793</b>
	Alternate day fasting for weight loss, weight maintenance, and cardio-protection. The aim of this project is to examine the ability of alternate day fasting to facilitate weight loss and weight maintenance in obese humans. The effects of weight loss on cardio-metabolic parameters will also be investigated. Role: PI	
07/01/13 – 06/30/15	<b>National Institutes of Health (NIDDK), T32</b>	
	Diabetes, Nutrition and Obesity This broad-based, integrative training program will enable medical trainees to write competitive grant proposals that will help them establish successful research careers in academia, and academic medicine.	

Role: Mentor

01/01/12 – 12/31/13	<p><b>American Heart Association, 12PRE8350000</b></p> <p>Alternate day fasting combined with exercise for weight loss and cardio-protection. This study examines whether the combination of alternate day fasting plus endurance exercise produces superior changes in body weight and lipid risk factors for cardiovascular disease compared to either intervention alone.</p> <p>Role: PI</p>	<p><b>\$52,000</b></p>
01/01/10 – 12/31/14	<p><b>American Heart Association, 10SDG2610038</b></p> <p>Alternate day fasting: Effects on lipid metabolism. The goal of this study is to identify the underlying changes in lipid metabolism that may contribute to the beneficial modulations in plasma lipids observed with alternate day fasting in obese humans.</p> <p>Role: PI</p>	<p><b>\$260,120</b></p>
01/01/10 – 12/31/14	<p><b>National Institutes of Health (NHLBI), 1R01HL095701-01</b></p> <p>Effects of low carbohydrate and low fat diets on endothelial function in obesity. The objective of this study is to compare the effect of a low carbohydrate diet to that of a low fat diet on endothelial function in obese adults.</p> <p>Role: Co-I (PI: Phillips, SA)</p>	<p><b>\$1,951,000</b></p>
01/01/10 – 12/31/13	<p><b>University of Illinois, Chicago, Obstetrics and Gynecology</b></p> <p>Leptin levels and preterm delivery in high-risk pregnancies. This study examines the role that leptin plays in mediating the risk of preterm deliveries in high-risk pregnancies.</p> <p>Role: Co-I (PI: Gambala, C)</p>	<p><b>\$5,000</b></p>
<b>Completed</b>		
01/01/12 – 12/31/12	<p><b>Isagenix International, LLC.</b></p> <p>Effects of a liquid diet regimen on body weight and cardiovascular disease risk. This study compares the effectiveness of an intermittent fasting-liquid diet to a calorie restriction-food based diet for weight loss and cardio-protection.</p> <p>Role: PI</p>	<p><b>\$368,133</b></p>
03/01/10 – 03/01/12	<p><b>International Life Sciences Institute</b></p> <p>Effects of nibbling versus feasting on body weight and body composition. The goal of this study is to determine if nibbling meal patterns (eating several meals per day) is more cardio-protective than feasting meal patterns (eating one meal per day).</p> <p>Role: PI</p>	<p><b>\$30,000</b></p>
01/01/10 – 01/01/12	<p><b>University of Illinois, Chicago, Chancellor Discovery Fund</b></p> <p>Modified alternate day fasting: Effects on endothelial function. This study examines the effects of alternate day fasting on body weight, and the resultant impact on vascular endothelial function.</p> <p>Role: PI</p>	<p><b>\$58,000</b></p>

08/01/06 – 07/31/08	<b>Natural Sciences and Engineering Research Council of Canada</b> Postdoctoral Fellowship Role: PI	<b>\$80,000</b>
08/01/06 – 07/31/08	<b>Heart and Stroke Foundation of Canada</b> Postdoctoral Fellowship Role: PI	<b>\$120,000</b>
01/01/04 – 12/31/06	<b>Natural Sciences and Engineering Research Council of Canada</b> Pre-doctoral Fellowship Role: PI	<b>\$70,000</b>
01/01/03 – 12/31/07	<b>Heart and Stroke Foundation of Canada, Project Grant</b> Effects of plant sterol and exercise training on cholesterol kinetics Role: PI	<b>\$542,000</b>

## Publications

1. Bhutani S, Klempel MC, Kroeger C, Trepanowski J, **Varady KA**. Alternate day fasting with or without exercise: Effects on endothelial function and adipokines in obese humans. *Clinical Nutrition E-SPEN*. Epub ahead of print September 2013.
2. Bhutani S, Klempel MC, Kroeger C, Trepanowski J, **Varady KA**. Alternate day fasting and endurance exercise combine to reduce body weight and favorably alter plasma lipids in obese humans. *Obesity*. 2013; Feb 14 [Epub ahead of print].
3. Klempel MC, Kroeger CM, **Varady KA**. Alternate day fasting increases LDL particle size independently of dietary fat content in obese humans. *Eur J Clin Nutr*. 2013; 67: 783-5.
4. Klempel MC, Kroeger CM, Norkeviciute E, Goslawski M, Phillips SA, **Varady KA**. Benefit of a low-fat over high-fat diet on vascular health during alternate day fasting. *Nutr Diabetes*. 2013; 3: 71.
5. Kroeger CM, Klempel MC, Bhutani S, Trepanowski JF, **Varady KA**. Improvement in coronary heart disease risk factors during an intermittent fasting/calorie restriction regimen: Relationship to adipokine modulations. *Nutrition and Metabolism*. 2012; 31: 98.
6. Klempel MC, Kroeger CM, Bhutani S, Trepanowski JF, **Varady KA**. Intermittent fasting combined with calorie restriction is effective for weight loss and cardio-protection in obese women. *Nutrition Journal*. 2012; 11: 98.
7. Klempel MC, Kroeger C, **Varady KA**. Alternate day fasting (ADF) with a high-fat diet produces similar weight loss and cardio-protection as ADF with a low-fat diet. *Metabolism*. 2013; 62: 137-43.
8. **Varady KA**, Lamarche B. Lipoprint adequately estimates LDL size distribution, but not absolute size, versus polyacrylamide gradient gel electrophoresis. *Lipids*. 2011; 46: 1163-7.
9. **Varady KA**, Bhutani S, Klempel MC, Kroeger CM. Comparison of effects of diet versus exercise weight loss regimens on LDL and HDL particle size in obese adults. *Lipids in Health and Disease*. 2011; 10: 119.
10. **Varady KA**. Intermittent versus daily calorie restriction: which diet regimen is more effective for weight loss? *Obesity Reviews*. 2011; 12: 593-601.
11. Klempel MC, **Varady KA**. Reliability of leptin, but not adiponectin, as a biomarker for diet-induced weight loss in humans. *Nutrition Reviews*. 2011; 69: 145-54.
12. **Varady KA**, Bhutani S, Klempel M, Phillips SA. Improvements in vascular health by a low-fat diet, but not a high-fat diet, are mediated by changes in adipose tissue physiology. *Nutrition Journal*. 2011; 10: 8.
13. **Varady KA**, Bhutani S, Klempel, Lamarche B. Improvements in LDL particle size and distribution by short-term alternate day modified fasting in obese adults. *British Journal of Nutrition*. 2011; 105: 580-3.

14. Klempel MC, Bhutani S, **Varady KA**. Dietary, behavioral, and physical activity adaptations to alternate day fasting: Implications for optimal weight loss. *Nutrition Journal*. 2010; 9: 35.
15. Bhutani S, Church EC, Klempel MC, **Varady KA**. Improvements in coronary heart disease risk indicators by alternate day fasting involve adipose tissue modulations. *Obesity*: 2010: 18; 2152-9.
16. Roohk DJ, **Varady KA**, Turner SM, Emson CE, Gelling RW, Shankaran M, Lindwall G, Shipp LE, Scanlan TS, Wang JC, Hellerstein MK. Differential in vivo effects on target pathways of a novel arylpyrazole glucocorticoid receptor modulator compared to prednisolone. *J Pharmacol Exp Ther*. 2010; 333: 281-9.
17. **Varady KA**, Bhutani S, Church EC, Phillips SA. Adipokine responses to acute resistance exercise in trained and untrained men. *Medicine and Science in Sports and Exercise*. 2010; 42: 456-62.
18. **Varady KA**, Bhutani S, Church EC, Klempel MC. Short-term modified alternate day fasting: A novel dietary strategy for weight loss and cardio-protection in obese adults. *American Journal of Clinical Nutrition*. 2009; 90: 1138-43.
19. **Varady KA** and Bhutani S. Nibbling versus feasting: Which meal pattern is better for heart disease prevention? *Nutrition Reviews*. 2009; 67: 591-8.
20. **Varady KA**, Tussing L, Bhutani S, Braunschweig CL. Degree of weight loss required to improve adipokine concentrations and decrease fat cell size in severely obese women. *Metabolism*. 2009; 58: 1096-11.
21. **Varady KA**, Allister CA, Roohk DJ, Hellerstein MK. Improvements in body fat distribution and circulating adiponectin levels by alternate day fasting versus calorie restriction. *Journal of Nutritional Biochemistry*. 2009; Feb 4 Epub ahead of print.
22. **Varady KA**, Hudak CS, Hellerstein MK. Modified alternate day fasting and cardio-protection: Relation to adipose tissue dynamics and dietary fat intake. *Metabolism*. 2009; 58: 803-11.
23. Jaworski K, Ahmadian M, Duncan RE, Sarkadi-Nagy E, **Varady KA**, Hellerstein MK, Lee HY, Samuel VT, Shulman GI, Kim KH, de Val S, Kang C, Sul HS. AdPLA ablation increases lipolysis and prevents obesity induced by high-fat feeding or leptin deficiency. *Nature Medicine*. 2009; 15: 159-68.
24. Ahmadian M, Duncan RE, **Varady KA**, Frasson D, Hellerstein MK, Birkenfeld AL, Samuel VT, Shulman G, Wang Y, Kang C, Sul HS. Adipose overexpression of desnutrin promotes fatty acid utilization and promotes diet-induced obesity. *Diabetes*. 2009; 58: 855-66.
25. **Varady KA**, Roohk DJ, Bruss M, Hellerstein MK. Alternate day fasting reduces global cell proliferation rates independently of dietary fat content in mice. *Nutrition*. 2009; 25: 486-91.
26. **Varady KA**, Hellerstein MK. Can calorie restriction regimens modulate adipose tissue physiology in a way that reduces chronic disease risk? *Nutrition Reviews*. 2008; 66: 333-42.
27. **Varady KA**, Roohk DJ, McEvoy-Hein BK, Gaylinn BD, Thorner MO, Hellerstein MK. Modified alternate-day fasting regimens reduce cell proliferation rates to a similar extent as daily calorie restriction in mice. *FASEB Journal*. 2008; 22: 2090-6.
28. Jones PJ, **Varady KA**. Are functional foods redefining nutritional requirements? *Applied Physiology Nutrition and Metabolism*. 2008; 33: 234-40.
29. Collins M, **Varady KA**, Jones PJ. Modulation of apolipoprotein A1 and B, adiponectin, ghrelin and growth hormone levels by plant sterols and exercise in previously sedentary adults. *Canadian Journal of Pharmacology and Physiology*. 2007; 85: 903-10.
30. **Varady KA**, Roohk DJ, Loe YC, McEvoy-Hein BK, Hellerstein MK. Effect of modified alternate-day fasting regimens on adipocyte size, triglyceride metabolism, and adipokine levels in mice. *Journal of Lipid Research*. 2007; 48: 2212-9.
31. **Varady KA**, Hellerstein MK. Alternate-day fasting for chronic disease prevention: A review of human and animal trials. *American Journal of Clinical Nutrition*. 2007; 86: 7-13.
32. **Varady KA**, Roohk DJ, Hellerstein MK. Dose effects of modified alternate-day fasting regimens on in vivo cell proliferation and plasma insulin-like growth factor-1 in mice. *Journal of Applied Physiology*. 2007; 103: 547-51.

33. **Varady KA**, Santosa S, Demonty I, Jones PJ. Validation of hand-held bioelectrical impedance analysis with magnetic resonance imaging for the assessment of body composition in overweight women. *American Journal of Human Biology*. 2007; 19: 429-33.
34. **Varady KA**, Houweling A, Jones PJ. Modulation of plasma lipid concentrations and cholesterol kinetics by plant sterols and exercise in hypercholesterolemic adults. *Translational Research*. 2007; 149: 22-30.
35. Santosa S, **Varady KA**, Abumweis S, Jones PJ. An investigation of the reciprocal relationship of cholesterol absorption and synthesis in humans. *Life Sciences*. 2006; 80: 505-14.
36. Chan Y, **Varady KA**, Lin Y, Trautwein E, Plat J, Jones, PJ. Plasma concentrations of plant sterols: Physiology and relationship with cardiovascular disease. *Nutrition Reviews*. 2006; 64: 385-402.
37. **Varady KA**, Charest A, Santosa S, Demonty I, Lamarche B, Jones PJ. Effect of weight loss resulting from a combined low fat diet/exercise regimen on LDL particle size and distribution in obese women. *Metabolism*. 2006; 55: 1302-7.
38. Marinangeli C, **Varady KA**, Jones PJ. Combination plant sterol and exercise therapy for the treatment of hypercholesterolemia: Overview of independent and synergistic mechanisms of action. *Journal of Nutritional Biochemistry*. 2006; 17: 217-24.
39. **Varady KA**, Jones PJ. Combination diet and exercise interventions for the treatment of dyslipidemia: An effective preliminary strategy to lower cholesterol levels? *Journal of Nutrition*. 2005; 135: 1829-35.
40. **Varady KA**, St-Pierre AC, Lamarche B, Jones PJ. Effect of plant sterols and endurance training on LDL particle size and distribution in previously sedentary hypercholesterolemic adults. *European Journal of Clinical Nutrition*. 2005; 59: 518-25.
41. **Varady KA**, Ebine N, Vanstone CA, Parsons WE, Jones PJ. Plant sterols and endurance exercise combine to favourably alter lipid profiles in previously sedentary hypercholesterolemic adults after 8 weeks. *American Journal of Clinical Nutrition*. 2004; 80: 1159-66.
42. **Varady KA**, Wang YW, Jones PJ. Policosanols: Role in the prevention and treatment of cardiovascular disease. *Nutrition Reviews*. 2003; 61: 376-83.

## **Textbook chapters**

1. Trepanowski JF, **Varady KA**. Chapter 8: Intermittent fasting for reduction of visceral fat mass. *Nutrition in the prevention and treatment of abdominal obesity*. Elsevier, NY. 2013: In Press.
2. Bhutani S, **Varady KA**. Effect of endurance exercise without diet modification on body weight and body composition. *Body weight: Composition, exercises for men and women and impact on health*. Hauppauge, NY: Nova Science Publishers, 2013, In Press.
3. **Varady KA**. Chapter 23: Alternate day fasting: Effects on body weight and chronic disease risk in humans and animals. *The comparative physiology of fasting and starvation*. New York, NY: Springer, 2012, 411-423.
4. **Varady KA**. Chapter 4: Alternate day fasting for weight loss. *Weight loss diets*. Hauppauge, NY: Nova Science Publishers, 2011, 201-217.
5. **Varady KA**. Chapter 7: Calorie restriction and obesity. *Calorie restriction, aging and longevity*. New York, NY: Springer, 2009, 153-168.
6. **Varady KA**. Chapter 12: Ability of dietary restriction regimens to reduce cell proliferation rates and cancer risk in humans and animals. *Cell Proliferation*. Hauppauge, NY: Nova Science Publishers, 2008, 235-247.
7. **Varady KA**, Jones PJ. Chapter 2: Lipid sources, and phytosterol-drug synergy and cardiovascular disease. *Food Drug Synergy and Safety*. Boca Raton, FL: CRC Press, 2005; 34-48.

## Books for the General Public

1. **Varady KA**, Gottlieb B. *The Every Other Day Diet*. Hyperion, NY: 2013: To be published December 2013.

## Abstracts

1. Kroeger CM, Klempel MK, Bhutani S, Trepanowski JF, **Varady KA**. Improvement in coronary heart disease risk factors during an intermittent fasting/ calorie restriction regimen: Relationship to adipokine modulations. Federation of American Societies for Experimental Biology (FASEB) Annual Meeting. Boston, MA, USA, 2013. [Oral presentation]
2. Klempel MC, Kroeger CM, **Varady KA**. Alternate day fasting with a high fat diet: Impact on body weight, body composition, and coronary heart disease risk profile in obese adults. Federation of American Societies for Experimental Biology (FASEB) Annual Meeting. Boston, MA, USA, 2013. [Poster presentation]
3. Bhutani S, Klempel MC, Kroeger CM, **Varady KA**. Alternate day fasting and endurance exercise combine to improve adipose tissue physiology. The Obesity Society. San Antonio, TX, USA, 2012.
4. Kominiarek M, Gambala C, **Varady KA**. Adipokinins in Pregnancies at Risk for Preterm Delivery. Society for Gynecologic Investigation (SGI) Annual Meeting. Orlando, FL, USA, 2012.
5. Kominiarek M, Gambala C, **Varady KA**. Leptin Levels, Body Mass Index, and Gestational Age at Delivery: A Prospective Case-Control Study. Society for Gynecologic Investigation (SGI) Annual Meeting. Orlando, FL, USA, 2012.
6. Bhutani S, Kroeger C, **Varady KA**. Alternate day fasting and exercise combine to improve LDL particle size in obese humans. Controversies to Consensus in Diabetes Obesity and Hypertension. Barcelona, Spain, 2012. [Oral presentation].
7. Bhutani S, Klempel MC, Kroeger C, Trepanowski J, **Varady KA**. Alternate day fasting combined with exercise: An effective treatment for weight loss and cardio-protection in obese humans. Federation of American Societies for Experimental Biology (FASEB) Annual Meeting. San Diego, CA, USA, 2012. [Poster presentation]
8. Klempel MC, Kroeger C, **Varady KA**. Alternate day fasting (ADF) with a high fat background diet produces similar weight loss and cardio-protection when compared to ADF with a low fat background diet. Federation of American Societies for Experimental Biology (FASEB) Annual Meeting. San Diego, CA, USA, 2012. [Poster presentation]
9. **Varady KA**, Bhutani S, Klempel MC, Kroeger C. Comparison of effects of diet versus exercise weight loss regimens on LDL and HDL particle size in obese adults. The Obesity Society. Orlando, FL, USA, 2011. [Poster presentation].
10. **Varady KA**, Bhutani S, Klempel MC. Effects of alternate day modified fasting on LDL particle size and distribution in obese adults. Federation of American Societies for Experimental Biology (FASEB) Annual Meeting. Washington DC, USA, 2011. [Oral presentation]
11. **Varady KA**, Bhutani S, Klempel MC. Weight loss, coronary heart disease risk reduction, and adipokine profile improvement by alternate day fasting. The Obesity Society. San Diego, CA, USA, 2010. [Poster presentation].
12. Phillips, SA, Bian JT, Bhat S, Klempel MC, Bhutani S, **Varady K**. Reduced leptin and resistin and increased adiponectin are associated with improved endothelial function during weight loss with low fat compared to low carbohydrate diets. Federation of American Societies for Experimental Biology (FASEB) Annual Meeting. Anaheim, CA, USA, 2010. [Oral presentation]



13. **Varady KA**, Bhutani S, Church EC, Klempel MC. Alternate day fasting: A novel dietary strategy for weight loss and cardio-protection in obese adults. Federation of American Societies for Experimental Biology (FASEB) Annual Meeting. Anaheim, CA, USA, 2010. [Poster presentation]
14. **Varady KA**, Bhutani S, Phillips SA. Effect of low-fat versus low-carbohydrate diets on body fat loss and circulating adipokine concentrations in obese humans. The Obesity Society. Washington DC, USA, 2009. [Oral presentation].
15. **Varady KA**, Bhutani S, Church EC, Phillips SA. Acute effects of weight lifting on plasma adiponectin in trained versus untrained individuals. Federation of American Societies for Experimental Biology (FASEB) Annual Meeting. New Orleans, LA, USA, 2009. [Poster presentation]
16. **Varady KA**, Tussing L, Butani S, Braunschweig CL. Minimum degree of weight loss required to improve adipokine concentrations in severely obese women. Pre-diabetes Congress. Nice, France, 2009. [Oral presentation]
17. **Varady KA**, Allister CA, Roohk DJ, and Hellerstein MK. Improvements in body fat distribution and circulating adiponectin levels by alternate day fasting versus calorie restriction. North American Association for the Study of Obesity (NAASO). Phoenix, AZ, USA, 2008. [Oral presentation].
18. Javorsky B, Liu J, **Varady KA**, Roohk DJ, Gaylenn BD, Hellerstein MK, Thorner MO. Effect of alternate day fasting versus calorie restriction on ghrelin and the growth hormone axis in mice. Endocrinology Society Annual Meeting. San Francisco, CA, USA, 2008. [Poster presentation]
19. **Varady KA**, Roohk DJ, Vissa M, Hellerstein MK. Redistribution of adipose tissue from visceral to subcutaneous depots by alternate-day fasting in mice. Federation of American Societies for Experimental Biology (FASEB) Annual Meeting. San Diego, CA, USA, 2008. [Oral presentation]
20. **Varady KA**, Roohk DJ, Hellerstein MK. Effect of modified alternate-day fasting on adipose tissue triglyceride metabolism and adipokine levels. North American Association for the Study of Obesity (NAASO). New Orleans, LA, USA, 2007. [Oral presentation].
21. Roohk DJ, **Varady KA**, Hellerstein MK. A novel stable isotope-mass spectrometric approach to characterizing multiple metabolic actions of triiodothyronine in vivo. North American Association for the Study of Obesity (NAASO). New Orleans, LA, USA, 2007. [Poster presentation].
22. **Varady KA**, Roohk DJ, Hellerstein MK. Effect of modified alternate-day fasting regimens on in vivo cell proliferation rates in mice. Federation of American Societies for Experimental Biology (FASEB) Annual Meeting. Washington DC, USA, 2007. [Poster presentation]
23. **Varady KA**, Hellerstein MK. Dose effects of alternate day fasting on adipose tissue physiology. Comprehensive Assessment of Long-term Effects of Reducing Intake of Energy (CALERIE) Conference, Bethesda, MD, USA, 2006. [Oral presentation]
24. **Varady KA**, Santosa S, Demonty I, Jones PJ. Hand-held bioelectrical impedance analysis underestimates fat mass while overestimating fat free mass in obese women. Canadian Society for Clinical Nutrition (CSCN) Annual Meeting. Edmonton, Alberta, Canada, 2006. [Oral presentation]
25. **Varady KA**, Jones PJ. The effect of endurance exercise on cholesterol precursor concentrations in previously sedentary adults. Conférence sur la Recherche et l'Innovation Québécoises en Agriculture et en Agroalimentaire (CRIQAA) Annual Meeting. Quebec City, Quebec, Canada, 2006. [Poster presentation]
26. **Varady KA**, Houweling A, Jones PJ. Plant sterols combined with exercise improves lipid profiles by modulating whole body cholesterol metabolism. Federation of American Societies for Experimental Biology (FASEB) Annual Meeting. San Francisco, California, USA, 2006. [Poster presentation]
27. **Varady KA**, Houweling A, Jones PJ. Decrease in body weight as a result of exercise training reduces fractional cholesterol synthesis rates in hypercholesterolemic subjects. Institute for Nutraceuticals and Functional Foods (INAF) Annual Meeting. Quebec City, Quebec, Canada, 2005. [Poster presentation]

28. **Varady KA**, Jones PJ. Decrease in intestinal cholesterol absorption by plant sterols and exercise improves lipid profiles in hypercholesterolemic adults. Canadian Lipoprotein Conference (CLC) Annual Meeting. Montebello, Quebec, Canada, 2005. [Poster presentation]
29. **Varady KA**, Lamarche B, Jones PJ. Decrease in intestinal cholesterol absorption by plant sterols and subsequent effect on LDL particle size. Canadian Society for Clinical Nutrition (CSCN) Annual Meeting, Montreal. Quebec, Canada, 2005. [Poster presentation]
30. **Varady KA**, Charest A, Santosa S, Demonty I, Lamarche B, Jones PJ. A combined low fat diet/exercise weight loss program decreases LDL peak particle size in obese women. Canadian Federation of Biological Societies (CFBS) Annual Meeting. Guelph, Ontario, Canada, 2005. [Oral presentation]
31. **Varady KA**, St-Pierre AC, Lamarche B, Jones PJ. Eight weeks of endurance training decreases LDL peak particle size in previously sedentary adults. Federation of American Societies for Experimental Biology (FASEB) Annual Meeting. San Diego, California, USA, 2005. [Oral presentation]
32. **Varady KA**, Ebine N, Vanstone, CA, Jones PJ. Plant sterols and endurance training favourably alter the ratio of LDL to HDL-cholesterol in previously sedentary adults. Institute for Nutraceuticals and Functional Foods (INAF) Annual Meeting. Quebec City, Quebec, Canada, 2004. [Poster presentation]
33. **Varady KA**, Ebine N, Vanstone CA, Parsons WE, Jones PJ. Plant sterols and endurance exercise increase campesterol concentrations yet show no effect on  $\beta$ -sitosterol concentrations. Canadian Society for Clinical Nutrition (CSCN) Annual Meeting. Toronto, Ontario, Canada, 2004. Winner of CSCN Premiere Abstract Oral Presentation Award. [Oral presentation]
34. **Varady KA**, Vanstone CA, Jones PJ. Eight weeks of plant sterol supplementation and endurance exercise training favourably alters plasma lipid profiles in previously sedentary adults. Federation of American Societies for Experimental Biology (FASEB) Annual Meeting. Washington DC, USA, 2004. [Poster presentation]

## **Invited Talks**

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| 12/2013 | Eating Patterns and Disease Workshop. National Institutes of Health. Washington DC, USA.<br>Alternate day fasting for weight maintenance (Invited speaker) |
| 11/2013 | Obesity Society Annual Meeting. Atlanta, GA, USA.<br>Alternate fasting for weight loss and cardio-protection (Invited speaker)                             |
| 11/2013 | Nestle Fasting Symposium. San Francisco, CA, USA.<br>Comparison of various fasting strategies for the prevention of heart disease (Invited speaker)        |
| 10/2013 | International Obesity Meeting 2013. Dalian, China.<br>Fasting for health (Keynote speaker)   |
| 10/2013 | University of Buffalo, Buffalo, NY, USA.<br>Can you fast and exercise? (Invited speaker)   |
| 09/2013 | Illinois State University, Normal, IL, USA.<br>Alternate day fasting: Efficacy and safety (Invited speaker)  |
| 07/2013 | IUPS Conference on Fasting Physiology. Birmingham, UK.<br>Alternate day fasting for weight loss in obese humans (Keynote speaker)                          |

- 07/2013 International Conference and Exhibition on Nutritional Science & Therapy, Philadelphia, PA.  
Alternate day fasting for weight maintenance (Invited speaker)
- 03/2013 Nutrition Symposium for Naturopathic Doctors, Toronto, ON, Canada.  
Fasting for chronic disease prevention (Invited speaker)
- 11/2012 Canadian Cardiovascular Congress. Toronto, Ontario, Canada.  
Diet strategies to improve vascular function (Invited speaker)
- 10/2012 Rush University, Department of Nutritional Sciences. Chicago, Illinois, USA.  
Alternate day fasting combined with exercise for weight loss (Plenary speaker)
- 06/2012 Endocrinology World Congress. Beijing, China.  
Novel strategies for body composition analysis (Keynote speaker)
- 05/2012 Inflammation and Immunity Conference. Institute Pasteur, Paris, France.  
Alternate day fasting for weight loss in obese humans (Plenary speaker)
- 05/2012 University of Illinois at Chicago, Department of Physical Therapy. Chicago, Illinois, USA.  
Alternate day fasting: A novel weight loss strategy for obese humans (Invited speaker)
- 04/2012 University of Illinois at Chicago, Department of Medicine. Chicago, Illinois, USA  
Alternate day fasting: Impact on adipokines and inflammatory markers (Invited speaker)
- 03/2012 International Conference and Exhibition on Obesity. Philadelphia, Pennsylvania, USA.  
Novel dietary restriction strategies for lipid profile improvement (Plenary speaker)
- 02/2012 International Conference on Metabolomics. San Francisco, California, USA.  
Alternate day fasting: Effect on lipid metabolism (Plenary speaker)
- 12/2011 Breast Cancer Society of Canada. Montreal, Quebec, Canada.  
The role of nutrition in breast cancer prevention (Keynote speaker)
- 05/2011 Nutritional Fundamentals for Health Conference. Toronto, Ontario, Canada.  
Alternate day fasting for weight loss (Plenary speaker)
- 03/2011 Seattle Summit for Food Addiction. Seattle, Washington, USA.  
Food addiction: The obesity epidemic connection (Plenary speaker)
- 03/2011 International Conference and Exhibition on Obesity. Philadelphia, Pennsylvania, USA.  
Fasting to improve lipid metabolic disease risk profile (Plenary speaker)
- 01/2011 Alternate Medicine Health Symposium. Kitchener, Ontario, Canada.  
Fasting regimens for chronic disease prevention (Keynote speaker)
- 05/2010 Nutritional Fundamentals for Health Conference. Toronto, Ontario, Canada.  
Nutrition solutions to manage the cardio-metabolic syndrome (Plenary speaker)

- 03/2010 International Conference on Systems Biology. Hyderabad, India.  
Alternate day fasting for weight loss in obese humans (Plenary speaker)
- 02/2010 University of California at San Francisco, Department of Medicine. San Francisco, CA  
Calorie restriction versus alternate day fasting to prevent chronic disease (Invited speaker)
- 01/2010 Clinical Nutrition Symposium. Toronto, Ontario, Canada.  
Fasting to improve health outcomes (Plenary speaker)
- 12/2009 Nutritional Fundamentals for Health Conference. Toronto, Ontario, Canada.  
Intermittent fasting diet for weight loss (Plenary speaker)
- 10/2009 New York University, School of Nutrition and Public Health. New York, New York, USA.  
Alternate day fasting for reducing cancer risk (Invited speaker)
- 02/2009 Cornell University, Division of Nutritional Sciences. Ithaca, New York, USA.  
Calorie restriction regimens for the prevention of chronic disease (Invited speaker)
- 11/2008 Concordia University, Department of Exercise Science. Montreal, Quebec, Canada.  
Lifestyle interventions for the prevention of chronic disease (Invited speaker)
- 05/2008 University of California, Berkeley, Health Sciences Symposium. Berkeley, California, USA.  
Effect of calorie restriction on adipose tissue physiology (Invited speaker)

## **Television and print media**

### **Television**

- Eat Less, Live Longer, Korean Public Broadcasting, South Korea, 2013
- Eat, fast, live longer, BBC Horizon Documentary, UK, 2012
- Can Alternating “Diet Days” Help You Lose Weight, CBS News, Chicago, USA, 2011
- Fasting For Health, CBS News, San Francisco, USA, 2010

### **Radio/Podcasts**

- The Power of Intermittent Fasting, BBC News, 2013
- Banishing the Deadliest Fat, isagenixhealth.com, 2013
- Alternate Day Fasting, healthyfellow.com, 2010
- Alternate Day Fasting, fitnessrocks.com, 2008

### **Print media (selected from 100+ publications)**

- Eat, fast and live longer, The Guardian, UK, 2013
- Every other day diet, The Daily Mail, UK, 2013
- Diet every other day, Elle Magazine, 2013
- The feast fast diet, Men’s Health Magazine, 2013
- A Part-Time Diet? More magazine, 2013

- Benefits of Fasting, Tamil News, 2012
- Alternate-Day Fasting Can Help With Weight Control, Tampa Bay Times, 2012
- Alternate-Day Fasting Diet, St. Petersburg Times, 2011
- A Fasting Way to Slow Down Ageing, The Mail, UK, 2011
- New Alternate-Day Diet Can Help You Lose Weight, Thai India News Journal, 2010
- Alternate-Day Fasting, The Best Way To Fight Flab, The Hindu Journal, 2009
- Fast Times, Elle magazine, 2008
- Intermittent Fasting, Glasgow News, 2008
- The Power of Intermittent Fasting, Brighton News, 2008
- The Alternate-Day Fasting Approach To Dieting, San Francisco Chronicle, 2007
- Fasting For A Longer Life, Daily Health News, Bottom Line Publications, 2007