

Curriculum Vitae

Sofia Cienfuegos, MS, RD, PhD

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Education

**Postdoctoral
Research Associate** **University of Illinois at Chicago – Department of Kinesiology and Nutrition**
April 2021 – August 2023

**PhD
Human Nutrition** **University of Illinois at Chicago – Department of Kinesiology and Nutrition**
August 2018 – April 2021
Thesis: Effects of 4- and 6-h Time-Restricted Feeding on Weight and Cardiometabolic Health: A Randomized Controlled Trial in Adults with Obesity
Supervisor: Dr. Krista Varady, Ph.D.

**MS
Human Nutrition** **University of Illinois at Chicago – Department of Kinesiology and Nutrition**
August 2016 – May 2018
Supervisor: Dr. Carol Braunschweig

**B.S.
Nutrition** **Universidad del Desarrollo – Facultad de Medicina UDD/CAS – Santiago, Chile**
March 2009 – December 2013

Research Appointments

Clinical Coordinator **University of Illinois at Chicago – Department of Kinesiology and Nutrition**
Supervisor: Dr. Krista Varady
December 2018 – Current

Research assistant **University of Illinois at Chicago – Institute for Health and Research Policy**
Supervisor: Dr. Vanessa Oddo
June 2020 – September 2020

Lab technician **University of Illinois at Chicago – Department of Kinesiology and Nutrition**
Supervisor: Dr. Kelly Tappenden
February 2018 – October 2018

Research assistant **Rush University Medical Center**
Supervisor: Dr. Carol Braunschweig
April 2017 – February 2018

Teaching Appointments

Clinical Professor **University of Illinois at Chicago – Department of Kinesiology and Nutrition**
August 2023 - Present
HN 302
HN 307
HN 309
HN 440

Lecturer	University of Illinois at Chicago – Department of Kinesiology and Nutrition January 2023-Present Nutrition science II
Lecturer	University of Illinois at Chicago – Department of Kinesiology and Nutrition August 2018-Present Obesity (Graduate level), Vitamins and Minerals (Graduate level), Food and Culture (Undergraduate level).
Teaching Assistant	University of Illinois at Chicago – Department of Kinesiology and Nutrition August 2018 – Present Food as Medicine (Undergraduate level), Foods (Undergraduate Level), Culture and Food Lab (Undergraduate level), science of foods (undergraduate level), Food service Management (undergraduate level).

Professional Positions

Clinical Dietitian	CMMC Clinic – Obesity center 2014-2016 Nutrition counseling for patients enrolled in the obesity and chronic disease program. Counseling involved patients treating obesity through diet and exercise alone, combined with pharmacotherapy and/or bariatric surgery. Involved in data collection and data analysis for research publications.
Dietitian/Researcher	SIP Network 2014-2015 JAR Nutritional Intervention Project. Dietitian during the implementation of a nutritional intervention program focused on teacher wellbeing and metabolic health in a network of Chilean public schools.
Dietitian	Private Practice 2014-2017 Private practice counseling a diverse range of patients from medical referral. Focus on obesity, weight loss, chronic disease management and nutritional treatment of eating disorders.
Dietitian	Nestle 2015 Nutritional counseling in underserved regions of Chile.

Honors and Awards

2018	Young Investigator Award – American Diabetes Association
2018	Achievement Award – University of Illinois at Chicago
2018	Kamath Award - University of Illinois, Chicago
2017	Golden Key Honor Society

Licenses and Certificates

2013-Present Registered Dietitian Nutritionist – Santiago, Chile.

2014-Present Integrative Coach – Impact Institute

Professional Affiliations

Member of the Academy of Nutrition and Dietetics since 2016

Member of the Obesity Society since 2018

Member of the American Society for Nutrition since 2017

Research Funding

ACTIVE

R01 DK119783, NIH (NIDDK) Varady (PI) 8/1/19 – 8/1/22

Alternate day fasting combined with exercise for the treatment of non-alcoholic fatty liver disease.

The goal of this study was to compare the effects of a combination intervention (ADF and aerobic exercise) versus ADF or exercise alone versus a control on hepatic steatosis over 24-weeks in participants who are prediabetic, obese, and have been diagnosed with NAFLD.

Role: Clinical Coordinator

Publications

1. Ezpeleta, M., **Cienfuegos, S.**, Lin, S., Pavlou, V., Gabel, K., & Varady, K. A. (2023). Efficacy and safety of prolonged water fasting: a narrative review of human trials. *Nutrition Reviews*, nuad081.
2. Lin, S., **Cienfuegos, S.**, Ezpeleta, M., Gabel, K., Pavlou, V., Mulas, A., ... & Varady, K. A. (2023). Time-Restricted Eating Without Calorie Counting for Weight Loss in a Racially Diverse Population: A Randomized Controlled Trial. *Annals of Internal Medicine*.
3. Ezpeleta, M., Gabel, K., **Cienfuegos, S.**, Lin, S., Pavlou, V., & Varady, K. A. (2023). Protocol for measuring intrahepatic triglyceride content in adults with non-alcohol fatty liver disease. *STAR protocols*, 4(2), 102230.
4. Mulas, A., **Cienfuegos, S.**, Ezpeleta, M., Lin, S., Pavlou, V., & Varady, K. A. (2023). Effect of intermittent fasting on circulating inflammatory markers in obesity: A review of human trials. *Frontiers in Nutrition*, 10, 543.
5. Ezpeleta, M., Gabel, K., **Cienfuegos, S.**, Kalam, F., Lin, S., Pavlou, V., & Varady, K. A. (2023). Alternate-Day Fasting Combined with Exercise: Effect on Sleep in Adults with Obesity and NAFLD. *Nutrients*, 15(6), 1398.
6. Kalam, F, Akasheh, R. T, **Cienfuegos, S.**, Ankireddy, A, Gabel, K, Ezpeleta, M., ... & Varady, K. A. (2023). Effect of time-restricted eating on sex hormone levels in premenopausal and postmenopausal females. *Obesity*, 31, 57-62.

7. Ezpeleta, M., Gabel, K., **Cienfuegos, S.**, Kalam, F., Lin, S., Pavlou, V., ... & Varady, K. A. (2023). Effect of alternate day fasting combined with aerobic exercise on non-alcoholic fatty liver disease: A randomized controlled trial. *Cell Metabolism*, 35(1), 56-70.
8. **Cienfuegos S**, Corapi S, Gabel K, Ezpeleta M, Kalam F, Lin S, Pavlou V, Varady KA. Effect of Intermittent Fasting on Reproductive Hormone Levels in Females and Males: A Review of Human Trials. *Nutrients*. 2022 Jun 3;14(11):2343.
9. Varady KA, **Cienfuegos S**, Ezpeleta M, Gabel K. Clinical application of intermittent fasting for weight loss: progress and future directions. *Nature Reviews Endocrinology*. 2022 May;18(5):309-21.
10. **Cienfuegos S**, McStay M, Gabel K, Varady KA. Time restricted eating for the prevention of type 2 diabetes. *The Journal of Physiology*. 2022 Mar;600(5):1253-64.
11. **Cienfuegos S**, Gabel K, Kalam F, Ezpeleta M, Pavlou V, Lin S, Wiseman E, Varady KA. The effect of 4-h versus 6-h time restricted feeding on sleep quality, duration, insomnia severity and obstructive sleep apnea in adults with obesity. *Nutrition and Health*. 2022 Mar;28(1):5-11.
12. **Cienfuegos S**, Gabel K, Kalam F, Ezpeleta M, Lin S, Varady KA. Changes in body weight and metabolic risk during time restricted feeding in premenopausal versus postmenopausal women. *Experimental Gerontology*. 2021 Oct 15;154:111545.
13. Varady KA, **Cienfuegos S**, Ezpeleta M, Gabel K. Cardiometabolic Benefits of Intermittent Fasting. *Annual Review of Nutrition*. 2021 Oct 11;41:333-61.
14. McStay M, Gabel K, **Cienfuegos S**, Ezpeleta M, Lin S, Varady KA. Intermittent Fasting and Sleep: A Review of Human Trials. *Nutrients*. 2021 Oct;13(10):3489.
15. **Cienfuegos S**, McStay M, Gabel K, Varady KA. Time restricted eating for the prevention of type 2 diabetes. *The Journal of Physiology*. 2021 Aug 21.
16. Lin S, Oliveira ML, Gabel K, Kalam F, **Cienfuegos S**, Ezpeleta M, Bhutani S, Varady KA. Does the weight loss efficacy of alternate day fasting differ according to sex and menopausal status?. *Nutrition, Metabolism and Cardiovascular Diseases*. 2021 Feb 8;31(2):641-9.
17. Gabel K, **Cienfuegos S**, Kalam F, Ezpeleta M, Varady KA. Time-Restricted Eating to Improve Cardiovascular Health. *Curr Atheroscler Rep*. 2021;23(5):22.
18. **Cienfuegos S**, Gabel K, Kalam F, et al. The effect of 4-h versus 6-h time restricted feeding on sleep quality, duration, insomnia severity and obstructive sleep apnea in adults with obesity [published online ahead of print, 2021 Mar 24]. *Nutr Health*. 2021;2601060211002347.
19. Kalam F, Gabel K, **Cienfuegos S**, et al. Changes in subjective measures of appetite during 6 months of alternate day fasting with a low carbohydrate diet. *Clin Nutr ESPEN*. 2021;41:417-422.
20. Kalam F, Gabel K, **Cienfuegos S**, Ezpeleta M, Wiseman E, Varady KA. Alternate Day Fasting Combined with a Low Carbohydrate Diet: Effect on Sleep Quality, Duration, Insomnia Severity and Risk of Obstructive Sleep Apnea in Adults with Obesity. *Nutrients*. 2021;13(1):211.

21. Lin S, Lima Oliveira M, Gabel K, Kalam F, **Cienfuegos S**, Ezpeleta M, Bhutani S, Varady KA. Does the weight loss efficacy of alternate day fasting differ according to sex and menopausal status? *Nutr Metab Cardiovasc Dis*. 2020 Oct 31:S0939-4753(20)30457-9.
22. **Cienfuegos S**, Gabel K, Kalam F, Ezpeleta M, Wiseman E, Pavlou V, Lin S, Oliveira ML, Varady KA. Effects of 4- and 6-h Time-Restricted Feeding on Weight and Cardiometabolic Health: A Randomized Controlled Trial in Adults with Obesity. *Cell Metab*. 2020 Sep 1;32(3):366-378.e3.
23. Gabel K, Marcell J, Cares K, Kalam F, **Cienfuegos S**, Ezpeleta M, Varady KA. Effect of time restricted feeding on the gut microbiome in adults with obesity: A pilot study. *Nutr Health*. 2020 Jun;26(2):79-85.
24. McKeever L, Peterson SJ, **Cienfuegos S**, Rizzie J, Lateef O, Freels S, Braunschweig CA. Real-Time Energy Exposure Is Associated with Increased Oxidative Stress Among Feeding-Tolerant Critically Ill Patients: Results from the FEDOX Trial. *JPEN J Parenter Enteral Nutr*. 2020 Nov;44(8):1484-1491.
25. Kalam F, Gabel K, **Cienfuegos S**, Wiseman E, Ezpeleta M, Steward M, Pavlou V, Varady KA. Alternate day fasting combined with a low-carbohydrate diet for weight loss, weight maintenance, and metabolic disease risk reduction. *Obes Sci Pract*. 2019 Sep 13;5(6):531-539.
26. Akasheh RT, Kroeger CM, Trepanowski JF, Gabel K, Hoddy KK, Kalam F, **Cienfuegos S**, Varady KA. Weight loss efficacy of alternate day fasting versus daily calorie restriction in subjects with subclinical hypothyroidism: a secondary analysis. *Appl Physiol Nutr Metab*. 2020 Mar;45(3):340-343.
27. Gabel K, Kroeger CM, Trepanowski JF, Hoddy KK, **Cienfuegos S**, Kalam F, Varady KA. Differential Effects of Alternate-Day Fasting Versus Daily Calorie Restriction on Insulin Resistance. *Obesity (Silver Spring)*. 2019 Sep;27(9):1443-1450.
28. Kalam F, Kroeger CM, Trepanowski JF, Gabel K, Song JH, **Cienfuegos S**, Varady KA. Beverage intake during alternate-day fasting: Relationship to energy intake and body weight. *Nutr Health*. 2019 Sep;25(3):167-171.

Abstracts

1. **CIENFUEGOS S**, LIN S, GABEL K, MCSTAY M, MULAS A, VARADY K. 547-P: Changes in Body Weight and Glucoregulatory Markers by Eight-Hour Time-Restricted Eating vs. Daily Calorie Restriction: A 6-Month Randomized Controlled Trial. *Diabetes*. 2022 [Poster Presentation]
2. LIN S, **CIENFUEGOS S**, GABEL K, EZPELETA M, VARADY K, CHAKOS K, MCSTAY M, MULAS A. 1418-P: Effect of Eight-Hour Time-Restricted Eating vs. Daily Calorie Restriction on Cardiovascular Disease Risk Factors in Adults with Obesity. *Diabetes*. 2022 [Poster Presentation]

3. EZPELETA M, GABEL K, VARADY K, LIN S, **CIENFUEGOS S**. 121-OR: Alternate-Day Fasting Combined with Endurance Exercise for the Treatment of Fatty Liver Disease. Diabetes. 2022 [Poster Presentation].
4. GABEL K, VARADY K, **CIENFUEGOS S**, EZPELETA M. Premenopausal vs. Postmenopausal Women: Effect of Time-Restricted Eating on Body Weight and Metabolic Health Markers. Diabetes. 2022 [Poster Presentation]
5. **Cienfuegos S**, Gabel K, Kalam F, Ezpeleta M, Wiseman E, Pavlou V, Lin S, Lima Oliveira M, Varady KA. Effects of 4- and 6-h Time-Restricted Feeding on Weight and Cardiometabolic Health: A Randomized Controlled Trial in Adults with Obesity. Obesity Week 2019, Las Vegas NV, 2019 [Poster Presentation]
6. **Cienfuegos S**, Gabel K, Kalam F, Ezpeleta M, Wiseman E, Pavlou V, Lin S, Lima Oliveira M, Varady KA. Effects of 4- and 6-h Time-Restricted Feeding on Weight and Cardiometabolic Health: A Randomized Controlled Trial in Adults with Obesity. Overcoming Obesity 2020 [poster presentation]
7. **Cienfuegos S**, Gabel K, Kalam F, Ezpeleta M, Wiseman E, Pavlou V, Lin S, Lima Oliveira M, Varady KA. The effect of 4-h versus 6-h time restricted feeding on sleep quality, insomnia severity and obstructive sleep apnea in adults with obesity. Obesity Week 2020 [poster presentation]
8. Ezpeleta M, Gabel K, **Cienfuegos S**, Kalam F, Wiseman E, Pavlou V, Lin S, Oliveira ML, and Varady KA. Effect of Diet Combined with Exercise on Body Weight in Adults with Obesity and NAFLD. Obesity Week, Virtual, 2020 [Poster presentation]
9. Gabel K, Marcell J, Cares K, Kalam F, **Cienfuegos S**, Ezpeleta M, Varady K. Effect of time restricted feeding on the gut microbiome in adults with obesity: A pilot study. Obesity Week, Atlanta GA, 2020 [Poster Presentation]
10. Gabel K, **Cienfuegos S**, Kalam F, Ezpeleta M, Varady K. The Effect of 6- h and 8-h Time Restricted Feeding on Body Weight, Glucoregulatory Factors, IGF-1 and IGFBP-3 in Adults with Obesity. Nutrition, Seattle WA, 2020 [Poster Presentation]
11. Gabel K, Kroeger C, **Cienfuegos S**, Kalam F, Varady K, Trepanowski J. Differential effects of alternate day fasting versus daily calorie restriction on insulin resistance. Obesity Week, Las Vegas NV, 2019 [Poster Presentation]

Invited Talks

1. **Cienfuegos S** “Effect of Time Restricted Feeding on Weight Loss and Cardiometabolic Health” The physiological society. Physiology of Obesity, 2020 [Invited speaker]
2. **Cienfuegos S** “Intermittent fasting for weight loss and metabolic health” Revision Critica, Mexico City 2020 [Invited Speaker]

3. **Cienfuegos S** “Time Restricted Feeding and Obesity” The Physiology Forum 2020 [Podcast invited speaker]
4. **Cienfuegos S** “Intermittent fasting and cardiometabolic benefits” IV Congreso Internacional de Cirugía Bariátrica y Metabólica. March 2021 [Invited speaker]
5. **Cienfuegos S** “Chrononutrition” IV Congreso Internacional de Cirugía Bariátrica y Metabólica. March 2021 [Invited Speaker]
6. **Cienfuegos S** “Ayuno intermitente o fraccionamiento de comidas, descenso de peso e impacto metabólico” IV Congreso Argentino de Cirugía Bariátrica y Metabólica. July 2021 [Invited Speaker]
7. **Cienfuegos S** “Time restricted eating and cardiometabolic health” GERO Talks. Geroscience Center for Brain Health and Metabolism (GERO). July 2021 [Invited Speaker]
8. **Cienfuegos S** “Alimentación con restricción de tiempo y su efecto en la salud cardiometabólica” Centro de Investigación Clínica Avanzada. HCUCh y Facultad de Medicina, Universidad de Chile. August 2021 [Invited Speaker]
9. **Cienfuegos S** “El efecto del ayuno intermitente en la baja de peso y la salud metabólica” Universidad Autónoma de Chile. August 2021 [Invited Speaker]
10. **Cienfuegos S**, Zumpano J “Intermittent fasting: healthy habit or fad diet?” Webinar Dietitian to Dietitian. Dietitian Connection. August 2021 [Invited Speaker]
11. **Cienfuegos S**, Gonzales M “Ayuno Intermitente” Veggie Power Summit. October 2021. [Invited Speaker]
12. **Cienfuegos S** “Ayuno Intermitente. ¿Qué dice la evidencia científica?” Facultad de Medicina de la Universidad del Desarrollo. October 2021 [Invited speaker]
13. **Cienfuegos S** “Ayuno intermitente. ¿Cuándo sí y cuándo no en las enfermedades gastrointestinales?” XIII Congreso en Gastroenterología y Nutrición. Asociación Mexicana de Gastroenterología, A.C. November 2021 [Invited Speaker]
14. **Cienfuegos S** “Ayuno Intermitente y Longevidad” Charlas El Mercurio. Santiago Chile. January 2022 [Invited Speaker]
15. **Cienfuegos S** “The role of time-restricted eating in human metabolic health” Podcast Las 3 R’s Dr Nathaly Marcus. July 2022 [Invited Speaker]

Media Attention

EurekAlert	How long should you fast for weight loss?	2020
ScientificAmerican	How Good a Diet Is Intermittent Fasting?	2020
Endocrinology Network	Time-Restricted Diets Effective for Losing Weight	2020
The New York Times	Intermittent Fasting May Aid Weight Loss	2020
Earth.com	Fasting diets are effective for weight loss	2020
El Mercurio	Ayuno Intermitente	2021

