

Curriculum Vitae

Julie Hess, Ph.D.

Education

2018 **Ph.D. in Human Nutrition**, University of Minnesota- Twin Cities
2011 **Bachelor of Arts in English and French**, University of Texas at Austin

Positions and Employment

2021- present **Research Nutritionist**, USDA-ARS Grand Forks Human Nutrition Research Center
2020-2021 **Vice President of Scientific Affairs**, National Dairy Council
2018-2020 **Director of Scientific Affairs**, National Dairy Council
2017-2018 **Manager of Scientific and Regulatory Affairs**, National Dairy Council

Honors and Awards

2023 Top Reviewer, American Society for Nutrition's *Current Developments in Nutrition* Journal
2022 Five Years of Service Award from University of Minnesota's CFANS Mentor Program
2020 Award for Outstanding Service to the Institute of Food Technologists Nutrition Division
2017 International Food Information Council Sylvia Rowe Fellow
2017 Osher Lifelong Learning Institute Fellow
2016 Institute of Food Technologists Nutrition Division Poster Competition Finalist
2016 MnDRIVE Global Food Ventures Fellow

Professional Memberships

2015-present American Society for Nutrition
2014-present Institute of Food Technologists

Professional Service

Institute of Food Technologists Proud (LGBTQIA+) Resource Group, Professional Development Chair; 2023-present
American Society for Nutrition, Publications Committee; 2023-present
American Society for Nutrition, Nutrition Translation Research Interest Section, Chair; 2023-2024
Invited panel member at College of Food Agriculture and Nature Resource Sciences (Univ. of Minnesota) Graduate Student Board Career Talk; 2023
American Society for Nutrition, Nutrition Translation Research Interest Section, Chair-Elect; 2022-2023
Institute of Food Technologists Annual Meeting Scientific Program Advisory Panel; 2022-2024
Institute of Food Technologists Nutrition Division, Social Media Coordinator; 2022-present
University of North Dakota, College of Nursing and Professional Disciplines, Adjunct Assistant Professor; 2021-present
Institute of Food Technologists Nutrition Division, Chair; 2021-2022
National Nutrient Databank Conference, Steering Committee; 2020-present
Dairy Management Inc., *Connections* Employee Newsletter Columnist; 2020-2021

Institute of Food Technologists Nutrition Division, Content Chair/Chair-Elect; 2019-2020
Chicago Section of IFT, House Committee Chair; 2019-2020
University of Minnesota College of Food, Agriculture, and Natural Resource Sciences Mentor Program, Mentor; 2015-2022
American Society for Nutrition Conference, Session Organizer; 2019, 2020
Institute for Food Technologists Conference, Session Organizer and Abstract Reviewer; 2018-2019
Chicagoland Food Science Foundation, Silent Auction Chair; 2018
University of Minnesota Graduate Women's Association, Board Member; 2016-2017
University of Minnesota Council of Graduate Students, Nutrition Representative; 2015-2017
University of Minnesota Board of Governors, Graduate Student Representative; 2016-2017
University of Minnesota Council of Graduate Students, Director of Internal Relations and Programming; 2016-2017

Teaching and Mentoring

University of North Dakota

Thesis Committee Member (Masters)

Brendan Kesler, 2023

University of Minnesota Teaching Opportunities

Osher Lifelong Learning Institute Instructor

Introduction to Dairy Science, Spring 2017

Teaching Assistant

Advanced Human Nutrition, Spring 2015

Nutrition and Metabolism, Fall 2014

National Dairy Council Mentoring Opportunities

Internship Manager/Mentor

Shandelle Williams, 2018

Kaylee Hahn, MS, 2019

Boluwatiwi Durojaye, PhD, 2020

University of Minnesota Mentoring Opportunities

PhD Students

Kendal Schmitz, PhD(c), 2020-2021

Qinping Mao, MS, PhD(c), 2016-2017

Masters Students

Hallie Lundquist, 2023-2024

Undergraduate Students

Hallie Lundquist, 2021-2023

Megan Rollman, 2021-2022

Haley Mateen, 2015-2016

Publications

Peer-Reviewed Publications

1. **Hess J.** Reply to S Dicken et al. *J Nutr* Oct 31:S0022-3166(23)72674-6, 2023. (invited response to letter to the editor)
2. **Hess J, Zhu Y.** Editorial: Secondary Analysis of National Nutrition Surveys: From Science to Policy. *Front. Nutr* 10, 2023. (invited editorial)
3. O'Connor L, Higgins K, Smiljanec K, Bergia R, Brown A, Baer D, Davis C, Ferruzzi M, Miller K, Novotny J, Rowe S, Rueda J, Andres A, Cash S, Coupland J, Crimmins M, Fiecke C, Forde CG, Fukagawa N, Hall K, Hamaker B, Herrick K, **Hess J**, Heuven L, Juul F, Malcomson F, Martinez Steele E, Mattes R, Messina M, Mitchell A, Zhang FF. Perspective: A Research Roadmap about ultra-processed foods and human health for the US food system: Proceedings from an interdisciplinary, multi-stakeholder workshop. *Adv Nutr* 16:S2161-8313(23)01378-9, 2023.
4. **Hess J, Comeau M, Fossum D, Scheett A.** What exactly are “ultra-processed” foods? Can they be part of a healthy diet? *ADCES in Practice*, 2023. (invited review)
5. **Hess J, Comeau M, Casperson S, Slavin JL, Johnson GH, Messina M, Raatz S, Scheett A, Bodensteiner A, Palmer DGP.** Dietary guidelines meet NOVA: developing a menu for a healthy dietary pattern using ultra-processed foods. *J Nutr* 153(8): 2472-2481, 2023.
6. **Hess J.** Dietary supplements are an important nutrient source for older Americans- what does this mean for dietary guidance? *AJCN* 118(1): 3-4, 2023. (invited editorial)
7. Casperson SL, Roemmich JN, Larson KJ, **Hess J**, Palmer DG, Jahns L. Sensitivity of Pressure-Mediated Reflection Spectroscopy to Detect Changes in Skin Carotenoids in Adults without Obesity in Response to Increased Carotenoid Intake: A Randomized Controlled Trial. *J Nutr* 153(2): 588-597, 2023.
8. **Hess J, Comeau M.** Modeling lacto-vegetarian, pescatarian, and “pescavegan” USDA food patterns and assessing nutrient adequacy for healthy non-pregnant, non-lactating adults. *Front. Nutr* 10:1113792, 2023.
9. Cifelli CJ, Fulgoni K, Fulgoni VL, **Hess J.** Disparity in Dairy Servings Intake by Ethnicity and Age in NHANES 2015-2018. *Curr Dev Nutr*, 7(2): 100010, 2022.
10. Casperson SL, Scheett A, Palmer DG, Jahns L, **Hess J**, Roemmich JN. Biochemical Validation of a Self-Administered Carotenoid Intake Screener to Assess Carotenoid Intake in Nonobese Adults. *Curr Dev Nutr* 7(2): 100024, 2022.
11. **Hess J.** Understanding the link between frequency of eating and cardiometabolic health outcomes in Americans who “snack.” *JDS Commun* 3(6): 462-466, 2022.
12. **Hess J, Comeau M.** Application of dairy-free vegetarian and vegan USDA food pattern models for non-pregnant, non-lactating healthy adults. *JFS* 87(10): 4703-4713, 2022.
13. **Hess J.** Modeling Dairy-Free Vegetarian and Vegan USDA Food Patterns for Non-Pregnant, Non-Lactating Adults. *J Nutr*, 152(9): 2097-2108, 2022.
14. **Hess J, Stephensen C, Kratz M, Bolling BW.** Exploring the Links between Diet and Inflammation: Dairy Foods as Case Studies. *Adv Nutr*, 12:1S-13S, 2021.
15. **Hess J.** The Impact of Dairy Intake on Adiposity and Satiety in Adults. *Curr Cardiovasc Risk Rep*, 15(8), 2021. (invited review)
16. **Hess J, Cifelli CJ, Fulgoni VL.** Modeling the Impact of Fat Flexibility with Dairy Food Servings in the 2015-2020 Dietary Guidelines for Americans Healthy U.S.-Style Eating Pattern. *Front Nutr*, 7: 595880, 2020.

17. Drewnowski A, Finley J, **Hess J**, Ingram J, Miller G, Peters C. Toward Healthy Diets from Sustainable Food Systems. *Curr Dev Nutr*, 4(6): nzaa083, 2020.
18. **Hess J**, Cifelli CJ, Fulgoni VL. Energy and Nutrient intake of Americans who Meet Current Dairy Recommendations. *Nutrients*, 12(10): 3006, 2020.
19. **Hess J**, Cifelli CJ, Agarwal S, Fulgoni VL. Comparing the Cost of Essential Nutrients from Different Food Sources in the American Diet using NHANES 2011-2014. *Nutr J*, 18(1): 68, 2019.
20. **Hess J**, Slavin J. The Benefits of Defining “Snacks.” *Physiol Behav*, 193B: 284-287, 2018.
21. **Hess J**, Fulgoni VLF, Radlowski EC. Modeling the Impact of Adding a Serving of Dairy Foods to the Healthy Mediterranean-Style Eating Pattern Recommended by the 2015–2020 Dietary Guidelines for Americans. *J Am Coll Nutr*, 38(1): 59-67, 2018.
22. **Hess J**, Wang Q, Gould T, Slavin J. Impact of *Agaricus bisporus* Mushroom Consumption on Gut Health Markers in Healthy Adults. *Nutrients*, 10(10): 1402, 2018.
23. **Hess J**, Rao G, Slavin J. The Nutrient Density of Snacks: A Comparison of Nutrient Profiles of Popular Snack Foods Using the Nutrient-Rich Foods Index. *Glob Pediatr Heal*, 4: 1-6, 2017.
24. **Hess J**, Wang Q, Kraft C, Slavin JL. Impact of *Agaricus bisporus* Mushroom Consumption on Satiety and Food Intake. *Appetite*, 117: 179-85, 2017.
25. **Hess J**, Slavin J. Healthy Snacks: Using Nutrient Profiling to Evaluate the Nutrient-Density of Common Snacks in the United States. *J Food Sci*, 82(9): 2213-20, 2017.
26. Carlson JL, Erickson JM, **Hess J**, Gould TJ, Slavin JL. Prebiotic Dietary Fiber and Gut Health: Comparing the in Vitro Fermentations of Beta-Glucan, Inulin and Xylooligosaccharide. *Nutrients*, 9(12): 1361, 2017.
27. **Hess J**, Jonnalagadda S, Slavin J. What Is a Snack, Why Do We Snack, and How Can We Choose Better Snacks? A Review of the Definitions of Snacking, Motivations to Snack, Contributions to Dietary Intake, and Recommendations for Improvement. *Adv Nutr*, 7(4): 466-475, 2016.
28. **Hess J**, Slavin J. Defining “Protein” Foods. *Nutr Today*, 51(3):117-120, 2016.
29. **Hess J**, Jonnalagadda, S, Slavin J. Dairy: Current Evidence of its Effects on Bone, Cardiometabolic, Cognitive, and Digestive Health. *Compr Rev Food Sci Food Saf*, 15(2): 251-268, 2015.
30. **Hess J**, Slavin J. Snacking for a Cause: Nutritional Insufficiencies and Excesses of U.S. Children, a Critical Review of Food Consumption Patterns and Macronutrient and Micronutrient Intake of U.S. Children. *Nutrients*, 6(11): 4750-4759, 2014.

Book Chapters

31. **Hess J**, Impact of Lactic Acid Bacteria on Bioavailability and Digestibility. *Lactic Acid Bacteria: A Functional Approach*. Boca Raton, FL, CRC Press, 35-57, (2019).

Presentations

*indicates poster presentation **indicates oral presentation

Hess J, Comeau ME, Slavin JL, Johnson GH, Messina M, Raatz S, Scheett AJ, Bodensteiner A.* Dietary guidance, meet NOVA: developing a menu for a healthy dietary pattern using ultra-processed foods. Nutrition 2023 Conference. July 2023. Boston, MA.

Hess J, Comeau ME, Bourbon J, Scheett AJ, Fossum DL, Peltier MJ, Kitzes E, Friedrichsen C, McDonald L, Brunelle D, Roemmich JN.* Creating a nutrient-dense menu using Indigenous foods for use in a dietary intervention trial: a study protocol. Nutrition 2023 Conference. July 2023. Boston, MA.

Hess J, Comeau ME, Bourbon J, Scheett AJ, Fossum DL, Peltier MJ, Kitzes E, Friedrichsen C, McDonald L, Brunelle D, Roemmich JN.* Multidisciplinary collaboration for development of culturally appropriate local, traditional Indigenous dietary intervention. Nutrition 2023 Conference. July 2023. Boston, MA.

Hess J, Comeau ME, Magnuson A, Sanford BS, Aliano JL, Kimball SL, Palmer DG, Brunelle D, Roemmich JN.* Pilot study protocol on application of non-invasive vitamin D hair test and screening e-tool for Indigenous populations in the Great Northern Plains. Nutrition 2023 Conference. July 2023. Boston, MA.

O'Connor L, Higgins K, Smiljanec K, Bergia R, Brown A, Baer D, Davis C, Ferruzzi M, Miller K, Novotny J, Rowe S, Rueda J, Andres A, Cash S, Coupland J, Crimmins M, Fiecke C, Forde CG, Fukagawa N, Hall K, Hamaker B, Herrick K, **Hess J**, Heuven L, Juul F, Malcomson F, Martinez Steele E, Mattes R, Messina M, Mitchell A, Zhang FF.* Perspective: A Research Roadmap about ultra-processed foods and human health for the US food system: Proceedings from an interdisciplinary, multi-stakeholder workshop. Nutrition 2023 Conference. July 2023. Boston, MA.

Lankes J, Comeau ME, **Hess J**.* Social, economic, and cultural influences on young women's food choices: a scoping review. Society for Nutrition Education and Behavior International Conference. July 2023. Washington, DC.

Hess J.* Ultra-processed DGA: Building Healthy Dietary Patterns with Ultra-Processed Foods. Institute of Food Technologists Conference. July 2023. Chicago, IL.

Slavin JL, **Hess J**. Understanding the links between frequency of eating (snacking), dietary quality and health outcomes: Snacking does not make you a bad person. University of Missouri 2023 Nutrition and Exercise Research Days (NERD). April 2023. Columbia, MO.

Hess J, Comeau M.* Application of a Vegan USDA Food Pattern Model. Institute of Food Technologists Conference. July 2022. [virtual]

Hess J, Comeau M.* Assessing Dairy-Free Vegetarian and Vegan Modeled USDA Food Patterns for Lactation Among Adult Females. Nutrition 2022 Conference. June 2022. [virtual]

Hess J.* Modeling Dairy-Free and Vegan USDA Food Patterns. National Nutrient Databank Conference. May 2022. [virtual]

Hess J, Cifelli CJ, Fulgoni VL.* Differences in Dairy Intake Among Americans by Ethnicity and Age: NHANES 2015-2018. Nutrition 2021 Conference. June 2021. [virtual]

Hess J, Cifelli CJ, Fulgoni VL.* Energy and nutrient intake of Americans meeting dairy food recommendations of the 2015-2020 Dietary Guidelines for Americans. National Nutrient Databank Conference. November 2020. [virtual]

Hess J, Cifelli CJ, Fulgoni VL.* Association of decreased consumption of ready-to-eat cereal and milk in children with intakes of public health nutrients using NHANES 2001-2016. Food & Nutrition Conference & Expo. October 2020. [virtual]

Hess J, Cifelli CJ, Nicholls J, Fulgoni VL.* Modeling the impact of fat flexibility with dairy food servings on the 2015 Dietary Guidelines for Americans Healthy

U.S.-Style Eating Pattern. American Heart Association EPI/Lifestyle Conference. April 2020. Phoenix, AZ.

Hess J.** Addressing the Four Domains of Sustainable Food Systems Science: What Will it Take to Harmonize the Evidence to Advance the Field? National Dairy Council Journal Club. September 2019. [webinar]

Hess J, Cifelli CJ, Agarwal S, Fulgoni, VL.** Comparing the cost of essential nutrients from different food sources in the American diet. Nutrition 2019 Conference. June 2019. Baltimore, MD.

Hess J.** Dairy and the Dietary Guidelines for Americans. Dairy Experience Forum. July 2018. Minneapolis, MN.

Hess J, Fulgoni VL, Radlowski EC.* Modeling the Impact of Adding a Serving of Dairy Foods to the Healthy Mediterranean-Style Eating Pattern in the 2015 DGA Nutrition 2018 Conference. June 2018. Boston, MA

Hess J, Slavin J.* Impact of *Agaricus bisporus* mushroom consumption on gut health markers. Nutrition 2018 Conference. June 2018. Boston, MA.

Hess J, Slavin J.* Impact of white button mushroom consumption on acute and long-term satiety. Food & Nutrition Conference & Expo. October 2017. Chicago, IL.

Hess J.** The challenges of including healthy carbohydrates in a snacking world. The Rank Prize Funds Mini-Symposium on Carbohydrates and Health. August 2017. Grasmere, England.

Hess J, Slavin J.* Effect of *Agaricus bisporus* mushroom consumption on gastrointestinal tolerance and breath hydrogen response in healthy human subjects. Probiota Conference. February 2017. Berlin, Germany.

Hess J, Slavin J.* Healthy Snacks: The Nutrient Density of Common Snack Foods and Recommendations for Improvement. Institute of Food Technologists Conference. July 2016. Chicago, IL.

Hess J, Jonnalagadda S, Slavin J.* What is a snack, why do we snack, and how can we choose better snacks? The Definitions of Snacking, Motivations to Snack, Contributions to Dietary Intake, and Recommendations for Improvement. Experimental Biology Conference. April 2016. San Diego, CA.

Hess J, Jonnalagadda, S, Slavin J.* Dairy Foods: Current Evidence of their Effects on Bone, Cardiometabolic, Cognitive, and Digestive Health. Experimental Biology Conference. April 2016. San Diego, CA.

Hess J, Rao G, Slavin J.* The Nutrient-Density of Snacks: A Comparison of Nutrient Profiles of Popular Snack Foods using the Nutrient Rich Foods Index. Experimental Biology Conference. April 2016. San Diego, CA.

Hess J, Slavin J.* Defining Protein Foods. Experimental Biology. March 2015. Boston, MA.

Invited Talks

The Building Blocks of Nutrition Policy: Nourishing Communities by Connecting Agriculture, Nutrition, & Health. National Coalition for Food and Agriculture Research presentation to Capitol Hill and policy stakeholders. Washington, DC, November 2023.

Healthy dietary patterns throughout the life cycle – the intersection of nutrition, convenience, and culture. Human Nutrition Research Center on Aging/Tufts University Monthly Webinar, October 2023. [virtual]

Ultra-processed Foods and the Dietary Guidelines for Americans. University of Tennessee, Food Systems: Farm to Table graduate course, October 2023. [virtual]

Building a Nutrition Science Research Career. University of North Dakota, Student Association of Nutrition and Dietetics (SAND), Grand Forks, ND, October 2023.

Building a Nutrition Science Research Career. University of North Dakota, Research Methods in Nutrition graduate course, September 2023. [virtual]

Defining ultra-processed foods. Nutrition Translation Research Interest Section Meeting. Nutrition 2023 Conference. July 2023. Boston, MA.

Ultra-processed foods in healthy dietary patterns. International Food Information Council Mid-Year Meeting. Washington, DC, June 2023.

Developing a healthy dietary pattern with ultra-processed foods. Institute for the Advancement of Food and Nutrition Sciences Meeting. Washington, DC, May 2023.

Ultra-processed foods in healthy dietary patterns. Nestle stakeholder meeting. May 2023. [virtual]

Developing a healthy dietary pattern with ultra-processed foods. IFT/ASN Food Policy Impact. Washington, DC, February 2023.

Dietary Guidelines for Americans Meets Ultra-Processed Foods. FoodFluence. New Orleans, LA, January 2023.

Current Evidence on Front of Pack Labeling in the U.S. FoodFluence. New Orleans, LA, January 2023.

Understanding the link between eating occasions and health outcomes in Americans who snack. American Dairy Science Association Annual Meeting 2022. Kansas City, MO, June 2022. [virtual]

Nutrition and Wellness. University of North Dakota, MARC U-STAR Program, Grand Forks, ND, March 2022. [virtual]

Building a Nutrition Science Research Career. University of North Dakota, Research in Nutrition and Dietetics Course, Grand Forks, ND, October, 2021. [virtual]

The Food Matrix: More Than the Sum of Nutrients. West Virginia Academy of Nutrition and Dietetics Annual Conference & Expo (ACE), Lansing, WV, April 2021. [virtual]

Dairy and the Dietary Guidelines for Americans. Dairy Experience Forum, Minneapolis, MN, July 2018.

The challenges of including healthy carbohydrates in a snacking world. The Rank Prize Funds Mini-Symposium on Carbohydrates and Health, Grasmere, England, August 2017.

Media Interviews

- Wall Street Journal. Interview on “ultra-processed foods in healthy dietary patterns,” 10.27.23
- Scientific American. Interview on “ultra-processed foods,” 10.13.23
- Doctor Radio on SiriusXM. Live interview on “snacking,” 9.22.23
- Nutrition Diva Podcast on “Dietary Guidelines Meet NOVA: Developing a Menu for A Healthy Dietary Pattern Using Ultra-Processed Foods” 8.24.23
- Nourished Child Podcast on “Dietary Guidelines Meet NOVA: Developing a Menu for A Healthy Dietary Pattern Using Ultra-Processed Foods” 8.23.23
- Elizabeth Ward, MS, RDN on “Dietary Guidelines Meet NOVA: Developing a Menu for A Healthy Dietary Pattern Using Ultra-Processed Foods” 8.10.23
- IFT Digital Exclusives titled “In Defense of Ultra-Processed Foods.” Interview with Dana Cvetan in July 2023.
- Epoch Times on “Dietary Guidelines Meet NOVA: Developing a Menu for A Healthy Dietary Pattern Using Ultra-Processed Foods” 7.14.23
- NowThis News on “Dietary Guidelines Meet NOVA: Developing a Menu for A Healthy Dietary Pattern Using Ultra-Processed Foods” 7.13.23
- Medical News Today on “Dietary Guidelines Meet NOVA: Developing a Menu for A Healthy Dietary Pattern Using Ultra-Processed Foods” 7.13.23
- Food Insight DataDish Podcast: “Snacking with Julie Hess, PhD” 6.12.18
- Bee Wilson on “What Is a Snack, Why Do We Snack, and How Can We Choose Better Snacks? A Review of the Definitions of Snacking, Motivations to Snack, Contributions to Dietary Intake, and Recommendations for Improvement” 1.26.17

Ad hoc reviewer- Journals (2018-present; in order of frequency)

- *Nutrients*
- *Current Developments in Nutrition*
- *The American Journal of Clinical Nutrition*
- *Public Health Nutrition*
- *Advances in Nutrition*
- *Comprehensive Reviews in Food Science and Food Safety*
- *Healthcare*
- *Journal of Nutritional Science*
- *Nutrition Journal*
- *Nutrition and Health*
- *Science Progress*