

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

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

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-present
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 Minnesota Teaching Opportunities

Osher Lifelong Learning Institute

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, M.S., 2019

Boluwatiwi Durojaye, Ph.D., 2020

University of Minnesota Mentoring Opportunities

PhD Students

Kendal Schmitz, PhD(c), 2020-2021

Qinping Mao, M.S., PhD(c), 2016-2017

Undergraduate Students

Megan Rollman, 2021-2022

Haley Mateen, 2015-2016

Publications

Peer-Reviewed Publications

1. **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.
2. **Hess J**. The Impact of Dairy Intake on Adiposity and Satiety in Adults. *Curr Cardiovasc Risk Rep*, 15(8), 2021. (invited review)
3. **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.
4. Drewnowski A, Finley J, **Hess J**, Ingram J, Miller G, Peters C. Toward Healthy Diets from Sustainable Food Systems. *Curr Dev Nutr*, 4(6), 2020.
5. **Hess J**, Cifelli CJ, Fulgoni VL. Energy and Nutrient intake of Americans who Meet Current Dairy Recommendations. *Nutrients*, 12(10):3006, 2020.
6. **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(68), 2019.
7. **Hess J**, Slavin J. The Benefits of Defining “Snacks.” *Physiol Behav*, 18:30195-1, 2018.

8. **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.
9. **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.
10. **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.
11. **Hess J**, Wang Q, Kraft C, Slavin JL. Impact of *Agaricus bisporus* Mushroom Consumption on Satiety and Food Intake. *Appetite*, 117:179-85, 2017.
12. **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.
13. 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.
14. **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):466-75, 2016.
15. **Hess J**, Slavin J. Defining “Protein” Foods. *Nutr Today*, 51(3):117-20, 2016.
16. **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):251-68, 2015.
17. **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):4750-9, 2014.

Book Chapters

18. **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).

Invited Talks

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

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.