

## Melinda M. Manore, PhD, RD, CSSD, FACSM

Professor, Department of Nutrition and Exercise Sciences  
Oregon State University  
103 Milam Hall, Corvallis, OR 97331

Office: 541-737-8701  
Fax: 541-737-6914  
melinda.manore@oregonstate.edu

### Education & Training:

---

<b>PhD in Nutrition</b> , Dual Minors: Exercise Science & Health Ed, Oregon State University, Corvallis	1984
<b>MS in Health</b> , University of Oregon, Eugene OR	1980
<b>BA in Home Economics</b> , Seattle Pacific University (SPU), Seattle, WA	1973
<b>Certifications:</b> Professional Elementary & Secondary Education Certificate (SPU)	1973
Registered Dietitian (RD), American Dietetic Association (ADA)	1986
Board Certified Specialist in Sport Dietetics (CSSD), ADA	2007

### Academic Appointments:

---

<b>Professor</b> , Dept. of Nutrition & Exercise Sciences (NES), Oregon State University (OSU)	2004-present
<b>Professor &amp; Extension Nutrition Specialist</b> , Family & Community Health, OSU	2008-2010
<b>Chair &amp; Professor</b> , Dept. of Nutrition and Food Service Management, OSU	2001-2004
<b>College Health &amp; Human Sciences AES Research Program Representative</b> , OSU	2001-2002
<b>Clinical Professor</b> , Department of Medicine, Division of Endocrinology, Diabetes & Clinical Nutrition, School of Medicine, Oregon Health Sciences University, Portland, OR	2003-present
<b>Assistant, Associate &amp; Professor</b> , Dept. of Nutrition (2000-01), Dept. of Family Resources (1997-2000) Arizona State University (ASU), Tempe, AZ	1984-2001

### Research Interests:

- 
- Interaction of nutrition, food and exercise in health, obesity and chronic disease prevention, metabolic syndrome, weight maintenance across the lifecycle, and exercise performance.
  - Factors regulating energy balance: energy intake and expenditure, eating behaviors/attitudes, food selection, and body composition.
  - Women's Health Issues across the Lifecycle: role of nutrition, exercise and energy balance on weight, weight maintenance, reproductive health and prevention of chronic disease.

### Awards and Honors:

- 
- Member, President's Council on Fitness, Sports and Nutrition (PCFSN) Science Board, 2011-2013.
  - Recipient, 2011 Distinguished Scholar Award from SCAN (Sports, Cardiovascular, and Wellness Nutritionists Practice Group), American Dietetic Association.
  - Candidate, American College of Sports Medicine (ACSM) President-Elect, 2010-11; Elected Vice President, ACSM, 2009-11; Elected, ACSM Board of Trustees, 2005-08.
  - Recipient, 2009 Outstanding Dietitian of the Year Award, Oregon Dietetic Association.
  - Recipient, 2001 SCAN Excellence in Practice Award, American Dietetic Association.
  - Nominated, 2000 US Professor of the Year Award from Arizona State University (ASU).
  - Nominated, 1998 & 2000 Alumni Assoc. Outstanding Teaching Award, ASU College of Liberal Arts & Sciences.
  - Recipient, 1999 Graduate Student Mentor Award, Preparing Future Faculty Program, ASU Graduate College.
  - Nominated, 1999 Award for Excellence in Research, American Dietetic Association Foundation.
  - Recipient, 1997, Published Paper Co-author Award, Research Practice Group, American Dietetic Association.

- Nominated, 1996, Faulty Women's Association Distinguished Mentor of Women Award, ASU.
- 5y Award Recipient, 1995 Student Affairs Collaborative Service Award, ASU.
- Fellow, 1993, American College of Sports Medicine.
- Member, 1982, Kappa Omicron Nu National Honor Society.

### Professional Affiliations:

American Society of Nutrition	1984-present
American Dietetic Association (ADA) (RD #709440) ADA Practice Group Memberships: SCAN; Research; Weight Management	1984-present
Arizona Dietetic Association & Central Arizona District Dietetic Association 2001	1984-
Oregon Dietetic Association & Willamette Dietetic Association	2001-present
American College of Sports Medicine (ACSM) Member: Nutrition Interest Group (founding member)	1985-present
The Obesity Society	1998-present
Professionals in Nutrition and Exercise Science (PINES), Founding Board Member present	2007-

### Peer-Reviewed Publications: 2000-present only

1. **Manore MM.** Dietary supplements for improving body composition and reducing body weight: Where is the evidence? *International Journal of Sport Nutrition & Exercise Metabolism* (in review)
2. Hoisington A, **Manore MM**, Raab C. Nutritional quality of emergency foods. *Journal of the American Dietetic Association* (in press).
3. Meyer NL, **Manore MM**, Helle C. Nutrition for winter sports. *J of Sport Sciences* (in press).
4. **Manore MM**, Meeusen R, Roelands B, Moran S, Popple A, Naylor M, Burke LM, Stear SJ, Castell LM. BJSM reviews: A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance Part 16. *British Journal of Sports Medicine*. 2011; 45(1):73-74. [PMID: 21169238](#).
5. Burke LM, Castell LM, Stear SJ, Houtkooper L, **Manore MM**, D Senchia. BJSM reviews: A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance Part 7. *British Journal of Sports Medicine*. 2010;44:389-391. [PMID: 20371566](#).
6. Grimstvedt ME, Woolf K, Milliron BJ, **Manore MM**. Lower eating index-2005 dietary quality scores in older women with rheumatoid arthritis vs. healthy controls. *Public Health Nutrition*, 2010;13(8), 1170-1177. [PMID: 20188003](#).
7. Kam LC, **Manore MM**. Macronutrient requirements of active individuals: An Update. *Nutrition Today*. 2009;44(3):104-111.
8. Steimuller P, Meyer NL, Kruskall, LJ, **Manore MM**, Macedonio M, Rodriguez NR, Bird RL, Berning JR. ADA Standards of Practice and Standards of Professional Performance for RDs in Sports Dietetics. *Journal of the American Dietetic Association*. 2009;109:544-542. [PMID: 19278047](#).
9. Donnelly JE, Blair SN, Jakicic JM, **Manore MM**, Rankin JW, Smith BK. American College of Sports Medicine (ACSM) Position Stand. Appropriate intervention strategies for physical activity, weight loss and prevention of weight regain for adults. *Medicine and Science in Sports & Exercise* 2009;41:459-471. [PMID: 19127177](#). [In 2010, this was the most-read article on the Lippincott Williams Wilkins (LWW) online journal platform with 50,996 full-text views.]
10. Joubert LM, **Manore MM**. The role of physical activity level and B-vitamin status on blood homocysteine levels. *Medicine and Science in Sports & Exercise*. 2008;40(11):1923-1931. [PMID: 18845970](#)
11. Pilolla KD, **Manore MM**. Gestational Diabetes Mellitus: The other diabetes on the rise. *ACSM's Health and Fitness Journal*. 2008 (Sept/Oct);12(5):8-13.

12. Woolf K, **Manore MM**. Elevated plasma homocysteine and low vitamin B-6 status in non-supplementing older women with and without rheumatoid arthritis. *Journal of the American Dietetic Association*. 2008(March);108:443-453. [PMID: 18313425](#).
13. Penry JT, **Manore MM**. Choline: An important micronutrient for maximal endurance exercise performance? *International Journal of Sport Nutrition & Exercise Metabolism*. 2008;18:191-203. [PMID: 18458362](#).
14. **Manore MM**, Kam LC, Loucks AB. The Female Athlete Triad: Components, Nutrition Issues and Health Consequences. *Journal of Sport Sciences* 2007;25(S2):S61-S71. [PMID: 18049984](#).
15. Grobe D, **Manore MM**, Still E. Trading off fish health and safety: Female decision-making processes toward the risk of methylmercury in fish. *Journal of Consumer Affairs*. 2007(Winter);41(2):250-264.
16. Nattiv A, Loucks AB, **Manore MM**, Sanborn CF, Sundgot-Borgen J, Warren MP. American College of Sports Medicine (ACSM) Position Stand. Female Athlete Triad. *Medicine and Science in Sports & Exercise*. 2007;39(10):1867-1882. [PMID: 17909417](#).
17. Sass C, Eickhoff-Shemek JM, **Manore MM**, Kruskall L. Crossing the Line: Understanding the scope of practice between registered dietitians and health/fitness professionals. *ACSM's Health and Fitness Journal*. 2007;11(3):12-19.
18. Joubert L, **Manore MM**. Nutrition, Exercise and Homocysteine. *International Journal of Sport Nutrition & Exercise Metabolism*. 2006;16:341-361. [PMID: 17136938](#).
19. Woolf K, **Manore MM**. B-vitamins and Exercise: Does exercise alter requirements? *International Journal of Sport Nutrition & Exercise Metabolism* 2006;16:453-484. [PMID: 17240780](#).
20. Case P, **Manore MM**, Thompson JL. Stemming the Tide: Are you prepared for the diabetes epidemic? *ACSM's Health & Fitness Journal*. 2006;10(1):7-13.
21. **Manore MM**. Exercise and the Institute of Medicine Recommendations for Nutrition. *Current Sports Medicine Reports*. 2005;4(4):193-198. [PMID: 16004827](#).
22. Meyer NL, Shaw JM, **Manore MM**, Dolan S, Subudhi AW, Shultz BB, Walker JA. Bone mineral density of Olympic-level female winter sport athletes. *Medicine and Science in Sports & Exercise*. 2004;36 (9):1594-1601. [PMID: 15354043](#)
23. **Manore MM**. Nutritional recommendations and athletic menstrual dysfunction. *International Sport Med Journal*. 2004;5(1):45-55.
24. **Manore MM**. Dietary supplements for weight loss: Do they work? Are they safe? *ACSM's Health & Fitness Journal*. 2003;7(4):1-5.
25. **Manore MM**. Dietary recommendations and athletic menstrual dysfunction. *Sports Medicine* 2002;32(14):887-901. [PMID: 12427050](#).
26. Beals KA, **Manore MM**. Disordered eating and menstrual dysfunction in female collegiate athletes. *International Journal of Sport Nutrition & Exercise Metabolism*. 2002;12:281-293. [PMID: 12432173](#).
27. Gilliant M, **Manore MM**, Woolf K, Swan PD, Carroll SS. Impact of habitual activity on resting metabolic rate and body composition in midlife women. *Journal of the American Dietetic Assoc*. 2001;101:1081-88. [PMID: 11678489](#).
28. Dancho C, **Manore MM**. Dietary supplement information on the World Wide Web: Sorting fact from fiction. *ACSM's Health & Fitness Journal*. 2001;(6)5:7-12.
29. Binzen CA, Swan PD, **Manore MM**. Excess oxygen consumption and substrate oxidation after resistance exercise in women. *Medicine and Science in Sports & Exercise* 2001; 33(6):932-938. [PMID: 11404658](#).

30. **Manore MM**, Barr SI, Butterfield GA. Position of the American Dietetic Association, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and athletic performance. *Journal of the American Dietetic Association* 2000;100:1543-1556, *Medicine and Science in Sports and Exercise* 2000;32(12):2130-2145, and *Canadian Journal of Dietetic Practice and Research* 2000;61:176-192. (Position Statement published simultaneously with all three organizations.) [PMID: 11551367](#)
31. **Manore MM**. Effect of physical activity on thiamin, riboflavin, and vitamin B-6 requirements. *American Journal of Clinical Nutrition*. 2000;72(suppl):598S-606S. [PMID: 10919966](#)
32. Beals KA, **Manore MM**. Behavioral, psychological, and physical characteristics of female athletes with subclinical eating disorders. *International Journal of Sport Nutrition and Exercise Metabolism* 2000;10(2):128-143. [PMID: 10861334](#)

### **Books:**

1. Thompson JL, **Manore MM**. *Nutrition: An Applied Approach, 3rd Ed.* San Francisco, CA: Benjamin Cummings Publishers, 2012, 689 pages. ISBN: 978-0-321-51218-5.
2. Thompson JL, **Manore MM**, Vaughan LA. *The Science of Nutrition (Nutrición)*, 2<sup>nd</sup> ed. San Francisco, CA: Benjamin Cummings Publishers, 2010, 863 pages. ISBN: 0-8053-9435-4.
3. Thompson JL, **Manore MM**. *Nutrition for Life, 2<sup>nd</sup> Ed.* San Francisco, CA: Benjamin Cummings Publishers, 2009, 419 pages. ISBN: 0-805307968-1. *January, 2010. Book was winner of the Excellence in Cover Design Award. Annual Bookbuilders West Book Show, San Francisco, CA.*
4. **Manore MM**, Meyer NL, Thompson JL. *Sport Nutrition for Health and Performance, 2<sup>nd</sup> Ed.* Human Kinetics Publishers, Champaign, IL, 2009, 543 pages. ISBN: 978-0-7360-5296-5.
5. *Thompson JL, Manore MM. Nutrition: An Applied Approach, 2<sup>nd</sup> Ed.* San Francisco, CA: Benjamin Cummings Publishers, 2009, 689 pages. ISBN: 978-0-321-51218-5.
6. *Thompson JL, Manore MM. Nutrition: An Applied Approach, International 2<sup>nd</sup> Ed.* San Francisco, CA: Benjamin Cummings Publishers, 2009, 840 pages. ISBN: 978-0-321-677600
7. Thompson JL, **Manore MM**, Vaughan LA. *The Science of Nutrition (Nutrición)*. San Francisco, CA: Benjamin Cummings Publishers, 2008, 863 pages. ISBN: 0-8053-9435-4. Translated into Spanish for Pearson Ed, Madrid, Spain (2008).
8. Thompson JL, **Manore MM**, Sheeshka J. *Nutrition: An Applied Approach. Canadian Edition.* Toronto, Ontario, Canada: Benjamin Cummings Publishers, 2007, 618 pages. ISBN: 0-321-25294-2.
9. Thompson JL, **Manore MM**. *Nutrition for Life.* San Francisco, CA: Benjamin Cummings Publishers, 2007, 485 pages. ISBN: 0-805307968-1.
10. Committee on Metabolic Monitoring for Military Field Applications (Authors: Erdman JW, Bistrain BR, Clarkson PM, Dwyer JT, Klein BP, Lane HW, **Manore MM**, O'Neil PM, Russell RM, Tepper BJ, Tipton KD, Yates AA.). *Nutrient Composition of Rations for Short-term, High-intensity Combat Operations.* Standing Committee on Military Nutrition Research, Institute of Medicine. National Academies Press, Wash DC, 2006, 46 pages. ISBN: 0-309-08461-3
11. Committee on Metabolic Monitoring for Military Field Applications (Authors: Vanderveen JE, Bistrain BR, Caldwell JA, Dwyer JT, Erdman JW, Lane HW, **Manore MM**, Morgan WP, O'Neil PM, Sternberg EM, Tepper BJ, Thayer J.). *Monitoring Metabolic Status: Predicting Decrements in Physiological and Cognitive Performance.* Standing Committee on Military Nutrition Research, Institute of Medicine. National Academies Press, Wash DC, 2004, 450 pages. ISBN: 0-309-09159-4.
12. **Manore MM**, Thompson JL. *Sport Nutrition for Health and Performance.* Human Kinetics Publishers, Champaign, IL, 2000, 514 pages. ISBN:0-87322-939-8

**Invited Book Chapters: 2000-present only.**

---

1. **Manore MM**, Kam CL. Fuels for Exercise. IN: Rippe JM, Ed. *Encyclopedia of Lifestyle Medicine and Health*. Sage Publications, Inc. (in press).
2. **Manore MM**. Nutrition. IN: Mooren FC, Skinner JS eds. *Encyclopedia of Exercise Medicine in Health and Disease*. Springer-Verlag Publishers, Heidelberg, Germany (in press).
3. Meyer NA, **Manore MM**. Evaluation of Nutrient Adequacy of Athletes' Diets. IN: Driskell JA, Wolinsky I, Eds. *Nutritional Assessment of Athletes*, 2<sup>nd</sup> Ed. CRC Press, Boca Raton, FL. 2010, pp. 51-70. ISBN 978-1-4398-182103,
4. **Manore MM**, Thompson JL. Energy requirements of the athlete: assessment and evidence of energy efficiency. IN: Burke L, Deakin V, Eds. *Clinical Sports Nutrition*, 4<sup>rd</sup> Edition. McGraw Hill Publ: Boston, MA, 2010, pp.96-115.
5. **Manore MM**, Thompson JL. Body Weight Regulation and Energy Needs. IN: Wolinsky I & Driskell J, eds. *Sports Nutrition: Energy Metabolism and Exercise*. CRC Press, Boca Raton, FL, 2008, pp. 241-260.
6. Woolf K, **Manore MM**. Micronutrients Important for Exercise. IN: Spurway N, MacLaren D Eds. *Advances in Sport and Exercise Science Series: Nutrition and Sport*. Elsevier Publ: Philadelphia, PA, 2007, pp.117-134.
7. Beals K, **Manore MM**. Nutritional Considerations for the Female Athlete. IN: Spurway N, MacLaren D Eds. *Advances in Sport and Exercise Science Series: Nutrition and Sport*. Elsevier Publ: Philadelphia, PA, 2007, pp.185-204.
8. **Manore MM**, Thompson JL. Energy requirements of the athlete: assessment and evidence of energy efficiency. IN: Burke L, Deakin V, Eds. *Clinical Sports Nutrition*, 3<sup>rd</sup> Edition. McGraw Hill Publ: Boston, MA, 2006, pages 113-134.
9. **Manore MM**, Beals KA. Health screening and diet assessment. IN: Dunford M. Ed. *Sports Nutrition: A Guide for the Professional Working with Active People*. 4<sup>rd</sup> Ed. ADA: Chicago, IL: ADA Publishers, 2005, page145-159.
10. **Manore MM**, Woolf K, Nutritional concerns of the female athlete. IN: *Ensuring the Health of Active and Athletic Girls and Women*. Ransdell L. & Petlichkoff L. (Eds.). Waldorf, MD: National Association for Girls and Women in Sport, American Alliance for Health, Physical Education, Recreation and Dance, pp. 167-203, 2005.
11. Hansen C, **Manore MM**. Vitamin B-6. IN: *Sports Nutrition: Vitamins and Trace Elements*. 2<sup>nd</sup> ed. Wolinsky I, Driskell JA (Eds.). CRC Press: Boca Raton, FL, page 81-91, 2005.
12. **Manore MM**. Succeeding in Graduate School. IN: *ACSM Fellows Offer Advice to Students*. Hall SJ, (Ed.) ACSM: Indianapolis, IL, 2005, p. 31-37.
13. **Manore MM**. Case studies in sport nutrition (7 case studies). In: *IOC Handbook of Sports Nutrition*. Maughan RJ and Burke LM. (Eds.) Oxford, UK: Blackwell Science Publishers, 2002, pp. 34, 48, 83, 91, 126, 160, 171.
14. Clarkson P, **Manore MM**. Nutritional and pharmaceutical ergogenic aids in female athletes. IN: Drinkwater B ed. *IOC Encyclopedia of Sports Medicine: Women in Sport*. Oxford, UK: Blackwell Science Publishers, 2000, pp. 321-341.
15. **Manore MM**, Thompson JL. Energy requirements of the athlete: assessment and evidence of energy efficiency. IN: Burke L, Deakin V, eds. *Clinical Sports Nutrition*. McGraw Hill Publ: Boston, MA, 2000, pp. 124-145.
16. Beals KA, **Manore MM**. Health Screening and Medical Evaluation. IN: Rosenbloom C. Ed. *Sports Nutrition: A Guide for the Professional Working with Active People*. 3<sup>rd</sup> Ed. ADA: Chicago, IL, 2000, pp. 149-156.
17. Beals KA, **Manore MM**. Dietary Assessment. IN: Rosenbloom C. Ed. *Sports Nutrition: A Guide for the Professional Working with Active People*. 3<sup>rd</sup> Ed. ADA: Chicago, IL, 2000, pp. 157-167.
18. Beals KA, **Manore MM**. Physical Fitness Assessment. IN: Rosenbloom C. Editor. *Sports Nutrition: A Guide for the Professional Working with Active People*. 3<sup>rd</sup> Ed. ADA: Chicago, IL, 2000, pp.169-183.

19. **Manore MM.** The overweight athlete. IN: Maughan R. ed. *IOC Encyclopedia of Sports Medicine: Nutrition in Sport*. Oxford, UK: Blackwell Science Publishers, 2000, pp. 469-483.
20. Thompson JL, **Manore MM.** Body Weight Regulation and Energy Needs: Weight Loss. IN: Driskell J & Wolinsky I eds. *Energy-Yielding Macronutrients & Energy Metabolism in Sports*. CRC Press, Boca Raton, FL, 2000, pp. 291-308.

---

**Referred Professional Outreach Articles, Proceedings & Educational Materials: 2000-present only**

---

1. Manore MM. People don't eat nutrition, People eat Food: An Expert Interview. Medscape Education Diabetes & Endocrinology (CME/CE), Stanford Health Children's Health, Fitness and Nutrition Initiative. January 10, 2011. Web link: <http://www.medscape.org/viewarticle/735047>
2. Berning J, **Manore MM**, Meyer N. Nutrition and Athletic Performance: Before, During and After Exercise. Adapting the Joint Position Statement into Practical Guidelines. Based on the Joint Position Statement, Nutrition and Athletic Performance (March 2009), authored by the American Dietetic Association (ADA), the Dietitians of Canada (DC), and the American College of Sports Medicine (ACSM), 2010.
  - Paper was sponsored by GSSI, reviewed by 7 outside reviewers from ACSM and ADA. Document is being distributed to athletic bodies such as the NCAA, NATA, and CSCS and through SCAN.
3. **Manore MM.** Dietary weight loss supplements: Where is the Evidence? United States Olympic Committee, Dec, 2009.
4. Carpenter RA, Schwartz J. *Exercise is Medicine: Toolkit for Nutrition Professions*. American Dietetic Association (SCAN and Weight Mgt DPGs) and ACSM. Contributors: Cotton R, Gigliotti L, Hutber A, Kruskall L, **Manore M.** To be published on the ACSM and ADA web sites for Professions. Introduced at the FNCE Annual Meeting, Pre-FNCE Workshop, **Exercise is Medicine: What's the role of the dietitian in promoting physical activity?** Denver, CO, Oct 2009 (Beta tested version); San Diego, Sept 2012 (final product presented).
5. Kam, LC, **Manore MM.** The Female Athlete Triad: An Update. *SCAN Pulse*. 2007;26(4):5-8.
6. Housington A, **Manore MM.** Nutrition: Obesity & Hunger. OSU Extension Services, Aug, 2006. On the web: <http://extension.oregonstate.edu/catalog/>
7. **Manore MM.** Feeding the Active Male: Part IV. *ACSM's Health and Fitness Journal*. 2006;10(3):33-34.
8. **Manore MM.** Feeding the Active Male and Female: Part III. *ACSM's Health and Fitness Journal*. 2006;10(1):26-28.
9. **Manore MM.** Feeding the Active Female: Part II. *ACSM's Health and Fitness Journal*. 2005;9(5):26-28.
10. **Manore MM.** Feeding the Active Female: Part I. *ACSM's Health and Fitness Journal*. 2005;9(3):26-28.
11. **Manore MM.** Just the facts on weight loss supplements: Where is the evidence? *ACSM's Health and Fitness Journal*. 2005;9(1):27-28.
12. **Manore MM**, Mason M, Skoog I. Applying the concepts of glycemic index and glycemic load to active individuals. *ACSM's Health and Fitness Journal*. 2004;8(5):1-3.
13. **Manore MM.** Nutrition and Physical Activity: Fueling the active individual. *Research Digest: President's Council on Physical Fitness and Sport*. 2004, Series 5 (1);1-8. [http://fitness.gov/Reading\\_Room/Digests/digests.html](http://fitness.gov/Reading_Room/Digests/digests.html)
14. **Manore MM.** Keeping the weight off: How can you maintain weight loss after the diet is over? *ACSM's Health and Fitness Journal*. 2004;8(3):23-24.
15. **Manore MM.** Using Glycemic Index to Improve Athletic Performance. GSSI Sports Science News (Web series), 2004. URL: [http://www.gssiweb.com/reflib/refs/623/ssn\\_glycemic.cfm?pid=38](http://www.gssiweb.com/reflib/refs/623/ssn_glycemic.cfm?pid=38)

16. **Manore MM**, Vannoy J. Finding the Perfect Diet: Revisiting the Pyramid II. *ACSM's Health and Fitness Journal*. 2004;8(1):23-26.
17. **Manore MM**, Vannoy J. Finding the Perfect Diet: Revisiting the Pyramid I. *ACSM's Health and Fitness Journal*. 2003;7(5):22-24.
18. **Manore MM**. Cultivating Good Nutrition Habits: How can you maintain a healthy body weight throughout life? *ACSM's Health and Fitness Journal*. 2003;7(3):24-25.
19. O'Sullivan Maillet J, **Manore MM**. Dietetics matters: Demonstrating our impact! *Journal of the American Dietetic Association*. 2003;103(1):14.
20. **Manore MM**, Myers EF. Research and the dietetics profession: Making a bigger impact! *Journal of the American Dietetic Association*. 2003;103(1):108-112. [PMID: 12525803](#)
21. **Manore MM**. Power Play: Protein's Role as a Team Player. *Scholastic Coach Magazine*, August, 2002.
22. **Manore MM**. Carbohydrate: Friend or Foe? Part III. Dietary carbohydrate and changes in blood glucose. *ACSM's Health and Fitness Journal*. 2002;6(5):25-27.
23. **Manore MM**. Carbohydrate: Friend or Foe? Part II. Dietary carbohydrate and changes in blood glucose. *ACSM's Health and Fitness Journal*. 2002;6(3):26-29.
24. **Manore MM**. Carbohydrate: Friend or Foe? Part I. The changing image of carbohydrate. *ACSM's Health and Fitness Journal*. 2002;6(1):1-3.
25. Meyer NL, Johnson SC, Askew EW, von Duvillard SP, Hofmann P, Kipp RW, **Manore MM**. Nutritional issues in alpine ski racers during the preparatory phase. IN: *Science and Skiing II*. Eds: Mueller E, Schwameder H, Raschner C, Lindinger S, Kornel E. Hamburg, Germany: pp. 620-632, 2001.
26. **Manore MM**. Getting your abstract accepted: The key to success! *Journal of the American Dietetic Association*. 2001;101(12):1410-1411.
27. **Manore MM**. Vitamin and Minerals. Part III. Can you get too much? *ACSM's Health and Fitness Journal*. 2001;5(5):26-28.
28. Benardot D, Clarkson PA, Coleman E, **Manore MM**. Can vitamin supplements improve sport performance? *Gatorade Sports Science Institute Roundtable* 2001;12(3):1-6.
29. **Manore MM**. Vitamin and Minerals. Part II. Who needs to supplement? *ACSM's Health and Fitness Journal*. 2001;5(3):30-34.
30. **Manore MM**. Vitamin and Minerals. Part I. How much do you need? *ACSM's Health and Fitness Journal*. 2000;5(1):33-35.
31. **Manore MM**. Energy Bars: Picking the right one for you. *ACSM's Health and Fitness Journal*. 2000;4(5):33-35.
32. **Manore MM**. Energy Bars: Making the right recommendation. *SCAN Pulse* 2000;19(3):4-5.
33. **Manore MM**. Fueling exercise. *ACSM's Health and Fitness Journal*. 2000;4(3):34-35.
34. **Manore MM**. Dietary fat recommendations: How much fat do I need? *ACSM's Health and Fitness Journal*. 2000;4(1):44-46.

---

**Invited Oral Scientific Presentations:** International, National, and Regional Professional Meetings/Symposium. 2000-present only.

---

1. American College of Sports Medicine (ACSM) Annual Health and Fitness Summit (April 2011), Anaheim, CA. Invited Speaker: Belly Fat 101: Do diet and supplements work?
2. University of Arizona, 2010 Sports Nutrition Conference: Fueling Fitness and Performance, October 2010, Tucson, AZ. Invited Speaker: Hot Topics in Research: Weight control and Dietary Supplements.
3. ACSM's Sports Medicine and Fitness Show on Live Health Radio, October 12<sup>th</sup>, 2010, Chicago, OR. Invited Guest: "Nutrition and Exercise for Girls and Women." Show moderator: Melanie Cole, MS, CPT (Exercise Physiologist). (1 h show). <http://www.healthradio.net>
4. Northwest American College of Sports Medicine Annual Meeting, February 2010, Portland, OR. Keynote Speaker: Supplements for Weight Loss and Gaining Lean Mass: Where is the Evidence?
5. Northwest American College of Sports Medicine Annual Meeting, February 2010, Portland, OR. Round Table Discussion: Crossing the Line: What is the Health Fitness Professional's Role in Promoting Nutrition? Panel Members: M Manore (OSU), K Kerr (CWU), J Peterson (Linfield College).
6. American Dietetic Association Annual Meeting, Oct 2009, Denver, CO. Symposium Chair and Organizer: Appropriate Physical Activity Intervention Strategies for Weight Loss and Prevention of Weight regain for Adults. Co-Sponsored by ADA and ACSM.
7. American Dietetic Association Annual Meeting, FNCE Pre-Conference titled: Exercise is Medicine: What is the Dietitian's Role in Promoting Physical Activity? Denver, CO, Oct 2009. Co-Presiding Officer and Moderator and Contributor to the "Exercise is Medicine: Toolkit for Nutrition Professions".
8. American College of Sports Medicine Annual Meeting (PINES Preconference Symposium titled: *Current Controversies and Questions in Sport Nutrition Presented by Professionals in Nutrition for Exercise and Sport (PINES)*), June 2009, Seattle, WA. Session Chair and Moderator: Should Protein be added to Sports Drinks? Invited Presentation: How do I gain muscle while losing fat?
9. American College of Sports Medicine Annual Meeting, June 2009, Seattle, WA. Session Chair and Moderator: Nutraceuticals, Exercise, Health and Performance: Curcumin, Ginger and Quercetin.
10. National ACSM Webinar, November 2008. Invited Speaker: Small Steps- Big Rewards: Top 10 Nutrition Tips for People on the Go!"
11. University of Arizona, The Winning Edge – 2008 Sports Nutrition Workshop, October 2008, Tucson, Arizona. Invited Speaker: Weight Loss Supplements: Where is the Evidence?
12. American College of Sports Medicine Annual Meeting, June 2008, Indianapolis, IN. Session Chair and Speaker: Working with Active Women: Nutrition, Exercise and Health Issues.
13. Northwest American College of Sports Medicine Annual Meeting, February 2008, Seattle, WA. Invited Speaker: Female Athlete Triad: What's New?
14. Australian Institute of Sport, Canberra, Australia, October 2007. Invited Speaker: Update: ACSM's Position Paper on the Female Athlete Triad.
15. 2007 Australian Conference of Science and Medicine in Sport, 6<sup>th</sup> National Physical Activity Conference, 5<sup>th</sup> National Sports Injury Prevention Conference and the 2007 Recreational and Sport Development Conference, October, 2007, Adelaide, Australia. Keynote Speaker (1): The Female Athlete Triad: Nutrition, Bone and Health Consequences. Keynote Speaker (2): Nutrition and Bone: Are we doing enough?



16. American College of Sports Medicine Annual Meeting, June 2007, New Orleans. Invited Speaker: Methods of Assessing Energy Expenditure in Athletes
17. International Association of Athletics Federations (IAAF) Consensus Conference on Sport Nutrition, April, 2007, Monte Carlo, Monaco. Invited Speaker: The Female Athlete Triad: Components, Nutrition Issues and Health Consequences.
18. New Zealand Sports Medicine and Science Annual Conference, November 2006, Wellington, New Zealand. Invited Keynote Speaker (1): The Female Athlete Triad – New Position State from ACSM. Keynote Speaker (2): Getting to Energy Balance: Eating and Exercise Issues of Active Girls and Women
19. Auckland University of Technology, November, 2006, Auckland, NZ. Invited Speaker: Small Steps—Big Rewards: What’s your game plan for eating wisely and maintaining a healthy weight?”
20. University of Arizona, The Winning Edge – 2006 Nutrition for Fitness and Sport Conference, October 2006, Tucson Arizona. Invited Presentation (1): Sport Nutrition Fundamentals – Nutrient Needs of Athletes. Invited Presentation (2): Diet, Exercise and Weight Management
21. Foundation for Osteoporosis Research and Education, Young Female Athlete Triad Colloquium, September 2006, San Francisco, CA. Invited Speaker: Nutritional Needs of Adolescent Athletes
22. Congress of the European College of Sport Science (ECSS), July 2006, Lausanne, Switzerland. Invited Speaker: Three-dimensional Tour of the Female Athlete Triad: 10 year Update!
23. American Dietetic Association, Sports and Cardiovascular Nutritionists Annual Meeting, March 2006, Nashville, TN. Invited Speaker: Getting to Energy Balance: Eating and Exercise Issues of the Female Athlete
24. Montana Tech, University of Montana, Butte, MT, October 2005. Montana Tech Campus-to-Community Speaker's Program. Invited Campus presentations: Short Cuts to Fat Loss--Weight loss supplements: Where is the evidence?
25. American Dietetic Association Annual Meeting, October 2005, St. Louis, MO. Invited Speaker: Three-Dimensional Tour of the Female Athlete Triad: 10-year Update
26. 18<sup>th</sup> International Congress of Nutrition, Nutrition Safari 2005, Pre-Congress on Sport Nutrition, September, 2005, Northwest Province, South Africa. Invited Keynote: The Female Athlete Triad. Second presentation: Energy and Micronutrient Needs of Active Individuals.
27. Gatorade Sports Sciences Institute (GSSI) 2005 Conference: Sports Supplements: Helpful, Harmless or Hazardous? Chicago, IL, July 2005. Invited Speaker: Short Cuts to Fat Loss.
28. American College of Sports Medicine (ACSM) Annual Health and Fitness Summit, March 2005, Las Vegas, NV. Invited symposium Chair and Organizer for the Pre-conference: “Absolute Truths of Nutrition: What you need to Know!” (Over 500 attendees). Invited Presentation (1): Nutrition Truths I – What do you really need to know about the basics? Invited Presentation (2): Getting to Energy Balance: Eating and Exercise Issues of Active Girls and Women.
29. University of Arizona, Department of Nutritional Science and Center for Physical Activity and Nutrition (CPAN), February 2005. Invited Speaker: Impact of habitual physical activity an age on chronic disease risk factors in midlife and older women.
30. University of Arizona Cooperative Extension, The Winning Edge: Nutrition for Fitness & Sport, November 2004, Tucson/Phoenix AZ Teleconference Workshop. Invited Presentations (1): Using Safe and Effective Supplements and Ergogenic Aids. Invited Presentations (2): Special Issues in Weight Management – Low carbohydrate/High Protein Diets.
31. British Association of Sport & Exercise Sciences (BASES) Annual Meeting, Sept, 2004, Liverpool, England. Invited Keynote : Female Athlete Triad Syndrome: Nutritional Strategies – Keynote. Second Presentation: The Dr. Atkin’s Diet and the Active Individual: Where to we go from here?

32. American College of Sports Medicine (ACSM) Annual, May 2004, Indianapolis, IN. Invited Speaker: Female Athlete Triad --Treatment Recommendations: Energy Availability/Disordered Eating.
33. National Association of Athletic Trainers Region 10 Annual Meeting, March 2004, Seaside, OR. Invited Speaker: Sport Nutrition in the Trenches.
34. Northwest American College of Sports Medicine (ACSM) Annual Meeting, March 2004, Seattle, WA. Invited Speaker: High-Protein, Low-Carbohydrate Diets and Long-term Weight Loss: Where do we go from here?
35. 20<sup>th</sup> Annual ADA Sport and Cardiovascular Nutritionists (SCAN) Symposium, April 2004, Colorado Spring, CO. Invited Speaker: What's Fat Got to do with it?
36. American College of Sports Medicine (ACSM) Annual Health and Fitness Summit, April 2004, Orlando, FL. Invited Speaker: High Protein Diets: Where do we go from here?"
37. American Dietetic Association (ADA) Annual Meeting, October 2003, San Antonio, TX. Symposium on "Metabolic Syndrome", Session Chair, Organizer and Moderator.
38. American College of Sports Medicine (ACSM) Annual Meeting, May 2003, San Francisco, CA. Invited Speaker: Vitamins and Minerals: B-Vitamins Dietary Reference Intakes and Implications for Athletes.
39. American College of Sports Medicine Annual Health and Fitness Summit, April 2003, Reno, NV. Invited Presentation (1): Developing and Implementing Effective Programs to Address the Obesity Epidemic: Dietary Counseling for the Treatment of Obesity. Invited Presentation (2): Nutrition Supplements that Work: What do we recommend for Health and Sport?"
40. Northwest Renal Dietitians Annual Meeting, March 2003, Portland, OR. Invited Speaker: Research: It is Do-able and Exciting!
41. Athletic Business Conference, November 2002, Orlando, FL. Invited Speaker: Supplements: Sorting the Fact from Fiction.
42. American College of Sports Medicine Annual Health and Fitness Summit, April 2002, Orlando, FL. Invited Presentation (1): Carbohydrate: Is it really bad for you? Invited Presentation (2): The Vegetarian Athlete: Nutrition Issues.
43. American College of Sports Medicine Annual Meeting, June 2001, Baltimore, MD. Invited Speaker: Evaluation Nutrition Supplements.
44. The World Scientific Congress of Golf – 2001 Future of Golfers Conference, March 2001, Tempe, AZ. Invited Speaker: Sport Nutrition: Application to Golf.
45. American College of Sports Medicine Annual Meeting, June 2000, Indianapolis, IN. Invited Speaker: Current Issues for Team Physicians - Nutrition and Supplements.
46. International Life Sciences Institute (ILSI)/ILSI North America 2000 Annual Meeting, January, 2000, St. Petersburg, FL. Invited Speaker: Physical Energy: Energy Bar Formulation, Energy, Carbohydrate, Fat, Protein and Additives.
47. United States Olympic Committee & American College of Sports Medicine Summit on the Female Athlete Triad. Speaker and Panel Member, June 1999, Seattle, WA.

***State Meetings (Oregon): Invited presentations only. 2000-present only.***

48. Oregon State University's Folk Club, Winter Meeting, Corvallis Public Library, Corvallis OR. February, 2011. Invited presentation: Small Steps to Building a Better Diet and Weight Management Plan: Does timing of food intake and diet composition matter?

49. Oregon Dietetic Association Annual Meeting, April 2010, Wilsonville, OR. Invited Presentation: Exercise is Medicine: What is the Dietitian's Role in Promoting Physical Activity?
50. 2010 Oregon State University's Gerontology Conference, OSU, Corvallis, OR. April, 2010. Invited Speaker: Healthy Aging: Top 10 Nutrition and Exercise Tips!
51. Eugene 4J School District, K-5<sup>th</sup> Teachers, Nutrition Workshop, Eugene, OR. March, 2010. Invited Presentation: What Should Kids Eat? What Will Kids Eat? Nutrition for Young Minds and Bodies.
52. Oregon State University's Folk Club, Winter Meeting, Corvallis Public Library, Corvallis OR. February, 2010. Invited presentation: Nutrition for Women's Health: Top 10 Nutrition Tips!
53. Women Investing in Samaritan Health (WISH), Spring Meeting, OSU, Corvallis, OR. May, 2009. Invited Presentation: Nutrition for Women's Health: Top 10 Nutrition Tips!
54. Oregon Higher Ed Health & Physical Activity Professionals Annual Conference, January 2007, Silver Falls, OR. Invited Presentation: Sport Nutrition: What's New?
55. Oregon Health Sciences University (OHSU) Dietetic Internship Research Seminar Series, April 2005, Portland, OR. Invited Presentations: Impact of habitual physical activity an age on nutritional status and chronic disease risk factors in midlife and older women.
56. Oregon Dietetic Association Annual Meeting, April 2005, Newport, OR. Invited Presentation: Dietetic Research: It is Do-able!
57. Linfield College, Dean's Lecture Series and the Dept. of Health, Human Performance and Athletics and Dept. of Sociology and Anthropology, March, 2005, McMinnville, OR. Invited Community/College Presentation: Small Steps—Big Rewards: What's your game plan for eating wisely and maintaining a healthy weight?
58. Oregon State University, Department of Philosophy. The Examined Meal Lecture Series, March 2005. Invited Presentation: Beliefs about Food: What can food do for you?
59. Oregon Society of Cardiovascular and Pulmonary Rehabilitation (OSCVPR) Annual Meeting, May, 2004, Newport, OR. Invited Presentation: Low-carbohydrate Diets: Where do we go from here?
60. Oregon Dietetic Association Annual Meeting April, 2002, Eugene, OR. Elaine Mackie Memorial Lecture: Chronic Dieting in Women Across the Lifecycle: What are the health consequences?
61. Oregon State University, Annual Nutrition Update, February, 2002, Salem, OR. Invited Presentation: Carbohydrate: Friend or Foe?
62. National Strength and Conditioning NSCA Coaches Annual College Level III Conference, Invited Presentation: Fueling your workout and recovery, August 2002, University of Oregon, Eugene, OR.

***State Meeting (Arizona): Invited Presentations***

63. Governor's Council Conference, April, 2001, Phoenix, AZ. "Nutrition Update: Tips for Fueling a Healthy Lifestyle.
64. ASU Golf Research Education and Training Program, The World Scientific Congress on Golf, Tempe, AZ. "Sport Nutrition: Application to Golf.
65. ASU Intercollegiate Athletics, Girls & Women in Sport Week, Feb., 2001, Tempe, AZ. Invited Presentation: Nutrition for the Active Women.
66. University of Arizona Cooperative Extension, The Winning Edge: Nutrition for Fitness & Sport Advanced Workshop, October, 2000, Tucson/Phoenix/Flagstaff AZ Teleconference Workshop. Invited Presentation: Guidelines for Evaluating the Nutritional Claims of Ergogenic Aids and Supplements.

67. Arizona Dietetic Association Annual Meeting, June, 2000, Mesa, AZ. Invited Presentation: Effective Weight Loss Strategies: What Works. . . What Doesn't ?

Outreach and Extension Presentations: 2000-present only.

68. Medscape Diabetes and Endocrinology Panel Spotlight, Panel Member: Making a Difficult Discussion Easier – Speaking to Parents. Portland, OR, January, 2011.
69. Oregon State University (OSU) Extension Annual Meeting. OSU, Corvallis, OR. December, 2008. Invited presentation: Nutrition and the 2008 Physical Activity Guidelines for Americans: Small Steps - Big Rewards!
70. Montana Tech, University of Montana, Butte, MT, October 2005. Montana Tech Campus-to-Community Speaker's Program. Invited Community Presentation: Small Steps- Big Rewards: Your Game Plan for Eating Wisely & Maintaining a Healthy Weight.
71. Oregon State University Extension Services FCD Annual "Ideas That Heal Symposium", October 2004, Medford, OR. Invited Presentation: Ideals that Heal: Eating Wisely Means Aging Well!
72. Oregon State University Extension Service Annual Conference, FCD Research Workshop, Sept, 2004, Albany, OR. Invited Presentation: Community Based Research: It is do-able!
73. Oregon State University Extension Services FCD Annual "Ideas That Heal Symposium", October 2004, Medford, OR. Invited Presentation: Ideas that Heal: Eating Wisely Means Aging Well!
74. Oregon State University Extension Service Annual Conference, FCD Research Workshop, Sept, 2004, Albany, OR. Invited Presentation: Community Based Research: It is do-able!
75. Oregon State University, Coastal Oregon Marine Experiment Station Advisory Board Meeting, April, 2003, Newport, OR. Invited Presentation: Functional Foods, Nutraceuticals & Dietary Supplements: What's the future?
76. Oregon State University Extension Services, FCD/NEP Conference, May, 2002, Corvallis, OR. Invited Presentation: Carbohydrates: Friend or Foe.

Scientific Presentations at Professional Meetings, Abstracts (Oral & Poster). 2000-present only

Papers by graduate students are marked with an asterisk (\*); undergraduates marked with double asterisk (\*\*)

1. Sweat WM\*, Pilolla KD, Princehouse MK, **Manore MM**. Improving habitual food patterns: Impact of an intervention using low-energy dense foods and high intensity physical activity in abdominally obese, sedentary premenopausal women. American Dietetic Association Annual Meeting, September 2011.
2. Tobey L, Hosington A, Raab C, **Manore MM**. Framework development for the Food Hero social marketing campaign: Focus on fruits and vegetables for low-income families in Oregon. American Dietetic Association Annual Meeting, September 2011.
3. Biegler RB\*\*, Chang J, Finders DL, Sperber EE, Kam LC, Guebels CP, **Manore MM**. Nutritional status and lipid profiles in active women with and without menstrual dysfunction. Northwest ACSM Annual Meeting, April 2011, Eugene, OR.
4. Farm KR\*\*, Normandin JS, Pilolla KD, Sweat WM, Maddalozzo GF, **Manore MM**. High intensity interval training: impact on fitness and body composition in sedentary, overweight, premenopausal women. Northwest ACSM Annual Meeting, April 2011, Eugene, OR.
5. Vassallo D\*, Lauder milk L, Farr J, Going G, **Manore MM**. A higher glycemic index diet is associated with fat infiltration within skeletal muscles in young girls. Experimental Biology Annual Meeting, April, 2011, Washington, DC.

6. Laudermilk L\*, Vassallo D, **Manore MM**, Going S. Usual dietary protein intake is related to trabecular but not cortical bone mineral content, density and strength measured by pQCT in young girls. Experimental Biology Annual Meeting, April, 2011, Washington, DC.
7. Woolf K, **Manore MM**. Alterations in body composition in older women with and without rheumatoid arthritis. Experimental Biology Annual Meeting, April, 2011, Washington, DC.
8. Pilolla KD\*, Sweat WM, Maddalozzo G, Princehouse M, **Manore MM**. LITEN UP! Reducing Metabolic Syndrome (MetS) Risk in Premenopausal Women. American College of Sports Medicine (ACSM) Annual Meeting, May 2011, Denver, CO.
9. Cialdella-Kam L\*, Guebels C, Maddalozzo G, **Manore MM**. REMEDY: Impact of menstrual status on musculoskeletal and hormonal health. American College of Sports Medicine (ACSM) Annual Meeting, May 2011, Denver, CO.
10. Guebels C\*, Cialdella-Kam L, Maddalozzo G, **Manore MM**. REMEDY: Menstrual Status and Energy Availability in Active Women. American College of Sports Medicine (ACSM) Annual Meeting, May 2011, Denver, CO.
11. Oster TM\*\*, Pilolla KD, Sweat WM, **Manore MM**. Metabolic Syndrome (MetS) Risk Factors in Health Overweight and Obese Women Prior to a Diet and Exercise Intervention. March, 2010. Northwest American College of Sports Medicine (ACSM) Annual Meeting, Portland, OR.
12. Laudermilk M\*, Going S, Cussler E, Lohman T, Thomson C, Farr J, **Manore M**. Relationship of self-report dietary intake and bone macro-architectural structure in pre and early pubescent girls. Nutritional Sciences Research Frontiers Conference, U of Arizona, Tucson, AZ, October, 2009.
13. Grimstvedt MG\*, Woolf K, **Manore MM**. Lower dietary quality in older women with rheumatoid arthritis vs. health controls. SCAN Annual Meeting, April 2009, Scottsdale AZ.
14. Cialdella-Kam LA\*, Lewis K, **Manore MM**, Joubert LM. Carbohydrate and protein intake before, during and after exercise: Are active women following current recommendations? American College of Sports Medicine (ACSM) Annual Meeting, May 2009, Seattle, WA.
15. Dvorak TE\*, Jordan KC, Dolan SH, Wing-Gaia SL, **Manore MM**, Meyer N. The Adolescent Sport Nutrition (SN) Knowledge Questionnaire: Validity and reliability. *Med Sci Sports Exerc.* 2008;40(5):S188. American College of Sports Medicine (ACSM) Annual Meeting, May 2008, Indianapolis, IL.
16. Grimstvedt ME\*, Woolf K, **Manore MM**. The Association Between Bone Density and Diet Quality Among Older Women. Southwest American College of Sports Medicine (ACSM) Annual Meeting, November 2008, San Diego, CA.
17. Donatelle BJ, **Manore MM**, Jabson JM, Ourada VE, Walker AJ, Pilolla KA, Bryant T. Behavioral approaches for risk reduction in midlife women with MetS: A Pilot Study. American Public Health Association (APHA) Annual Meeting, October 2008, San Diego, CA.
18. KD Pilolla\*, TK Bryant, **MM Manore**, RJ Donatelle, JM Jabson, AJ Walker, VE Ourada. A Pilot Study: Impact of a non-weight loss intervention, focused on changing diet and physical activity (PA) behaviors, in midlife women at risk for metabolic syndrome (MetS). *The FASEB J* 2008;22:677.20. Experimental Biology Annual Meeting, April, 2008, San Diego.
19. Ourada V\*, Walker A, Donatelle R, **Manore MM**, Jabson J, Pilolla K, Bryant T. *How Women Negotiate Family and Personal Health Needs*. Paper presented at the annual meeting of National Council on Family Relations, Pittsburgh, PA, November, 2007.
20. Joubert LM\*, **Manore MM**. Level of physical activity (PA) does not alter blood homocysteine (Hcy) concentrations in non-supplementing adults. *Med Sci Sports Exerc.* 2007;39(5):S258. American College of Sports Medicine (ACSM) Annual Meeting, May 2006.

21. White B\*, **Manore MM**. The impact of a culturally appropriate nutrition, exercise and self-care intervention program on reducing diabetes risk factors in Hispanic individuals with diabetes: A pilot project. *JADA* 2006;106( 8):S1, A33. ADA Annual Meeting, September 2006.
22. Woolf K\*, **Manore MM**. Iron status in non-supplementing, older women with and without rheumatoid arthritis. *The FASEB J* 2004. Experimental Biology Annual Meeting, April, 2004.
23. Meyer NL\*, Shaw J, **Manore MM**. Bone mineral density in elite male winter sport athletes. *Med Sci Sports Exerc.* 2004;36(5):S13. American College of Sports Medicine (ACSM) Annual Meeting, May 2004.
24. Meyer NL\*, **Manore MM**, Estes HM, Shaw J. The Female Athlete Triad in winter sport athletes. Congress of Science and Skiing, Snowmass at Aspen CO, March, 2004. In: The 3rd ICSS Proceedings. (Ed) D.Bacharach and J. Seifert. 2004, p51-52.
25. Meyer NL\*, **Manore MM**, Shaw JM, Subudhi AW, Askew EW, and Walker JA. Dietary intake, iron status, and supplement use in female winter sport athletes during the preparation for the 2002 Olympic Winter Games. 8<sup>th</sup> Annual Congress of the European College of Sports Science, Salzbrug Austria, July 2003.
26. Meyer NL\*, Shaw JM, **Manore MM**, Subudhi AW, Askew EW, Sultz BB, Walker JA. Bone mineral density in female Olympic winter sport athletes. *Med Sci Sports Exerc.* 2003;35(5):S364. ACSM Annual Meeting, May 2003.
27. Woolf K\*, Schmidt JL, Gilliatt-Wimberly MA, Martinez AS, Peet KA, Vaughan LA, **Manore MM**. Habitual physical activity reduces chronic disease risk factors in midlife and older women. *Med Sci Sports Exerc.* 2003;35(5):S169. ACSM Annual Meeting, May 2003.
28. Meyer NL\*, Subudhi AW, Walker JA, Shaw JM, Askew EW, Shultz BB, **Manore MM**. Winter Sport Athletes: Nutrition issues during preparation for the 2002 Olympic Winter Games in Salt Lake City. *Med Sci Sports Exerc* 2002;34(5):124. 6<sup>th</sup>IOC World Cong on Sport Sci, St. Louis, MO, June, 2002.
29. Meyer NL\*, Hansson TM, Doody SL, Walker JA, Subudhi AW, Shaw JM, **Manore MM**. Menstrual function, energy balance and eating behavior in female high-school soccer players. *Med Sci Sports Exerc* 2002;34(5):S23. ACSM Annual Meeting, June 2002.
30. Parmenter MA\*, **Manore MM**, Daniels, JT. EPOC following high intensity intermittent and moderate intensity continuous exercise. *Med Sci Sports Exerc* 2001; 33(5):S73. ACSM Annual Meeting, June 2001.
31. Wolfe K\*, **Manore MM**, Vaughan LA. Elevated blood total homocysteine in older women with rheumatoid arthritis. *JADA* 2001;101(9):A95. ADA Annual Meeting, October 2001.
32. Gilliant M\*, **Manore MM**, Swan PD, Woolf K, Vaughan L. Effect of habitual exercise on resting metabolic rate and body composition in midlife active and sedentary women. *The FASEB J* 2000;14(4):A528. Experimental Biology Annual Meeting, April, 2000.
33. Meyer NL\*, Johnson SC, Askew EW, von Duvillard SP, Hofmann P, Kipp RW, **Manore MM**. Nutritional Issues in Alpine Ski Racing during the Preparatory Phase. Second International Congress on Skiing and Science (ICSS) 2000, St. Christopher, Austria, January, 2000

---

**Research Support (External selected funded only): 2000- present only.**

---

1. Gunter K (PD), John, D (PD) **Manore M (Co-PD)**, Etuk L, Langellotto G, Rennekamp, R. **GROW Healthy Kids and Communities: Generating Rural Options for Weight-Healthy Kids and Communities.** (2011-2017).USDA National Institute of Food and Agriculture.
2. **Manore MM** (PI), Maddalozzo G, Pillola K. Preventing Metabolic syndrome in Premenopausal Women: Targeting abdominal obesity through diet and exercise. (2009-2011). Standard Process, Inc.

3. **Manore MM (PI)**, Widrick J, Iwaniec U, Maddalozzo G. Restoring menstrual dysfunction and muscle health in active women using a supplement (2008-2010). Gatorade Sports Science Institute (GSSI).
4. **Manore MM (PI)**, Widrick J, Iwaniec U, Turner R. Multidisciplinary Training in Nutrition and Physical Activity (2006-2010). USDA Food and Agriculture National Needs Graduate Fellowship Grant.
5. Going, SB (PI) – U of Arizona, **Manore M** (Consultant)- Diet Assessment. (2006-2010). Exercise and Bone Development in Young Girls. NIH (Neurological, Aging and Nusruloskeletal Epidemiology).
6. **Manore MM** (PI). (2005-06) Women and Hispanic Family Members Diabetes Prevention Program. Dept. of Women's Health, Region X.
7. **Manore MM** (PI). (2004-05) Hispanic Family Diabetes Prevention Program. Dept. of Women's Health, Region X.
8. Donatelle B (PI) **Manore MM** (Co-PI). (2005-06). Healthy Worksite. Oregon Dept. of Health Services, Office of Health Promotion and Chronic Disease Prevention.
9. **Manore MM** (PI), Donatelle B (Co-PI). (2004-2006). Hispanic Family Diabetes Prevention Program and Healthy Worksite. Oregon Dept. of Health Services, Office of Health Promotion and Chronic Disease Prevention.
10. Subudhi AW (PI), Meyer NL, **Manore MM** (Co-PI), Shaw J, Askew EW, Walker JA. (2001-2002) Winter Sport Athletes: Nutrition issues during preparation for the 2002 Olympic Winter Games in Salt Lake City. International Olympic Committee (IOC).
11. Woolf K (PhD Student), **Manore MM** (Co-PI; Faculty Advisor). (1999-2001). Nutritional and homocysteine status of non-supplementing older women with and without rheumatoid arthritis. PPO and Association for Gerontology in Higher Education.

### Teaching: Oregon State University (OSU) only

---

NUTR 417/517: Human Nutrition Sciences: Macronutrient Metabolism and Energy Balance (4 cr.)  
 NUTR 535 Nutrition and Exercise: Macronutrient and Energy Metabolism (3 cr.)  
 NUTR 599 Nutrition and Exercise: Micronutrient Metabolism and Ergogenic Aids (3 cr.)  
 NUTR 439/539 Communications in Dietetics (3 cr)  
 NUTR 514 Health Benefits of Functional Foods, Nutraceuticals and Dietary Supplements (3 cr)  
 NUTR 550 Nutrition Assessment (4 cr.)  
 NUTR 199 Freshman LinC (1cr)

### Professional Service: State and Community

---

- Invited Member, Menu Labeling Technical Evaluation Advisory Committee (TEAC) for a Robert Wood Johnson Foundation Healthy Eating Research Grant, Multnomah County Health Division and Oregon Public Health Division, 2008-10.
- Appointed Member, Speaker of the House, Oregon Legislature, Task Force for a Comprehensive Obesity Prevention Initiative, 2008-09.
- Member, Childhood Obesity Study Research Work Group, Health Promotion and Chronic Disease Prevention. Oregon Health Division, Dept. of Human Services, Portland, OR. Wrote the Childhood Obesity Study Report for the Oregon Legislature, 2006-07.
- Community Partnership Development Group: Preventable Diseases Related to Lifestyles, Arizona Dept. of Health Services, 1993; Obesity Committee, Arizona Department of Health Services, 1993-95.
- American Heart Association, Arizona Affiliate, Subcommittee Member Food Festival, 1988-89
- Adjunct Faculty, Arizona Heart Institute/St. Joseph's Hospital Dietetic Internship Program, 1984-89

### Professional Service: Editorial Boards/Reviewer

---

- Reviewer, *Dietary Reference Intake (DRI) Water, Potassium, Sodium, Chloride, and Sulfate*. National Academies, Institute of Medicine, Food and Nutrition Board. Wash DC: National Academies Press, 2004.
- Associate Editor, *Medicine and Science in Sports and Exercise*, 2000-2003. [IF=4.282]
  - ◊ Editorial Board Member: 1991-97; 2003-2010.
  - ◊ Co-author of Female Athlete Triad Position Stand, 2007.
- Associate Editor & Nutrition Column Editor, *ACSM's Health and Fitness Journal*, 1998-2006; [IF=0.432]
  - ◊ Editorial Board Member, *ACSM's Health and Fitness Journal*, 1996-2011.
- Editorial Board Member, *Journal of The American Dietetic Association*, 2000-2005.[IF=3.722]
  - ◊ Reviewer for Weight Mgt. Position Stand, 2001.
  - ◊ Co-author of Nutrition and Physical Activity Position Stand, 2000.
  - ◊ Selected as a Reviewer: ACSM, ADA, Dietitians of Canada, Joint Position on Nutrition and Physical Activity, 2006.
- Editorial Board Member, *Scandinavian Journal of Medicine & Science in Sports*, 2006-present. [IF=2.968]
- Editorial Board Member, *International Journal of Sport Nutrition and Exercise Metabolism*, 1991-present; Associate Editor, 2009- 2010. [IF=1.793]
- Editorial Board Member, *Journal of Physical Activity and Health (JPAH)*, 2003-2007.
- Advisory Board Member, *Journal of Human Movement*, 2003-present.
- Editorial Board Member, *The American Journal of Medicine and Sports (AJMS)*, 2004-2005. [IF=4.142]
- Editorial Board Member, *The Digest*, ADA Research Dietetic Practice Group, 1995-1999.
- Editorial Board Member, *Sports Nutrition Patient Education Manual*, Aspen Publishers, Inc., 2001-2004.
- Guest Reviewer for the following journals: Appetite; American Journal of Preventive Medicine; American Journal of Clinical Nutrition; European Journal of Clinical Nutrition; Journal of the American College of Nutrition; Canadian Journal of Dietetic Practice and Research; Canadian Journal of Applied Physiology; Human Reproduction; Journal of Nutrition Education and Behavior; Nutrition; British Journal of Sports Medicine; Exercise and Sport Sciences Review; International Journal of Sports Medicine; Journal of Applied Physiology; Journal of Sports Sciences; Medicine, Exercise, Nutrition and Health; Journal of Clinical Endocrinology and Metabolism; Sports Medicine; Journal of Physical Education, Recreation, and Dance; Medicina Sporsiva; Trends in Food Science and Technology; USA Gymnastics; Women's Health Issues; Women in Sport and Physical Activity Journal.

#### **Professional Service: Research Grant Review: 2000-present only**

- Member, Grant Review Panel (Review of Ancillary Research Grants with SHOW trial-RFA DK 00-07), NIDDK, Bethesda, MD, April 2001.
- Member, National Cattlemen's Beef Association Nutrition Research Discovery Symposium/Review, Chicago, IL, September 2000.
- Member, Extramural Defense Women's Health Research Program (EDWH) Scientific Peer Review Panel, U.S. Dept. of Defense, Washington, DC, 1996.
- Member, USDA-CSRESS National Research Initiative (NRI) Human Nutrition and Obesity Peer Review Panel, Washington DC, November 2005 and October 2008.
- Member, NIH- Psychosocial Risk and Disease Prevention (PRDP) study section, Washington DC, February, 2007.

#### **Program/Scientific Document Reviewer:**

- Reviewer, Institute of Medicine, Food and Nutrition Board, "Dietary Reference Intakes for Electrolytes and Water", Summer, 2003.
- Member, Graduate Program Review, Dept of Forestry Resources, College of Forestry, Oregon State University, March 2002.
- Member, Institute of Medicine Subcommittee on Program Review of the Pennington Biomedical Research Ctr., Food and Nutrition Board, Baton Rouge, LA, June, 2001.

#### **Professional Service: Advisory Boards and Speaker Networks. 2000-present only.**



- Member, Energy Balance Work Group for ACSM, ADA and USDA, 2010-present.
- Member, MedScapeCME (WedMD) and Sanford Health Professional's Steering Committee for "Children's Health, Fitness and Nutrition Initiative", 2010-present.
- Member, ESCOP Science & Technology Committee, 2010.
- Member, Research Group, US Olympic Committee (USOC) Sport Dietitian Network, 2009-2010.
- Member, International Olympic Committee (IOC) Diploma in Sports Nutrition, Academic Advisory Board, Sportsoracle Limited, Aberdeen, Scotland, 2005-present.
- Member, Center for Physical Activity and Nutrition (CPAN) Advisory Board, College of Agriculture and Life Sciences and College of Medicine, The University of Arizona, 2005-2008.
- Member, Golf Magazine Fitness Advisory Panel, 2003-2005.
- Member, Gatorade Sports Science Institute (GSSI) Nutrition Advisor Board, 1990-2009.
- Member, USA Swimming Performance Team on Nutrition, 2001-2009.
- Member, U.S. Olympic Committee Sports Nutrition Program Speakers Network, 1993-present.
- Member, USA Gymnastics National Health Care Advisory Board, 1996-2001.
- Member, Arizona Osteoporosis Coalition Medical Advisory Board, 2001.

---

### **Professional Service: National & International Symposium Participant/Committee or Scientific Panel Member/Chair. 2000-present only.**

---

- Chair, Nutrition and Health Committee for Program Guidance and Planning of the US Dept of Agriculture, National Institute for Food and Agriculture, 2008-2011 (Co-Chair in 2008; Chair in 2009; Past-chair in 2010).
- Member, Institute of Medicine, Food and Nutrition Board, Committee on Military Nutrition Research (CMNR), 2001-2006.
  - Member, Institute of Medicine, Food and Nutrition Board, Committee on Optimization of Nutrient Composition of Military Rations for Short-Term, High-Stress Situations, CMNR, 2004-present. The committee produced the following book:
    - Erdman JW, Bistrain BR, Clarkson PM, Dwyer JT, Klein BP, Lane HW, **Manore MM**, O'Neil PM, Russell RM, Tepper BJ, Tipton D, Yates AA. *Nutrition Needs for Short-term, High Stress Operations*. Standing Committee on Military Nutrition Research, Institute of Medicine. National Academies Press, Wash DC, 2005.
  - Member, Institute of Medicine, Food and Nutrition Board, Committee on Metabolic Monitoring for Military Field Applications, CMNR, 2002-2004. The committee produced the following book:
    - Committee on Metabolic Monitoring for Military Field Applications (Vanderveen JE, Bistrain BR, Caldwell JA, Dwyer JT, Erdman JW, Lane HW, **Manore MM**, Morgan WP, O'Neil PM, Sternberg EM, Tepper BJ, Thayer J.). *Monitoring Metabolic Status: Predicting Decrements in Physiological and Cognitive Performance*. Standing Committee on Military Nutrition Research, Institute of Medicine. National Academies Press, Wash DC, 2004, 450 pages.
- Co-Chair, 3<sup>rd</sup> National Symposium on "Sport Nutrition: Diet and Exercise for Health and Performance" sponsored by ACSM and ASCN, Baltimore, MD, May 2001.

---

### **Professional Service: Organizations 2000-present only.**

---

#### American Society of Nutrition (ASN).

- Committee Member, Physical Activity Guidelines Working Group, 2007-2008.
- Member, Research Interests Groups – Vitamins and Minerals; Energy and Macronutrient Metabolism.
- Review, EB abstracts for the Energy and Macronutrient Group, 2008, 2009.

#### American College of Sports Medicine (ACSM):

- Vice President, ACSM, 2009-2011.
  - Member, Administrative Council; Member, Budget and Finance Committee; Member, Awards and Tributes Committee; Member, Program Committee; Member, Pronouncements Special Working Group; Member, Strategic Planning Committee.
- Member, Review Committee for ACSM, Gail E. Butterfield, PhD, RD FACSM Nutrition Travel Award 2010-present.
- Trustee, ACSM's Board, 2005-2008.
- ACSM American Fitness Index Advisory Board and Expert Panel Member, 2007-present.

- ACSM's Health and Fitness Summit Program Committee Member, 2001-2005; 2010-present.
- ACSM's Annual Program Committee, Subcommittee member of Metabolism and Nutrition, 2002-2010, Co-Chair, 2010-present.
- ACSM and ADA/SCAN, Member Working Group, 2009-present.
- Strategic Health Initiative on Women, Sport, and Physical Activity, Member, 1998-2001.
  - Chair, Advocacy Committee, 2000-2001.
- Pronouncements Committee, Member, 2000-2003.
  - Chair, Nutrition and Physical Activity Position Paper
  - Reviewer Weight Control Position Paper; Coaching Position Paper
  - Member, Female Athlete Triad writing group, 2002-2004.
  - Member, Pronouncements Committee for Position Papers, 2007.
- Co-Chair, ACSM Nutrition Interest Group, 1997-2003; Annual Meeting Program Reviewer 1997-2004.
- Research Advisory Committee, Member, 1996-2000.
- Session Chair: Nutrition and Exercise (1999), Sport Supplements (1998), Ergogenic Aids in Sport (1996); Nutraceuticals, Exercise, Health and Performance: Curcumin, Ginger and Guercetin (2009).
- Free Communications: Chair, 2010 (Baltimore)
- Symposium Speaker at Annual Meeting, 1993, 1999, 2001, 2003, 2004
- Annual Meeting Abstract Reviewer (Nutrition and Sport Abstracts), 1988-91, 1994-96, 2004-2010.

#### Professionals in Nutrition and Exercise and Sport (PINES)

- Founding member, International organization to be launched in January 2007.
- Speaker and Debate Moderator, ***Current Controversies and Questions in Sport Nutrition Presented by Professionals in Nutrition for Exercise and Sport (PINES)*** a Pre-conference at ACSM Annual Meeting, Seattle, WA. June 2009.
  - Debate Moderator: Should protein added to sports drinks? Speakers: Dr. Jeff Zachwieja, Research Scientist, Gatorade and Dr. Mike Saunders, Associate Professor, James Madison University.
  - Speaker, 10 Most Frequently Asked Questions in Sport Nutrition.

#### American Dietetic Association (ADA):

- Member, ADA Foundation Research Endowment Fund Task Force, 2005.
- Member, ADA Obesity Steering Group, 2004-2005.
  - Member, ADA/ACSM Criteria for Weight Management Programs Joint Work Group
- Member, ADA Dietary Guidelines Committee, 2003-04.
- Review Committee, JADA Huddelson Award for Research, 2004.
- Abstract Reviewer for Annual Meeting, 1999-2009; Symposium Chair, 2003, 2009.
- Chair, ADA Research Committee 2002-2003; Committee member 2001-2004.
- ADA/SCAN Alliance Committee Member, Alliance to ACSM, 1992-2000.
- Ad-hoc Committee Member: ADA/ACSM Teleseminar series for 2010.

#### ADA Practice Group: Sports, Cardiovascular and Wellness Nutritionists (SCAN):

- Member and Symposium Co-Chair, SCAN-ACSM Preconference, Exercise is Medicine. FNCE Annual Meeting, Denver, CO, October, 2009.
- Member, Writing team for EIM for Dietitians, 2009-present.
- Sports Dietitians USA, founding member and current committee member, 2003-present.
  - Standards of Practice (SOP) Committee Member, 2007-present. Wrote SOP guidelines for SCAN.
- Co-author, ADA Standards of Practice and Standards of Professional Performance for RDs in Sports Dietetics, published in JADA 2009.
- SCAN TRAC on Sport Nutrition, Member, 1996-2002.
  - Chaired the SCAN/ADA Committee for Enhanced Specialization in Sport Nutrition
- Co-author, ADA Position Paper on Nutrition and Exercise, Dec. 2000 in JADA, MSSE, DC
  - Reviewer, SCAN Symposium abstracts, 2000.

#### ADA Practice Group: Nutrition Research Dietetic Practice Group

- Chair, 2000; Chair-elect, 1999; Editorial Board Member, *The Digest*, 1995-99.
- Reviewer, ADA Research Toolkit, 2011. On-line at: <http://www.eatright.org>.

Oregon Dietetic Association (ODA):

- Chair, Nominating Committee, 2005-06; Member, 2004-05.
- Member, Annual Meeting Program Committee, 2007-08.