

CURRICULUM VITAE
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EDUCATION

<i>Institution</i>	<i>Degree</i>	<i>Date Awarded</i>
<u>POSTDOCTORAL</u>		
Purdue University	Human Nutrition – Protein Metabolism	2011
<u>GRADUATE</u>		
Purdue University	Doctor of Philosophy in Nutrition Human Nutrition – Taste and Sensory Perception	2007
Butler University	Master of Business Administration	1990
<u>UNDERGRADUATE</u>		
Purdue University	Bachelor of Science in Institutional Management – Administrative Dietetics	1986

FURTHER EDUCATION

<i>Institution</i>	<i>Credential</i>	<i>ate Awarded</i>
Methodist Hospital Dietetic Internship, Indianapolis, IN	Verification to sit for Dietetic Registration Exam	1987

APPOINTMENTS

ACADEMIC

<i>Institution</i>	<i>Rank/Title</i>	<i>Inclusive Dates</i>
Purdue University College of Health and Human Sciences	Clinical Associate Professor Director, Purdue Clinical Research Center	4/2025 – present
Indiana University School of Dentistry Dental Public Health & Dental Informatics	Adjunct Assistant Professor (Courtesy)	11/2025 – present
Indiana CTSI Clinical Research Center	Indiana University Affiliate	4/2025 – present
Indiana University – Indianapolis School of Health & Human Sciences	Clinical Assistant Professor	8/2024 – 3/2025
Indiana University – Indianapolis School of Health & Human Sciences	Assistant Professor	8/2018 – 7/2024
Indiana University Graduate School	Full Status Graduate Faculty Member	8/2018 – 7/2024
Indiana University – Indianapolis School of Health & Human Sciences	Interim Doctorate in Nutrition and Dietetics Program Director	7/2023 – 11/2023
Indiana University – Indianapolis School of Health & Human Sciences	Acting Nutrition and Dietetics Program Director	8/2023 – 9/2023
Indiana University – Indianapolis School of Health and Rehabilitation Sciences	Visiting Professor of Nutrition and Dietetics (.75 FTE)	8/2017 – 7/2018

Indiana University – Indianapolis School of Health and Rehabilitation Sciences	Adjunct Lecturer of Nutrition and Dietetics (.50 FTE)	8/2016 – 6/2017
Indiana University – Indianapolis School of Health and Rehabilitation Sciences	Adjunct Lecturer of Nutrition and Dietetics (4 credit hours/academic year)	8/2013 – 6/2016
Purdue University & Indiana CTSI Clinical Research Center	Research Associate Indiana University Affiliate Staff	6/2011 – 6/2017 6/2011 – 6/2017
Purdue University Department of Foods and Nutrition	Research Assistant in Human Sensory Laboratory	8/2001 – 12/2007
Purdue University Department of Foods and Nutrition	Graduate Instructor/Assistant in Foods and Nutrition	8/1995 – 5/2001
Indiana University – Indianapolis Community Learning Network	Part-time Lecturer in Culinary Arts	2/2001 – 5/2002
Marian College Department of Nursing & Nutritional Sciences	Instructor in Nutrition & Dietetics Program Director for Didactic Program in Dietetics	7/1992 – 6/1995
Ball State University Department of Family and Consumer Sciences	Adjunct Faculty in Nutrition and Dietetics Approved Preprofessional Practice Program (AP4)	9/1991 – 5/1993

NON-ACADEMIC

<i>Institution/Entity</i>	<i>Title</i>	<i>Inclusive Dates</i>
Cooking Up Nutrition LLC	Owner	5/2023 – present
Farm Flavor Media	Consultant to <i>My Indiana Home</i>	1/2018 – 9/2020
American Dairy Association of Indiana	Consultant for Indiana State Fair	1/2018 – 8/2020
EcoSure	Foodservice Specialist	2008 – 2012
MCP Food	Culinary Instructor	2003 – 2009
Alpha Sigma Phi Fraternity	Foodservice Consultant	2003 – 2005
O'Malia's Cooking School	Culinary Instructor	2000 – 2002
Clark's Appliance	Kitchen Equipment Demonstrator	1999 – 2001
Richmond State Hospital	Foodservice Consultant	1997 – 1998
Forum at the Crossing	Long-Term Care Consulting Dietitian Foodservice Director	1992 – 1993 1990 – 1992
Central State Hospital	Food Production Dietitian	1987 – 1990

REGISTRATION, LICENSURE, CERTIFICATION

<i>Credential</i>	<i>Number</i>	<i>Inclusive Dates</i>
Diplomate, American College of Lifestyle Medicine	available upon request	12/2025 - present
Quality Matters Certified Peer Reviewer		12/2022 – present
Credential in Effective College Instruction (Association of College and University Educators)		5/2022 – present
Registered Dietitian Nutritionist	available upon request	6/1988 – present
Indiana Licensed Dietitian (Medical Licensing Board)	37000628A	7/2019 – present
Indiana Certified Dietitian (Health Professionals Bureau)	37000628A	11/1995 – 6/2019
ServSafe® Food Protection Manager & Instructor	10359388	9/2013 – 9/2018, 3/2008 – 3/2013, 12/1999 – 12/2004, 5/1994 – 5/1998
ServSafe Alcohol® Instructor	6456863	5/2009 – 5/2012

PROFESSIONAL ORGANIZATION MEMBERSHIPS

<i>Organization</i>	<i>Inclusive Dates</i>
American Dietetic Association/Academy of Nutrition and Dietetics (AND)	1988 – present
Practice/Member Interest Groups	
Nutrition Educators of Health Professionals	2020 – present
Nutrition and Dietetic Educators and Preceptors	1992 – 2001, 2020 – 2021, 2022 – present
Food and Culinary Professionals	2000 – 2001, 2019 – 2020, 2022 – present
Management in Food and Nutrition Systems	1989 – 1992, 1999 – 2000, 2018 – 2019, 2022 – present
Research	2001 – 2003, 2015 – 2016
Weight Management	2012 – 2015
Consultant Dietitians in Health Care Facilities	1991 – 1998
Indiana Dietetic Association/ Indiana Academy of Nutrition and Dietetics (IAND)	1988 – present
Central Indiana District Dietetic Association/ Central Indiana Academy of Nutrition and Dietetics (CIAND)	1988 – present
Society for Nutrition Education and Behavior (SNEB)	2019 – present
Divisions	
Higher Education	2019 – present
Digital Technology in Nutrition Education and Behavior Change	2019 – present
Sustainable Food Systems	2019 – present
Research	2019 – present
Teaching Kitchen Collaborative	
Organizational Member – Purdue University	7/2025 - present
Indiana University	1/2024 – 3/2025
Culinary Committee	2024 – present
Nutrition Committee	2024 – present
Research	2024 – present
Catalyst Member	2022 – 2023
American College of Lifestyle Medicine	2023 – present
Registered Dietitian Nutritionist Member Interest Group	2023 – present
Food as Medicine/Culinary Member Interest Group	2023 – present
Indiana Member Group	2023 – present
American Society for Parenteral and Enteral Nutrition (ASPEN)	2016 – 2017, 2022 – 2023
The Institute of Food Technologist (IFT)	2006 – 2007, 2022 – 2023
Association for Chemoreception Sciences (AChemS)	2002 – 2005
The International Council on Hotel, Restaurant & Institutional Education	1998 – 1999
Indiana Consultant Dietitians	1992 – 1999

PROFESSIONAL HONORS AND AWARDS

<i>Award Name</i>	<i>Granted By</i>	<i>Date Awarded</i>
<u>TEACHING</u>		
2024 Global Teaching at Home Award	IU Indianapolis Office of International Affairs	9/2024
Virtual Global Learning Fellows Program	IUPUI Office of International Affairs	3/2024
Graduate Student Award for Outstanding Teaching	Purdue University	4/2000
<u>RESEARCH</u>		
Summer Research Grant	Purdue Research Foundation	1996, 1998, 1999

SERVICE

Nominated for Hamilton County 4-H Council	Purdue Extension (Clay Township)	11/2021
Nominated for AND Affiliate Delegate	Indiana Academy of Nutrition and Dietetics	12/2019
Recognized Young Dietitian of the Year	Central Indiana District Dietetic Association	5/1994
Recognized Young Dietitian of the Year	Indiana Dietetic Association	4/1994
Outstanding Dietitian of the Month	Central Indiana District Dietetic Association	1/1992
Governor's Showcase Award in Mental Health	Indiana Department of Mental Health	12/1988

OVERALL/OTHER

E. Neige Todhunter Doctoral Fellowship	American Dietetic Association Foundation	2002 – 2003
Maxine F. & Arlene M. Wilson Scholarship	American Dietetic Association Foundation	2002 – 2003
Katherine & Thomas Manchester Memorial Scholarship	American Dietetic Association Foundation	2002 – 2003
The Rose Marie Pangborn Sensory Science Scholarship	European Sensory Science Society	2002 – 2003
Gladys E. Vail Scholarship	Kappa Omicron Nu	4/1997, 4/2002
Beatrice Donaldson David Fellowship	American Dietetic Association Foundation	1997 – 1999
H.J. Heinz Graduate Degree Fellowship	The Educational Foundation of the National Restaurant Association	1998 – 1999
Management in Healthcare Systems Scholarship	American Dietetic Association Foundation	1998 – 1999
Gamma Sigma Delta	The Honor Society of Agriculture	1998
Mary Hebenstreit Memorial Award	Indiana Dietetic Association	4/1997
Dietetic Educators of Practitioners Scholarship	American Dietetic Association Foundation	1996 – 1997
Dietetic Intern Case Study Award (Case of Noma)	Central Indiana District Dietetic Association	5/1988
Stadler Foundation Scholarship	Stadler Foundation	1985 – 1986
Heinz Scholarship	National Institution for the Food Service Industry	1985 – 1986
Kappa Omicron Nu	National Honor Society for the Human Sciences	1985
Eta Sigma Delta	International Hospitality Management Honor Society	1985

TEACHING

TEACHING ASSIGNMENTS

UNDERGRADUATE (Purdue University 2026 – present)

<u>Course #</u>	<u>Title</u>	<u>Format</u>	<u>Role</u>	<u>Semesters</u>
<u>Nutrition Science</u>				
NUTR 442	Foodservice Systems Management	Lecture/Lab	Instructor of Record	
<u>Foods & Nutrition 1995 – 2003</u>				
F&N 203	Food: Their Selection & Preparation	Lecture/Lab	Instructor of Record	6
F&N 330	Diet Selection and Planning	Lab	Lab Instructor	1
F&N 426	Experience in Community Nutrition	Lab	Lab Preceptor	2
F&N 442	Foodservice Systems Management & ServSafe	Lecture/Lab	Instructor of Record	2
F&N 443	Foodservice Systems Management Experience	Lab	Lab Preceptor	3
F&N 459	Introduction to Clinical Dietetics Experience	Lecture/Lab	Instructor of Record	1
F&N 520	Medical Nutrition Therapy	Lab	Lab Instructor	1

UNDERGRADUATE (Indiana University Purdue University/Indiana University Indianapolis 2014 – 2024)

<i>Course #</i>	<i>Title</i>	<i>Format</i>	<i>Role</i>	<i>Semesters</i>
NTRD N 265	Scientific Foundations of Human Nutrition /Nutrition and Exercise (Fall 2016 – Summer 2020)	100% Online	Instructor of Record	23
NTRD N 365	Translating Nutrition: From Theory to Practice	100% Online	Instructor of Record	13
NTRD N 420	Human Nutrition through the Lifespan	100% Online	Instructor of Record	1

UNDERGRADUATE (Indiana University Fort Wayne 2019 – 2024)

<i>Course #</i>	<i>Title</i>	<i>Format</i>	<i>Role</i>	<i>Semesters</i>
NTRD N 265	Scientific Foundations of Human Nutrition /Nutrition and Exercise (Fall 2019 – Summer 2020)	100% Online	Instructor of Record	15
NTRD N 365	Translating Nutrition: From Theory to Practice	100% Online	Instructor of Record	10

UNDERGRADUATE (Marian College 1992 – 1995)

<i>Course #</i>	<i>Title</i>	<i>Format</i>	<i>Role</i>	<i>Semesters</i>
FNS 132	Introduction to Foodservice Management (Foodservice Layout & Design and ServSafe)	Lecture	Instructor of Record	3
FNS 231	Principles of Food Preparation	Lecture/Lab	Instructor of Record	1
FNS 233	Nutrition and Dietetics	Lecture	Instructor of Record	1
FNS 290	Nutrition Seminar (Research & Teaching Methods)	Lecture	Instructor of Record	1
FNS 340	Quantity Food Production	Lecture	Instructor of Record	2
FNS 341	Quantity Food Purchasing & Cost Control	Lecture	Instructor of Record	1
FNS 442	Organization and Management of Foodservices	Lecture	Instructor of Record	3
FNS 443	Food Chemistry	Lecture	Instructor of Record	2

GRADUATE (Indiana University Purdue University/Indiana University Indianapolis 2014 – 2024)

<i>Course #</i>	<i>Title</i>	<i>Format</i>	<i>Role</i>	<i>Term</i>	<i>Enrollment</i>
N 755	Management of Food & Nutrition Systems	Hybrid	Instructor of Record	Fa 25	5
N 500*	Nutrition I	100% Online	Co-Instructor	Fa 21	3
			Co-Instructor	Sp 21	2
N 593*	Topics in Nutrition (Nutrition I)	100% Online	Co-Instructor	Fa 20	2
N 563**	Research Methods in Nutrition and Dietetics	In Person	Team Taught	16 – 17	16
			Instructor of Record	15 – 16	15
			Team Taught	14 – 15	16
			Team Taught	13 – 14	15
N 567**	Management Issues in Dietetics	In Person	Instructor of Record	Fa 18	14
			Instructor of Record	17 – 18	16
			Instructor of Record	16 – 17	16
			Instructor of Record	15 – 16	15
			Instructor of Record	14 – 15	16
			Instructor of Record	Sp 14	15
N 591**	Seminar in Nutrition and Dietetics (supervised 5 students' seminars)	In Person	Team Taught	14 – 15	16
SHRS W 670	Research Practicum in Health & Rehabilitation Sciences	In Person	Instructor of Record	Su 14	1

GRADUATE continued

<i>Course #</i>	<i>Title</i>	<i>Format</i>	<i>Role</i>	<i>Term</i>	<i>Enrollment</i>
GRAD G 510	Master's Advanced Progression & Analysis (Elise McDonald) ***	Online	Preceptor/Mentor	Su 21	1
			Preceptor/Mentor	Sp 21	1
		In Person	Preceptor/Mentor	Sp 20	1
			Preceptor/Mentor	Su 19	1

* Students are combined (cross-listed) into the NTRD N 265 Canvas course ~80% of course grades are from N 265 activities and assessments.

** This Graded Plus R course spans the Fall and Spring semesters.

*** Not included in total graduate students taught

Total graduate students taught = 26 in rank (173 total)

MENTORING

UNDERGRADUATE †

<i>Individual</i>	<i>Status</i>	<i>Project Topic</i>	<i>Armstrong Role</i>	<i>Inclusive Dates</i>
Jenna Thomaszewski	Honors Student (N 365)	Designing a Mindful Eating Education Module for Canvas	Mentor	Spring 2024
Yashvardhan Kesti	Honors Student (N 265)	Impact of Meal Frequency and Nutritional Composition on Running Time, Pace, and Distance	Mentor	Spring 2023
Makenna Sunbury	Honors Student (N 265)	The Pathogenesis of Sarcopenia and its Management through Physical Therapy	Mentor	Spring 2023
Montana Crossman	Honors Student (N 365)	Creating a Collaborative Online Cookbook	Mentor	Spring 2023
Abigail Montalvo	Honors Student (N 365)	Investigating the Adoption of a Student-Friendly Meal Planning App	Mentor	Spring 2023
Halie Minard	Honors Student (N 365)	SNAP Challenge	Mentor	Spring 2022
Hailey Rough	Honors Student (N 365)	Traditional Indian Food Blog	Mentor	Spring 2022
Paulina Medina	Honors Student (N 365) 2022 IUPUI Top 100	Nutrition Interactive Activity	Mentor	Fall 2021
Shushan Negash	Honors Student (N 365)	Meal Planning Cookbook Review	Mentor	Spring 2021
Jeffrey Grogan	Honors Student (N 365)	Traditional Korean Food Blog	Mentor	Spring 2021
Hassan Abdelwahab	Honors Student (N 265)	The Benefits and Potential Risks of Popular Fad Diets	Mentor	Spring 2020
Natalie McNally	Honors Student (N 265)	IUPUI Women's Soccer Nutritional Brochure	Mentor	Spring 2020
Corinne Bowditch	Honors Student (N 365) 2020 IUPUI Top 100	Discovery Journey to Nutrition Blog	Mentor	Fall 2019
Sokvannara Chhy	Honors Student (N 265)	The Obesity Epidemic: United States and Sweden	Mentor	Fall 2019
Megan Sampson	Honors Student (N 265)	Investigating the Dash Diet	Mentor	Fall 2017
Emma Stout	Honors Student (N 265)	Developing MyDietAnalysis Kultura Videos	Mentor	Fall 2017

Jacqueline Hogan	Foods & Nutrition Honors Student (Purdue)	Effect of Protein Source (Animal -vs.- Vegetable) and Quantity on Indices of Mood, Tryptophan and Large Neutral Amino Acids	Mentor/ Honor's Project Committee	2010 – 2012
Hailey Wilson	Foods & Nutrition Honors Student (Purdue)	The Effects of Quantity and Source of Protein on Postprandial Appetite and Plasma Amino Acid Profile	Mentor/ Honor's Project Committee	2010 – 2012

GRADUATE †

<i>Individual</i>	<i>Status</i>	<i>Project Topic</i>	<i>Armstrong Role</i>	<i>Inclusive Dates</i>
Elise McDonald	Masters Student in Nutrition & Dietetics (MS awarded 8/21)	Knowledge and Use of Malnutrition (Undernutrition) Screening Tools for Adults in Indiana (IRB#10127)	Committee Chair, Research Mentor	9/2018 – 8/2021
Kevin Janda	Masters Student in Nutrition & Dietetics (in-active)	Ingested magnesium from food and supplements by patients diagnosed with chronic kidney disease stage 3 (IRB#1205008805)	Committee Member, Research Key Personnel	3/2013 – 5/2019
Callie Newman	Dietetic Internship Graduate Certificate student	Capstone Project (Youth Athletic Volleyball Performance: Does Protein Help?) with Vision Volleyball Club	Mentor/ Preceptor	5/2016 – 6/2016
Beata Mazur	Dietetic Internship Graduate Certificate student	Capstone Rotation with Indiana CTSI Clinical Research Center	Mentor/ Preceptor	5/2012 – 6/2012
Joana Lopez-Mateo	Dietetic Internship Graduate Certificate student	Capstone Rotation with Indiana CTSI Clinical Research Center	Mentor/ Preceptor	5/2011 – 6/2011

MENTEE INVITED PRESENTATIONS

REGIONAL

1. McDonald EM, Whelan JL, **Armstrong CLH**. *Knowledge and Use of Malnutrition (Undernutrition) Screening Tools for Adults in Indiana: A Pilot Study*. Poster Presentation at the Indiana Academy of Nutrition and Dietetics Annual Meeting (virtual), April 7-8, 2022.
2. Bowditch C and **Armstrong CLH**. “Journey to Nutrition” Blog: *A Creative Approach for Teaching Students How to Plan Healthy, Sustainable Menus Personalized to Meet Their MyPlate Recommendations*. Poster Presentation at the 2020 Indiana Academy of Nutrition and Dietetics in conjunction with Indiana University’s Beyond Boundaries Symposium at the Indiana Convention Center, Indianapolis, IN, April 3, 2020 (canceled due to COVID-19).

NATIONAL

1. McDonald EM, Whelan JL, **Armstrong CLH**. *Knowledge and Use of Malnutrition (Undernutrition) Screening Tools for Adults in Indiana: A Pilot Study*. Poster Presentation at the American Society for Parenteral and Enteral Nutrition (ASPEN) 2022 Nutrition Science & Practice Conference at the Washington State Convention Center in Seattle, WA (in-person (CLHA) and virtual (EMM)), March 26-29, 2022. <https://go.iu.edu/4kr6>

2. Hogan JA, **Armstrong CLH**, Wilson HK, Campbell WW. *Effects of protein quantity and source (animal versus plant) on indices of mood and fed-state large neutral amino acids and tryptophan profile*. Poster Presentation (820.26) at Experimental Biology 2012 conference at the San Diego Convention Center, San Diego, CA, April 21-25, 2012.
3. Wilson HK, **Armstrong CLH**, Hogan JA, Campbell WW. *Effects of protein quantity and source (animal versus plant) on appetite and plasma amino acid responses in energy-restricted subjects*. Poster Presentation (820.38) at Experimental Biology 2012 conference at the San Diego Convention Center, San Diego, CA, April 21-25, 2012.
4. Wilson HK, **Armstrong CLH**, Hogan JA, Campbell WW. *Effects of protein quantity and source (animal versus plant) on appetite and plasma amino acid responses in energy-restricted subjects*. Oral Presentation at Energy Balance, Macronutrient and Weight Management Minisymposium at Experimental Biology 2012 conference at the San Diego Convention Center, San Diego, CA, April 24, 2012.

TEACHING ADMINISTRATION AND CURRICULUM DEVELOPMENT

<i>Activity Description</i>	<i>Armstrong Role</i>	<i>Inclusive Dates</i>
1. Developing 6-8 week Virtual International Exchange experience for Spring 2025 on culinary nutrition. Collaborating with Ukrainian MD from Uzhhorod National University.	Co-Project Developer with Dr. Oleksandra Reho	4/2024 – 6/2024
2. Developing N495/N695: Food is Medicine–Fundamentals of Culinary Nutrition hybrid course for undergraduate/graduate/medical students with in-person labs in the Teaching Kitchen.	Syllabi/Course Developer	3/2024 – 12/2025
3. Participating in developing a new health and wellness bachelor’s degree in collaboration with SHHS faculty from other departments.	New Degree Development, Lead: Dr. Rafael Bahamonde	9/2023 – 3/2025
4. Incorporated a 6-week Virtual International Exchange experience into N265, partnering with faculty from Mexico (Tecnologico de Monterrey) and Brazil (FATEC) to investigate a health and wellness topic.	Improving Instruction; Instructor of Record	9/2023 – 12/2023
5. Accessibility refinements to N265 and N365. I used Ally software to identify and correct accessibility issues in Canvas pages, course syllabi, and assignments to ensure compliance.	Improving Instruction; Instructor of Record	8/2023 – 4/2024
6. Development and approval of adding hybrid instruction mode to N365: Translating Nutrition: From Theory to Practice to offer a new 8-week hybrid section of N365 with in-person labs utilizing the Teaching Kitchen.	Improving Instruction; Instructor of Record	3/2023
7. Development and approval of N755: Management of Food & Nutrition Systems for N&D Doctorate in Nutrition.	Syllabi/Course Developer	4/2023
8. Development and approval of UAC curriculum proposal to add HPER-H 363 Personal Health as an alternative to HLSC-H 361 Health Promotion and Disease Prevention in the Certificate in Nutrition beginning Fall 2023 at the IUPUI campus to promote inclusivity of more SHHS majors.	Lead Developer	2/2023
9. Major refinements to N265 and N365. Based on participation in the Quality Matters Peer Reviewer Course in Fall 2022, revisions were made to >75% of Canvas pages, course syllabi, and assignments to ensure images, tables, links, etc., meet accessibility standards for Quality Matters Standard 8.	Improving Instruction; Instructor of Record	1/2023 – 4/2023

(TEACHING ADMINISTRATION AND CURRICULUM DEVELOPMENT Continued – 2)

<i>Activity Description</i>	<i>Armstrong Role</i>	<i>Inclusive Dates</i>
10. Major refinements to N265 and N365. Based on participation in the 21-22 ACUE cohort, added NameCoach and Personal Pronoun activities to orientation modules to align with recommended DEI practices. I also added the Chapter Study Guides to N265 to align with recommended online teaching practices.	Improving Instruction; Instructor of Record	Fall 2022 – Spring 2023
11. Major refinements to N265 and N365. Based on participation in the 2021-22 ACUE and 2020-21 Creating Racially Inclusive Classrooms Webinar Series cohorts, ~25% of the original course content (orientation module, syllabi, rubrics, and numerous assignments) was revised to better align with recommended online teaching and DEI practices.	Improving Instruction; Instructor of Record	Fall 2021
12. Development and approval of N652: Meal Planning for Culturally Diverse Populations for addition to N&D Doctorate in Nutrition.	Syllabi/Course Developer	10/2020 – 4/2021
13. Major refinements to N265 and N365. Based on participation in the Faculty Learning Community–Small Teaching Online course, 11 discussions in N265 and 9 in N365 were revised to increase student engagement and self-motivation. Videos were reuploaded from Kaltura into Canvas to increase accessibility based on feedback from the Center for Teaching and Learning.	Improving Instruction; Instructor of Record	Fall 2020
14. N500: Revised course to enable Public Health and Kinesiology graduate students to take a graduate nutrition course that otherwise would be canceled due to low enrollment. Revision based on the model Judy Ernst used when teaching N265 and N500. Team teaching approach adopted: students added to N265 (Armstrong), allowing interaction with a larger group of nutrition students while completing graduate-level research assignments in N500 (Whelan).	Co-Project Instigator and Lead with JoAnne Whelan	Fall 2020
15. N265: Reworked into an 8-week asynchronous online course format by condensing assignments while maintaining course content.	New Course Development; Instructor of Record	Summer 2020
16. Efforts to implement the Certificate in Nutrition at IUFW: obtained approval (IU Office of Online Education), worked with the registrar for a phased-in approach to course enrollment, and trained faculty on cross-listing Canvas process to accommodate low enrollment IUFW sections during the program start-up.	Coordinator and Lead for Implementing Certificate at IUFW	1/2019 – 8/2020
17. Major refinement to N365: Adopted a textbook with publisher-provided diet analysis software to develop meal planning activities to better align with the Certificate in Nutrition program needs. >50% of original content revised.	Improving Instruction; Instructor of Record	Fall 2019
18. Major refinement to N265: For-major nutrition textbook adopted, >50% of original content revised, and three new learning modules developed to align better with Nutrition Certificate program outcomes. This revision coincided with the submission and approval to rename N265: Scientific Foundations of Human Nutrition effective Fall 2020.	Improving Instruction; Instructor of Record	Fall 2019

(TEACHING ADMINISTRATION AND CURRICULUM DEVELOPMENT Continued – 3)

<i>Activity Description</i>	<i>Armstrong Role</i>	<i>Inclusive Dates</i>
19. Development of a Nutrition Canvas module for importing into Dr. Christina Douglas's T544 Occupational Therapy Practice Rehabilitation, Disability, and Participation course to deliver course material in an online asynchronous format. Two additional nutrition modules were developed for future consideration.	Canvas Module Developer; Co-Project Instigator and Lead with Sara Blackburn	1/2019 – 2/2019
20. N265: Reworked into a 12-week asynchronous online course format by condensing assignments while maintaining course content to enable N265 to be offered during the summer.	New Course Development; Instructor of Record	Summer 2018
21. Development of N365: Translating Nutrition: From Theory to Practice inaugural course.	New Course Development; Instructor of Record	Spring 2018
22. Major refinement of N265: Changed publishers and adopted an electronic textbook that included adaptive learning experiences and incorporated diet analysis software, and 80% of original course content was revised to increase student engagement.	Improving Instruction; Instructor of Record	Fall 2017
23. Major refinement of N563: Updated grant proposal development modules and assignments to better align with the Dietetic Internship program needs.	Improving Instruction; Instructor of Record	Fall 2016 – Spring 2017
24. Major refinement of N265: The new textbook edition necessitated complete revision and updating of online course modules, quizzes, and exams.	Co-collaborator with Joshua Foster (MS Student/TA) and Judy Ernst	Fall 2016
25. Efforts to develop the 12 credit 100% asynchronous online Undergraduate Certificate in Nutrition (approved by Indiana Commission on Higher Education in April 2017). As part of the process, I developed and received approval for N365: Translating Nutrition: From Theory to Practice (April 2016).	Faculty Team Member; Syllabi/Course Developer	8/2013 – 5/2016
26. Development and revision of meal planning projects in Purdue's F&N 330: Diet Selection and Planning for Dietetic Students.	Co-Project Instigator and Lead with Olivia Wood	Fall 2000
27. Development of departmental publication for Purdue's F&N 203 Food: Their Selection & Preparation, a lecture manual (~200 pages) for hospitality management students with objectives and structured outlines for 22 lectures.	Developer (revised annually); Instructor of Record	Fall 1997 Fall 1998 Fall 1999
28. Development of departmental publication for Purdue's F&N 203 Food: Their Selection & Preparation, a student lab manual (~225-page; 15 labs) for hospitality management students incorporating recipes featuring current food trends while teaching food science principles. Adopted by Dr. Jim Daniels for F&N 202L: Experience in Food Preparation (Spring 2001 & Spring 2002).	Developer (revised annually); Instructor of Record	Fall 1996 Fall 1997 Fall 1998 Fall 1999
29. F&N 443: Foodservice Systems Management Experience. Updated and revised projects for dietetic students in Purdue's Coordinated Program in Dietetics.	Co-Project Instigator and Lead with Dr. Louise Peck	Spring 1998

(TEACHING ADMINISTRATION AND CURRICULUM DEVELOPMENT Continued – 4)

<i>Activity Description</i>	<i>Armstrong Role</i>	<i>Inclusive Dates</i>
30. Enhanced Marian College's BS in Dietetics by incorporating the Professional Management Development (ProMgmt) program from The Educational Foundation of the National Restaurant Association (textbooks, teaching materials, certification exam) into foodservice management courses to enable dietetic students to earn a ProMgmt certificate as part of their degree. Courses revised: <ul style="list-style-type: none"> • FNS 132: Introduction to Foodservice Management • FNS 231: Principles of Food Preparation • FNS 340: Quantity Food Production • FNS 341: Quantity Food Purchasing & Cost Control • FNS 442: Organization and Management of Foodservices 	Project Instigator and Lead; Instructor of Record	1993 – 1995
31. Enhanced Marian College's BS in Foodservice Management by incorporating a minor in Business Administration.	Project Instigator and Lead	1992 – 1993
32. Developed and implemented Long Term Care 2-week Training Rotation for dietetic students in Ball State's AP4 Program.	Developer and Preceptor	1991

GRANTS IN TEACHING

ACTIVE TEACHING GRANTS/FELLOWSHIPS

<i>Title</i>	<i>Grant/Funding Agency</i>	<i>Role</i>	<i>Amount</i>	<i>Dates</i>
1. Open Educational Resources (OER) Development Grant for creating a new OER for NTRD-N 365 Translating Nutrition: From Theory to Practice	IUPUI University Library	PI	\$5000	10/2023 – present

COMPLETED TEACHING GRANTS

<i>Title</i>	<i>Grant/Funding Agency</i>	<i>Role</i>	<i>Amount</i>	<i>Dates</i>
1. Virtual Global Learning Fellows Program	IUPUI Office of International Affairs	n/a	\$1000	3/2024 – 6/2024
2. Transforming the Health Sciences Kitchen from a Basic Classroom to an Interactive, Engaging Learning Environment	2021 IUPUI Learning Environment Grant: IUPUI Center for Teaching and Learning	PI	\$25,000	12/2021–12/2022

COMPLETED TEACHING PROJECTS

<i>Title</i>	<i>Grant/Funding Agency</i>	<i>Role</i>	<i>Amount</i>	<i>Dates</i>
1. Knowledge and Use of Malnutrition (Undernutrition) Screening Tools for Adults in Indiana (IRB#10127)	n/a	PI	n/a	3/2021 – 6/2021
2. Evaluating Student Engagement in an Undergraduate Nutrition Course with Comparison of Video Versus Written Posts Versus a Combination of the Two in Online Discussions (IRB#2012010996)	n/a	Co-PI	n/a	1/2021 – 5/2021

INVITED PRESENTATIONS – TEACHING

LOCAL

<i>Title</i>	<i>Host Venue/Sponsor</i>	<i>Course #</i>	<i>Dates</i>
1. <i>Approaches to Racial Equity</i> (panelist for 2021-2022 Creating Racially Inclusive Classrooms Program (virtual))	IUPUI Center for Teaching and Learning (Jessica Alexander)	n/a	4/15/22
2. <i>Clinical Nutrition Applications</i> (Case-Based Learning)	IU School of Medicine; Dr. Puri's Gastrointestinal System and Nutrition	MED-X 740	12/8/21
3. <i>How to Use "The Interactive Nutrition Facts Label" to Select Healthy Foods</i>	University High School of Indiana	Academic English	9/15/21 (postponed)
4. <i>Short Instructional Videos</i> (topics were still in the planning stages)	Association of College and University Education (ACUE)	n/a	4/16/20 (postponed)
5. <i>Online Learning/Virtual Course Delivery Open Discussion</i> (co-presenter with Lamia Scherzinger and Amy Johnson)	School of Health and Human Sciences: Dean's Office	n/a	4/10/20
6. <i>Appetite and Integrated Response to a Meal</i>	IU School of Medicine; Dr. Lodge-Rigal's Gastrointestinal System and Nutrition	MED-X 740	11/7/19
7. <i>Determining Food Intake Methods for Collecting Dietary Intake (Part 1 and 2)</i>	IU Department of Nutrition & Dietetics; Drs O'Palka and Blackburn's Research Methods in Nutrition and Dietetics	N 563	10/28/19 10/21/19
8. <i>Review of Vegan and Vegetarian Diet Assignment</i>	IU Department of Nutrition & Dietetics; Drs O'Palka and Blackburn's Management Issues in Dietetics	N 567	1/28/19
9. <i>Planning Nutritionally Complete Vegetarian and Vegan Menus</i>	IU Department of Nutrition & Dietetics; Drs O'Palka and Blackburn's Management Issues in Dietetics	N 567	1/14/19
10. <i>Nutrition Considerations</i>	IU Department of Occupational Therapy; Dr. Pape's Occupational Therapy Practice: Health and Wellness	T 545	11/14/18
11. <i>Indiana State Fair Rotation</i> (at the Dairy Bar for 5-6 hours/day)	IU Department of Nutrition & Dietetics; Drs O'Palka and Blackburn's Community Nutrition	N 590	8/14, 8/17, 8/18/18
12. <i>Indiana State Fair Rotation</i> (at the Dairy Bar for 5-6 hours/day)	IU Department of Nutrition & Dietetics; Drs O'Palka and Blackburn's Community Nutrition	N 590	8/15, 8/18, 8/19/17
13. <i>Overview of Bionutrition Services for Clinical Researchers</i> (medical students)	IU School of Medicine; Introduction to Clinical and Patient-Oriented Research Elective	93PS780	2012 – 2017, as requested
14. <i>Overview of Bionutrition Services for Clinical Researchers</i> (medical residents)	IU School of Medicine Clinical Research Elective	unknown	2012 – 2017 as requested
15. <i>ServSafe 14-hour Training Seminar</i> (co-instructor with Barbara A. Almanza)	Purdue University Residence Hall; Staff Development	n/a	5/2000 5/2001 5/2002

INVITED PRESENTATIONS – TEACHING Local Continued - 2

<i>Title</i>	<i>Host Venue/Sponsor</i>	<i>Course #</i>	<i>Dates</i>
16. <i>Low-Fat Cooking Techniques</i>	Marian College; Wellness Program Faculty Development	n/a	1/1994
17. <i>Low-Fat Cooking Techniques & Dining Out</i>	Marian College; Wellness Program Faculty Development	n/a	6/1993

REGIONAL

<i>Title</i>	<i>Host Venue/Sponsor</i>	<i>Course #</i>	<i>Dates</i>
1. <i>Appetite and Integrated Response to a Meal (minor edits to Kaltura video)</i>	IU School of Medicine; Dr. Lodge-Rigal's Gastrointestinal System and Nutrition	MED-X 740 (statewide)	Fall 2022
2. <i>Appetite and Integrated Response to a Meal (revised to 45 minutes)</i>	IU School of Medicine; Dr. Lodge-Rigal's Gastrointestinal System and Nutrition	MED-X 740 (statewide)	Fall 2021
3. <i>Appetite and Integrated Response to a Meal Part 2: Environmental Factors Influencing Food Intake</i>	IU School of Medicine; Dr. Lodge-Rigal's Gastrointestinal System and Nutrition	MED-X 740 (statewide)	Fall 2020
4. <i>Food Safety Requirements in Hospital and Cafeteria Foodservice (co-instructor with Barbara A. Almanza)</i>	Indiana State Poultry Association; Nutrition and Food Safety Workshop for Quantity Food Providers	n/a	4/27/99
5. <i>Cycle Menus – Tips & Trends for Healthcare Foodservice</i>	Purdue University Foodservice Workshop	n/a	6/1994
6. <i>Implementing the Dietary Guidelines</i>	Purdue University Foodservice Workshop	n/a	6/1989

REFEREED TEACHING PRESENTATIONS

LOCAL

1. **Armstrong CLH**, *Using “Handwritten” Feedback to Enhance Instructor-to-Student Engagement in an Online Asynchronous Course*. Oral Presentation (Virtual) for the IUPUI Center for Teaching and Learning’s 2021 Advanced Teaching and Learning Symposium, November 5, 2021.

REGIONAL

1. **Armstrong CLH**. *Inclusion-Promoting Teaching Strategy: Can “Nudging” Activities Encourage Students to Record Their Name and Gender Pronouns?*, Poster Presentation at the 2024 Indiana Academy of Nutrition and Dietetics, Indiana University-Purdue University Indianapolis, Indianapolis, IN, April 11, 2024.
2. Whelan JL, **Armstrong CLH**, Biruete A. *Video, Written, or Combination? A Pilot Study Discovering Which Type of Engagement Students Preferred for Online Discussions*. Poster Presentation at the Indiana Academy of Nutrition and Dietetics Annual Meeting (virtual), April 7-8, 2022.
3. **Armstrong CLH**, *Adoption of an Electronic Textbook with Inclusive Access and Adaptive Learning Reduced DFWI rate in an Online Introductory Nutrition Course*, Poster Presentation at the 2020 Indiana Academy of Nutrition and Dietetics in conjunction with Indiana University’s Beyond Boundaries Symposium at the Indiana Convention Center, Indianapolis, IN, April 3, 2020 (canceled due to Covid-19).
4. **Armstrong CLH**, Blackburn SA. *Update on the Importance of Iodine in the Diet*. Poster Presentation at the 2017 Annual Meeting of the Indiana Academy of Nutrition and Dietetics, Forum Events Center, Fishers, IN, April 13, 2017.

NATIONAL

1. **Armstrong CLH**, Mahon A, Roberson L, and Whelan J. *Empowering Dietetics Students: Adapting Teaching Methods for Competency and Engagement*, Breakout session at the 2025 Nutrition and Dietetic Educators and Preceptors (NDEP) Annual Meeting: Thriving Through Change: Navigating Dietetics Education in a Digital and Dynamnic World University of Memphis, FedEx Institute in Memphis, TN, March 27-28, 2025.
2. Whelan JL, **Armstrong CLH**, Biruete A. *Video, Written, or Combination? A Pilot Study Discovering Which Type of Engagement Students Preferred for Online Discussions*, Poster Presentation at the Society of Nutrition Education and Behavior 2022 Annual Conference: Re-engineering Nutrition Education and Behavior at the Marriott Marquis in Atlanta, GA, July 29-31, 2022.
3. **Armstrong CLH**. *Adoption of an Electronic Textbook with Inclusive Access and Adaptive Learning Reduced DFWI rate in an Online Introductory Nutrition Course*, Poster Presentation (P110) at the 2019 Society for Nutrition Education Behavior (SNEB) Conference: Nutrition Education: Rooted in Food at the Hyatt Regency Grand, Orlando FL, July 27-30, 2019.

INTERNATIONAL

1. Whelan J, Mahon A, Roberson L, and **Armstrong CLH**. *Nutrition Micro-Credentialing for Health Professions*, Poster Presentation (A68) at the 2025 Society for Nutrition Education Behavior (SNEB) Conference: Leveraging Interconnection in Nutrition Communities at the Westin Hotel, Indianapolis, IN, July 8-11, 2025.
2. Bevan S, Wagner M, **Armstrong CLH**, Miller B, and Tamsukhin S. *Fostering Nutrition Excellence: Growing and Sustaining Nutrition Education Research through the Scholarship of Teaching and Learning*, Interactive Workshop at the 2024 Society for Nutrition Education Behavior (SNEB) Conference: Understanding Foodways: Learning, Growing, Sustaining at the University of Tennessee Student Union, Knoxville, TN, July 29-August 1, 2024.
3. **Armstrong CLH**. *Inclusion-Promoting Teaching Strategy: Can “Nudging” Activities Encourage Students to Record Their Name and Gender Pronouns?*, Poster Presentation (P6) at the 2023 Society for Nutrition Education Behavior (SNEB) Conference: Nutrition Education: Reconnect, Renourish, Reinspire Empowering Food Citizens at the Hyatt Regency Washington on Capitol Hill, Washington, DC, July 20-23, 2023.

RESEARCH/CREATIVE ACTIVITY

CURRENT RESEARCH GRANTS/PROJECTS

<i>Title</i>	<i>Grant/Funding Agency</i>	<i>Role</i>	<i>% Effort</i>	<i>Amount*</i>	<i>Dates</i>
1. Improving Dietary Quality through Animal Source Protein Accessibility in a Low-Resource Setting	HATCH Nutrition Secure Indy	Co-PI	n/a	\$19,940	9/1/2025 – 12/31/2026

* Credit to Purdue CRC for Armstrong from Nutrition Science (Heather Eicher-Miller, PI)

COMPLETED RESEARCH GRANTS/PROJECTS

<i>Title</i>	<i>Grant/Funding Agency</i>	<i>Role</i>	<i>% Effort</i>	<i>Amount</i>	<i>Dates</i>
1. Assessing the Nutritional Knowledge, Feeding Practices, and Food Accessibility of Parents with Children Diagnosed with Spina Bifida	n/a	Co-PI	n/a	n/a	4/2021 – 3/2023
2. The Effects of Protein Quantity and Source on Postprandial Satiety and Plasma Amino Acid Concentrations	National Pork Board (NPB Project #10-170)	Co-I	n/a	\$16,964	1/1/2011 – 12/31/2011

3. The Effects of Protein Quantity and Source on Postprandial Satiety and Plasma Amino Acid Concentrations	National Cattleman's Beef Association	Co-I	n/a	\$10,000	1/1/2011 – 12/31/2011
4. Increased Protein Intakes from Predominately Meat – Versus Soy Protein/Pulses-Based Foods: Effects on Daily and Post Prandial Appetite during Energy Restriction-Induced Weight Loss	National Pork Board (NPB Project #09-155)	Co-I	20%	\$99,999	7/1/2009 – 7/1/2011
5. Increased Protein Intakes from Predominately Meat – Versus Soy Protein/Pulses-Based Foods: Effects on Daily and Post Prandial Appetite during Energy Restriction-Induced Weight Loss	National Cattleman's Beef Association	Co-I	20%	\$99,999	7/1/2009 – 9/30/2011

SUBMITTED BUT NOT FUNDED RESEARCH GRANTS

<i>Title</i>	<i>Grant/Funding Agency</i>	<i>Role</i>	<i>% Effort</i>	<i>Amount</i>	<i>Dates</i>
1. Food Seeking-Related Brain Activation in Obesity and Eating Behaviors	National Institutes of Health (R01)	Co-I	20%	\$241,148**	9/1/2024 – 8/31/2029
2. Human Food Acquisition Behaviors and Striatal Dopamine Function	National Institutes of Health (R01)	Co-I	13%	\$66,703*	7/1/2019 – 6/30/2024
3. Human Food Acquisition Behaviors and Striatal Dopamine Function	National Institutes of Health (R01)	Co-I	13%	\$77,280*	12/1/2018 – 11/30/2023

* credit split to Armstrong from IUSM Neurology (David Kerekan, PI)

** credit split to Armstrong from IUSM Neurology (David Kerekan, PI) Total Grant = \$3,469,750.00

INVITED PRESENTATIONS – RESEARCH

LOCAL

1. Morgan RC, Acton AJ, **Armstrong CLH**, Elier WJ, Case KR, Soeurt CM, Džemidžić M, Kareken DA, Considine RV. *Ghrelin is not Related to Hunger or Calories Consumed at Breakfast in Lean or Obese Women*. Poster Presentation at the IUPUI Research Day 2015, Indianapolis, IN, April 17, 2015.
2. **Armstrong CLH**. *Our Five Senses: The Importance of all Five Senses in Taste Perception*. Presented at the monthly Central Indiana Academy of Nutrition and Dietetics meeting at Indy's Kitchen, Indianapolis, IN, May 24, 2012.

NATIONAL

1. O'Neil, J, Whelan, JL, **Armstrong CLH**, Schroyer R. *Assessing the Nutrition Knowledge, Family Activity-Eating Behaviors, and Food Accessibility of Parents with Children Diagnosed with Spina Bifida*. Poster Presentation at the Academy of Nutrition and Dietetics - 2022 Food and Nutrition Conference and Expo (FNCE) at the Orange County Convention Center in Orlando, FL, October 10, 2022.
2. Vorland CJ, Martin BR, **Armstrong CLH**, Radcliff JS, Moorthi RN, Moe SM, Hill Galant KM. *Comparison of Digestion Methods for Phosphorus Analysis of Fecal and Diet Samples*. Poster Presentation at Experimental Biology 2017 conference at McCormick Place Convention Center in Chicago, IL, April 22-26, 2017.
3. Yeung CK, Himmelfarb J, Moe SM, **Armstrong CLH**, Moorthi RN. *Effect of Diet Modification from 65% Animal-Based Protein to 70% Plant-Based Protein on Trimethylamine N-oxide (TMAO) Levels in Subjects with Stage 3-4 CKD*. Poster Presentation (TH-P0759) at Kidney Week 2016 at McCormick Place Convention Center in Chicago, IL, November 17, 2016.

4. Lee H, Acton AJ, **Armstrong CLH**, Eiler WJ, Soeurt CM, Džemidžić M, Kareken DA, Mather KJ, Considine RV. *Hunger and Ghrelin before and after Breakfast in Lean or Obese Women*. Poster Presentation (SUN 641) at The Endocrine Society's 98th Annual Meeting and Expo at the Boston Convention Center in Boston, MA, April 3, 2016.
5. Morgan RC, Acton AJ, **Armstrong CLH**, Elier WJ, Case KR, Soeurt CM, Džemidžić M, Kareken DA, Considine RV. *Ghrelin is not Related to Hunger or Calories Consumed at Breakfast in Lean or Obese Women*. Poster Presentation at the Obesity Society Annual Meeting during ObesityWeek 2015 at the Los Angeles Convention Center in Los Angeles, CA, November 2-7, 2015.
6. Li J, **Armstrong C**, Campbell W. *Effects of Dietary Protein Quantity and Source in Appetite Responses in Energy-Restricted Overweight and Obese Adults*. Poster Presentation at Experimental Biology 2015 conference at the Boston Convention and Exhibition Center, Boston, MA, March 28 -April 1, 2015.
7. Moorthi RN, **Armstrong CLH**, Janda KM, Ponsler-Sipes K, Asplin JR, Moe SM. *Effect of a Predominately Plant Based Diet on Mineral Metabolism and Skeletal Muscle in Chronic Kidney Disease*. Poster Presentation (TH-P0583) at Kidney Week 2014 at the Pennsylvania Convention Center in Philadelphia, PA, November 13, 2014.
8. Li J, Chen NN, **Armstrong C**, Campbell W. *Effects of Dietary Protein Source and Quantity on Glycemic Control in Energy-Restricted Overweight and Obese Adults* (381.8). Poster Presentation at Experimental Biology 2014 conference at the San Diego Convention Center, San Diego, CA, April 26-30, 2014.
9. Zhou J, **Armstrong CL**, Campbell WW. *Effects of Dietary Protein Quantity on Sleep Quality in Energy-Restricted Overweight and Obese Adults*. Poster Presentation at Experimental Biology 2013 conference at the Boston Convention Center, Boston, MA, April 20-24, 2013.
10. Tang M, **Armstrong CL**, Leidy HJ, Campbell WW. *Effects of Protein Intake on Energy-Restriction-Induced Changes in Total Body and Appendicular Lean Body Mass (LBM) and Fat Mass in Overweight Men and Women*. Poster Presentation at Experimental Biology 2011 conference at the Washington Convention Center, Washington, DC, April 9-13, 2011.
11. Leidy HJ, Martin C. **Armstrong CLH**, Tang M, Campbell WW. *The Effects of Consuming Frequent, Higher Protein Meals on Appetite and Satiety During Weight Loss in Overweight/Obese Men*. Poster Presentation (254-P) at Obesity 2010: The Obesity Society 28th Annual Scientific Meeting at the Embassy Suites Downtown in San Diego, CA, October 9, 2010.
12. Tang M, **Armstrong CL**, Mattes RD, Leidy HJ, Campbell WW. *Effects of Protein Intake on Energy-Restriction-Induced Changes in Lipid-Lipoprotein Profile, Glycemic Control, Resting Energy Expenditure, and Appetite in Overweight Men*. Poster Presentation at Experimental Biology 2010 conference at the Anaheim Convention Center, Anaheim, CA, April 24-28, 2010.
13. Campbell WW, **Armstrong, CLH**, Mattes RD, Apolzan JW. *Effects of Beverage vs. Solid Nutritional Supplements on Body Mass, Body Composition, and Energy Intake in Older Adults Who Were Either Untrained or Performed Resistance Exercise Training*. Poster Presentation (329-P) at Obesity 2009: The Obesity Society 27th Annual Scientific Meeting at the Marriott Wardman Park Hotel in Washington, DC, October 24-29, 2009.
14. Leidy HJ, **Armstrong CLH**, Mattes RD, Campbell WW. *The Impact of Increased Dietary Protein and Meal Frequency on Appetite Control in Overweight and Obese Men*. Poster Presentation (782-P) at Obesity 2009: The Obesity Society 27th Annual Scientific Meeting at the Marriott Wardman Park Hotel in Washington, DC, October 24-29, 2009.
15. Tang M, **Armstrong CLH**, Mattes RD, Leidy HJ, Campbell WW. *Higher Protein Intake Preserves Lean Body Mass During Weight Loss in Pre-Obese and Obese Men*. Poster Presentation (793-P) at Obesity 2009: The Obesity Society 27th Annual Scientific Meeting at the Marriott Wardman Park Hotel in Washington, DC, October 24-29, 2009.
16. **Armstrong CLH**, Mattes RD. *6-N-Propylthiouracil Taster Status Is Not a Barrier to Adopting Healthier Eating Habits in Young Adults*. Poster Presentation at the American Dietetic Association 2008 Food & Nutrition Conference & Expo at McCormick Place Convention Center in Chicago, IL, October 25-28, 2008.

17. **Armstrong CLH**, Mattes RD. Is 6-N-Propylthiouracil Taster Status a “Genetic Taste Marker” for Diet-Related Chronic Diseases in Healthy Young Adults? Poster Presentation at the American Dietetic Association 2008 Food & Nutrition Conference & Expo at McCormick Place Convention Center in Chicago, IL, October 25-28, 2008.
18. **Armstrong CLH**, Mattes RD. A Critical Analysis of Measurement and Classification Methods for Determining 6-n-Propylthiouracil, Poster Presentation at the 7th Pangborn Sensory Science Symposium at the Hyatt Regency, Minneapolis, MN, August 12-16, 2007.
19. **Armstrong CLH**, Mattes RD. PROP Taster Status and Perception of Fats and Free Fatty Acids, Poster Presentation at 26th annual meeting of The Association for Chemoreception Sciences at the Hyatt Regency in Sarasota, FL, April 21-25, 2004.

INTERNATIONAL

1. O’Neil, J, Whelan, JL, **Armstrong CLH**, Schroyer R. Assessing the Nutrition Knowledge, Family Activity-Eating Behaviors, and Food Accessibility of Parents with Children Diagnosed with Spina Bifida. at the 2023 World Congress on Spina Bifida Research & Care at Loews Ventana Canyon Resort in Tucson, AZ, March 23-24, 2023.

Submitted Articles

1. Roberson L, **Armstrong CLH**, Whelan, J, Mahon A, Saenz C, Latimer L, and Bartosiewicz T. Nutritional Periodization in Female NCAA Division I Basketball Players: A Case Series Analysis of Postseason Diet Quality to the Journal of American College Health. February 2025.

SERVICE

UNIVERSITY SERVICE

DEPARTMENT

Purdue University

<i>Activity</i>	<i>Role</i>	<i>Inclusive Dates</i>
Clinical Research Center	Director	4/2025 – present
	Performed Bionutrition Manager’s job (FMLA)	9/2025 – 12/2025
	Authored Organizational Membership application for Teaching Kitchen Collaborative (approved)	5/2025 6/2025)
Indiana University-Purdue University/Indiana University – Indianapolis		8/2014 – 3/2025
<i>Activity</i>	<i>Role</i>	<i>Inclusive Dates</i>
Teaching Kitchen Program Director	Coordinate use of Teaching Kitchen space	8/2023 – 3/2025
	Purchase equipment for 6 cooking pods & demo	8/2023 – 3/2025
	Authored Organizational Membership application for Teaching Kitchen Collaborative (approved)	8/2023 11/2023)
	Reviewed Layout and Design, Made Faculty Suggested Changes on Architect’s Drawings	10/2020
Nutrition and Dietetic Marketing	Coordinated Sponsorship of 2024 Indiana Academy of Nutrition and Dietetics Annual Meeting	7/2023 – 4/2024
	Coordinated Hospitality Room for attendees	
	Served as event host and liaison	
	Open Houses/Info Sessions Participant	12/2023 – 4/2024
	Developed online DICAS applications for MS+DI and DND ACEND accredited programs	11/2023
	Coordinated FNCE Recruitment Booth	10/2022, 10/2023
	Staffed booth during FNCE conference	
	Developed recruitment flyers for all programs	Fall 2022

	Nutrition and Dietetic Website Maintenance	
	Monitor for ACEND accreditation compliance	2022 – 2024
	Coordinated updates with SHHS marketing	9/2022 – 11/2023
	Provided dietetic marketing statistics	9/2022
	Developed testimonial statement for DND	9/2023
	Coordinated photo/video shoot of Teaching Kitchen	12/2022
Undergraduate Certificate in Nutrition	Advisor/Primary Administrator/Director	8/2017 – 3/2025
	N&D Contact Person	8/2022 – 3/2025
	Represented N&D at Certificate Meetings	
	Maintained IUPUI & IUFW Marketing Materials	
	Coordinated Equivalent Course Evaluations	
	Program Coordinator with IUFW	1/2019 – 5/2021,
	Approved Registrar Scheduling Documents	8/2022 – present
	Edited Certificate Section of Academic Bulletin	6/2019
	Wrote Graduate School Recommendation Letters	5/21 – 12/2024
	Developed Enrollment Spreadsheet for Budgeting	3/2021
	Created Recruitment/Retention Database	10/2020
	Authored Intern Grader Position Description	6/2019
	Program Development Committee	2013 – 2016
NTRD Course Scheduling Coordinator	Schedule updates (IOR, grading basis, enrollment management)	
	Nutrition Certificate (IUPUI/IUFW)	6/2018 – 7/2024
	Graduate Courses (IUPUI)	8/2021 – 7/2024
IUPUI Course Bulletin Annual Review	Updated 24–25 Nutrition Certificate	3/2024
	Updated 23–24 Nutrition and Dietetics graduate courses	4/2023
	Updated 21-22 Nutrition Certificate Course Prerequisites	3/2021
Doctorate of Nutrition (DND)	Participated in ACEND Accreditation site-visit	4/2024
	Peer-reviewer for ACEND self-study report	1/2024 – 2/2024
	Co-authored Admission Criteria for graduate school approval	11/2023
	Interim ACEND Program Director (CP)	7/2023 – 11/2023
	Submitted ACEND accreditation documentation	
	Developed a recruitment marketing program	
	Program Director selection committee member	5/2023 – 8/2023
	Program Development Committee	5/2017 – 2025
	Peer-reviewed 8 New Course Syllabi	11/2020 – 4/2021
	Assisted in Updating 2 Faculty Position Descriptions	10/2020
	Edited Marketing Slides: 2020 SNEB Virtual Conference	7/2020
	Participated in Candidacy Accreditation Site Visit	Fall 2019
Dietetic Internship		
2023 ACEND Accreditation Site Visit	Assisted with preparing report response	7/2023 – 11/2023
Admission Criteria/Degree Requirements	Assisted with revisions for graduate school approval	11/2023
Dietetic Internship Open House Reception	Catered Refreshments and Coordinated Gifts	2016 – 2020
Day at the Statehouse	Coordinated Health Fair Booth with Interns	3/14/18, 3/6/19
2018 – 2019 Internship P&P Manual	Peer-reviewer	6/2018
100 th Anniversary IU Dietetic Internship	Facilitated Developing Website/Memory Book/	4/2018 – 2/2019
	Speaker Videos with Event Photographer for Alumni	
	Event Day Coordinator	4/21/18
	Planning Committee Member	2017 – 2018

March Nutrition Month Tower Dining	Coordinated Health Fair Booth with Interns	3/28/18
N&D Administrative Assistant	Search Committee Member	12/2017 – 1/2018
IUPUI Health & Benefits Fair	Planned and Oversaw Dietetic Interns' Participation	10/27/17
Roberta Duyff, RD Reception	Planned and Oversaw Catered Event	3/22/17
Buy It My Plate Restaurant Brochure	Spearheaded Development with Interns	2015 – 2016
IUPUI Health & Benefits Fair	Planned and Oversaw Dietetic Interns' Participation	10/21/16
IUPUI Health & Benefits Fair	Planned and Oversaw Dietetic Interns' Participation	10/30/15
2015 FNCE Annual Meeting	Coordinated Intern Housing (Nashville, TN)	6/15 – 10/15
2015 Internship Graduation	Coordinated Catered Reception with Interns	6/18/15
Class of 2016 Graduate Dietetic Internship	Selection Committee Member	4/2015
IUPUI Health & Benefits Fair	Planned and Oversaw Dietetic Interns' Participation	10/31/14
N&D Director of Research	Liaison to SHHS Research Committee	8/2018 – 12/2021
Student Course Evaluation (Blue)	Participated in Developing N&D Questions	Fall 2019
Marian College	Club Advisor for Future Dietitians of America	1992 – 1995
	Represented the Department at Career Fairs/Events	1993 – 1994

SCHOOL

Purdue University

<i>Activity</i>	<i>Role</i>	<i>Inclusive Dates</i>
Clinical Research Center	HHS Resource Fair presenter	10/7/25
Indiana University-Purdue University/Indiana University	– Indianapolis	8/2018 – 3/2025
<i>Activity</i>	<i>Role</i>	<i>Inclusive Dates</i>
Budgetary Affairs Committee	Committee Member (elected)	2022 – 2025
	Chair	2023 – 2024
SHHS Events Task Force	Committee Member	2022 – 2025
	Catering Coordinator for Graduation Event	2022 – 2025
SHHS Scholarship Committee	Committee Member	10/2018 – 2025
SHHS Alumni Magazine Contributor	Developed Recipe	Spring 2020, Fall 2021 and 2022
Undergraduate Curriculum, Academic Policies & Student Affairs Committee	Committee Member (elected)	2018 – 2022
	Chair	2020 – 2022
Online Education Task Force	Member	2019 – 2020
SHHS Academic Showcase	Volunteer	1/15/20

UNIVERSITY

Indiana University-Purdue University/Indiana University	– Indianapolis	1/2020 – 3/2025
<i>Activity</i>	<i>Role</i>	<i>Inclusive Dates</i>
IUPUI Food Advisory Committee	Committee Member (appointed)	9/2022 – 2025
IFC Online Education Committee	Committee Member (appointed)	12/2021 – 2025
	Chair (incoming)	2024 – 2025
IUPUI Faculty Council	At-Large Representative (elected)	1/2022 – 5/2024
2024 Plater-Moore Conference	Proposal Review Committee	11/2023
IUSM Community Health Improvement Project	Facilitated seven 3 rd yr. students community-based grant proposal “Food Label Education to Combat Adolescent Obesity” with the American Dairy Association of Indiana	1/2020 – 2/2020

PROFESSIONAL SERVICE

LOCAL

<i>Organization</i>	<i>Activity</i>	<i>Inclusive Dates</i>
Hamilton County 4-H	Project Superintendent (Food Preparation)	2019 – present
	Revise the annual Hamilton County 4-H Handbook	
	Oversee Project Judging before 4-H Fair	
	Champion Food Auction Committee	2019 – present
	Club Leader (Westfield Cloverleaves)	2013 – 2023
Hamilton County 4-H Fair Volunteer		2010 – present
Junior Achievement of Central Indiana	JA JobSpark Volunteer	9/26/17
Central Indiana District Dietetic Association	Historian	1999 – 2001
	Membership Team	1999 – 2001
	Public Policy Team	1998 – 1999
	Management Practice/Champion Team Committee	1990 – 1997
	Finance Committee Member	1992 – 1995
	Past President (elected)	1994 – 1995
	President (elected)	1993 – 1994
	Legislative Chair	1991 – 1994
	Speaker “Legislative Update”	10/1991
	Program Planning Committee	1992, 1993, 1994
	President-Elect (elected)	1992 – 1993
	National Nutrition Month Planning Committee	1992, 1993
	Ivy Tech Institutional Foodservice Management Program	Culinary Arts Program Advisory Committee
Hustle for Hunger Run	Volunteer	3/1992
American Heart Association Heart Festival	Chairman	1991, 1992
	Co-Chairman	1990
	Committee Member	1988, 1989
J. Everett Light Career Center	Preceptor for Dietary Manager’s Program	1989 – 1990

REGIONAL

<i>Organization</i>	<i>Activity</i>	<i>Inclusive Dates</i>
Indiana Academy of Nutrition and Dietetics	Scholarship Selection Committee Member	2021
	Awards Selection Committee Member	2021
	Coordinated Caterer for Day at the Statehouse	3/6/19
	Council on Professional Issues Chair	2018 – 2019
	2019 Annual Meeting (Anderson, IN)	4/11 – 4/12/19
	Hospitality and Catering Coordinator	
	Committee Co-Chair	2018 – 2019
	Executive Board of Directors Member	2017 – 2019
	Awards Committee Chair for RYDY and EDL	2017 – 2019
	2018 Annual Meeting (Fishers, IN)	4/11 – 4/12/18
	Master of Ceremonies; Scholarships and Awards	
	Planning Committee Member	2017 – 2018
	Council on Professional Issues Chair-Elect	2017 – 2018

Indiana Dietetic Association	Scholarship Section Committee Chair	1999 – 2004
	Board Member (various positions)	1993 – 2004
	Annual Spring Meeting Initiative Team	1999 – 2003
	Hospitality Exhibits	
	Chair	1991 – 1994, 2001 – 2003
	Co-Chair	1989, 1990, 1999
	Social Committee	1990, 1993, 1994
	Newsletter Editor	1996 – 1999
	Membership Initiative Team	1996 – 1998
	Teller’s Committee Chairman	1994
	Scholarship Selection Committee	1993
Indiana Restaurant Association	Liaison to Indiana Dietetic Association	1993 – 1995
	Hospitality and Food Service Exposition Committee Member	1993 – 1995
Purdue University	4-H Food Science & Nutrition Workshop Topic: Dietary Analysis	6/1996, 6/1997
	Planning Committee Foodservice Conference	1989 – 1990
<u>NATIONAL</u>		
<i>Organization</i>	<i>Activity</i>	<i>Inclusive Dates</i>
American College of Lifestyle Medicine	Co-authoring Nutrition Handouts Why and When to Refer an RDN Iodine	6/2023 – present
	Commission on Dietetic Registration	CDR RD Test Specification Workgroup
Foodservice Management Study Outline		11/4/25
RDN and DTR Exam Mapping		9/2025
CDR Exam Writing Review Group		2022 – present
New Item Reviewer Workshop		2/23/26
Pool and Bias Review Workshop		6/27 – 6/29/25
Pool and Bias Review Workshop		6/14 – 6/15/24
New Item Writer Workshop (References)		11/10 – 11/12/23
Pool and Bias Review Workshop		6/23 – 6/25/23
New Item Reviewer Workshop		2/25 – 2/26/22
New Item Writer Workshop		10/10 – 10/11/19
	Registration Examination for Dietetic Technicians:	
	Pool and Bias Review Workshop	7/28 – 7/29/23
USDA NIFA’s Community Foods Projects	ad hoc Program Reviewer	2022 – 2023
<u>INTERNATIONAL</u>		
<i>Organization</i>	<i>Activity</i>	<i>Inclusive Dates</i>
Academy of Nutrition and Dietetics	Management in Food and Nutrition Systems Practice Group Newsletter Co-editor	6/2024 – 5/2025
	Pediatric Nutrition Practice Group <i>Building Block for Life</i> manuscript reviewer	5/2024
	Subject Matter Expert: Culinary Nutrition	
Accreditation Council for Education in Nutrition and Dietetics (ACEND)	Program Reviewer (appointed)	6/2024 – 5/2027
	MSDI Program (accompanying)	11/2025
	DI Program (accompanying in training)	10/2024

Society for Nutrition Education and Behavior	Board of Directors Treasurer (Elected)	8/2026 – 7/2029
	SNEB Competency Certification Workgroup	1/2023 – present
	Higher Education Division Leadership Team	9/2021 – present
	Conference Committee Representative	9/2021 – present
	Reviewer for Student Abstracts	5/2021, 5/2024
	Annual Conference	
	Planning Committee Member	10/2021 – present
	Indianapolis, IN (7/8-7/12/25)	
	Knoxville, TN (7/29 – 8/1/24)	
	Washington, DC (7/20 –7/23/23)	
	Atlanta, GA (7/30 – 8/1/22)	
	Program Proposal Reviewer	11/2021 – present
	Abstract Reviewer	2/2021 – present
Society for Nutrition Education and Behavior	Foundation Board of Trustees (ex officio)	8/2026 – 7/2029
	Quality Matters	
	ad hoc Higher Ed Peer Reviewer	12/2022 – present
	Subject Matter Expert (Nutrition course)	3/2024
	Internal Reviewer (IU Indy)	upcoming 6/2024
<i>Nutrition and Health</i>	ad hoc Manuscript Reviewer	12/2021 – present
<i>Journal of the Academy of Nutrition and Dietetics</i>	ad hoc Manuscript Reviewer	6/2021 – present
<i>Journal of Nutrition Education and Behavior</i>	ad hoc Manuscript Reviewer	6/2021 – present
	Position Statement Reviewer	2023
	<i>Food and Nutrition Insecurity Among College Students</i>	
<i>British Journal of Nutrition</i>	ad hoc Manuscript Reviewer	2012

INVITED SERVICE PRESENTATIONS

LOCAL

1. **Armstrong CLH.** *Food Insecurity* for VIDA Health Partnerships student organization at Indiana University Purdue University Indianapolis, Indianapolis, IN, November 29, 2023.
2. **Armstrong CLH.** *Nutrition Labeling Workshop* (interactive) for VIDA Health Partnerships student organization at Indiana University Purdue University Indianapolis, Indianapolis, IN, November 15, 2022.
3. **Armstrong CLH.** *4-H Food Preparation Workshop* (interactive) for Hamilton County Extension 4-H Youth Programs, Noblesville, IN, July 6, 2022.

REGIONAL

1. **Armstrong CLH,** Vandergraf D. Wood OB. *1999 American Dietetic Association Annual Meeting Review.* Invited speaker on *Foodservice Management Topics* in a video-satellite conference for Indiana Dietitians through Purdue University Extension, West Lafayette, IN, January 2000.
2. **Armstrong CLH,** Vandergraf D. Wood OB. *1998 American Dietetic Association Annual Meeting Review.* Invited speaker on *Foodservice Management Topics* (Managing During Mergers, Organizational Citizenship Behaviors, and Writing Equipment Specifications) in a video-satellite conference for Indiana Dietitians through Purdue University Extension, West Lafayette, IN, January 1999.

PUBLICATIONS

TEACHING

Refereed Abstracts

1. **Armstrong CLH,** Inclusion-Promoting Teaching Strategy: Can “Nudging” Activities Encourage Students to Record Their Name and Gender Pronouns? *Journal of Nutrition Education and Behavior*, 2023, Volume 55, Issue 7, S23-S24. Available at: <https://doi.org/10.1016/j.jneb.2023.05.053>

2. Whelan JL, **Armstrong CLH**, Biruete A. Video, Written, or Combination? A Pilot Study Discovering Which Type of Engagement Students Preferred for Online Discussions. *Journal of Nutrition Education and Behavior*, 2022, Volume 54, Issue 7, S92-S93. Available at: <https://doi.org/10.1016/j.jneb.2022.04.198>
3. **Armstrong CLH**, P110 Adoption of an Electronic Textbook with Inclusive Access and Adaptive Learning Reduced DFWI rate in an Online Introductory Nutrition Course. *Journal of Nutrition Education and Behavior*, 2019, Volume 51, Issue 7, S81-S82. Available at: <https://doi.org/10.1016/j.jneb.2019.05.486>

Submitted Articles and Educational Materials

1. Why and When to Refer to a Registered Dietitian Nutritionist (RDN): Collaborating with RDNs. American College of Lifestyle Medicine. Submitted July 2023, resubmitted November 2023, resubmitted February 2024, Collaboration of the Registered Dietitian Nutritionist Member Interest Group
2. **Armstrong, CLH**, The Digital Pencil in Mightier Than the Keyboard. *FACET Quick Hits: Creativity in the Classroom* book. (invited July 2023, submitted September 2023, rejected November 2023) Under revision for resubmission to the *Journal of Scholarship of Teaching and Learning*.

Forthcoming Textbook (still in preparation – Open Education Resources Grant deliverable)

1. **Armstrong, CLH**. (202x), *Translating Nutrition from Theory to Practice*. Copyright © by Trustees of Indiana University to be licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International License](https://creativecommons.org/licenses/by-nc-sa/4.0/).

Non-Refereed

INVITED RECIPE DEVELOPMENT

1. **Armstrong, CLH**. “Seasonal Sensations.” *My Indiana Home*, Summer 2021, pp.24-27. <https://my-indiana-home.com/magazine/my-indiana-home-summer-2021/>
2. **Armstrong, CLH**. “Springtime FAVORITES.” *My Indiana Home*, Spring 2021, pp.24-27. Available at: <https://my-indiana-home.com/magazine/my-indiana-home-spring-2021/>
3. **Armstrong, CLH**. “PIE, Please.” *My Indiana Home*, Winter 2020-21, pp.24-27. Available at: <https://my-indiana-home.com/magazine/my-indiana-home-winter-2020-21/>
4. **Armstrong, CLH**. “Fruits of the FALL.” *My Indiana Home*, Fall 2020, pp.24-27. Available at: <https://my-indiana-home.com/magazine/my-indiana-home-fall-2020/>
5. **Armstrong, CLH**. “Perfect Preserves.” *My Indiana Home*, Summer 2020, pp.24-27. Available at: <https://my-indiana-home.com/magazine/my-indiana-home-summer-2020/>
6. **Armstrong, CLH**. “When Life Gives You LEMONS.” *My Indiana Home*, Spring 2020, pp.24-27. Available at: <https://my-indiana-home.com/magazine/my-indiana-home-spring-2020/>
7. **Armstrong, CLH**. “Cooking Up Comfort.” *My Indiana Home*, Winter 2019-20, pp.24-27. Available at: <https://my-indiana-home.com/magazine/my-indiana-home-winter-2019-20/>
8. **Armstrong, CLH**. “Pumpkins, Please.” *My Indiana Home*, Fall 2019, pp.24-27. Available at: <https://my-indiana-home.com/magazine/18160/>
9. **Armstrong, CLH**. “Freeze Frame.” *My Indiana Home*, Summer 2019, pp.24-27. Available at: <https://my-indiana-home.com/magazine/my-indiana-home-summer-2019/>
10. **Armstrong, CLH**. “Eat Your Greens.” *My Indiana Home*, Spring 2019, pp.24-27. Available at: <https://my-indiana-home.com/magazine/my-indiana-home-spring-2019/>
11. **Armstrong, CLH**. “Bring on the Brownies.” *My Indiana Home*, Winter 2018-19, pp.24-27. Available at: <https://my-indiana-home.com/magazine/my-indiana-home-winter-2018-19/>
12. **Armstrong, CLH**. “Falling for Freshness.” *My Indiana Home*, Fall 2018, pp.24-27. Available at: <https://my-indiana-home.com/magazine/my-indiana-home-fall-2018/>

INVITED TECHNICAL SUPPORT PAPER

1. **Armstrong CLH**, **Mattes RD**. Does Genetics Determine What Foods We Eat? For **Insel P**, **Turner RE**, **Ross D**. (2004) *Discovering Nutrition* (2nd ed.) Jones and Bartlett Publications; Sudbury, MA.

LAB MANUALS

1. Armstrong CLH. *F&N 203 Foods: Their Selection and Preparation*, (1999). Purdue University, Department of Foods and Nutrition.
2. Armstrong CLH. *F&N 203 Foods: Their Selection and Preparation*, (1998). Purdue University, Department of Foods and Nutrition.
3. Armstrong CLH. *F&N 203 Foods: Their Selection and Preparation*, (1997). Purdue University, Department of Foods and Nutrition.
4. Armstrong CLH. *F&N 203 Foods: Their Selection and Preparation*, (1996). Purdue University, Department of Foods and Nutrition.

RESEARCH

Refereed Articles

1. Whelan, JL, O'Neil, J, **Armstrong CLH**, Schroyer R. Parent/Caregiver's Role in Nutrition, Physical Activity, and Food Access Among Children Diagnosed with Spina Bifida. *Journal of Pediatric Rehabilitation Medicine*. 2023;16(4):639-647. Available at <https://doi.org/10.3233/PRM-230016>
2. Zhou J, Kim JE, **Armstrong CLH**, Chen N, Campbell WW. Higher-protein diets improve indexes of sleep in energy-restricted overweight and obese adults: results from 2 randomized controlled trials. *The American Journal of Clinical Nutrition*. 2016;103(3):766-774. Available at: <https://doi.org/10.3945/ajcn.115.124669>
3. Li J, **Armstrong CLH**, Campbell WW. Effects of Dietary Protein Source and Quantity during Weight Loss on Appetite, Energy Expenditure, and Cardio-Metabolic Responses. *Nutrients*. 2016;8(2):63. Available at: <https://doi.org/10.3390/nu8020063>
4. Eiler WJ, Džemidžić M, Case KR, Soeurt CM, **Armstrong CLH**, Mattes RD, O'Connor SJ, Jaroslaw H, Acton AJ, Considine RV, Kareken DA. The apéritif effect: alcohol's effects on the brain's response to food aromas in women. *Obesity (Silver Spring, Md)*. 2015;23(7):1386-1393. Available at: <https://doi.org/10.1002/oby.21109>
5. Markofski MM, Flynn MG, Carrillo AE, **Armstrong CLH**, Campbell WW, Sedlock DA. Resistance exercise training-induced decrease in circulating inflammatory CD14+CD16+ monocyte percentage without weight loss in older adults. *Eur J Appl Physiol*. 2014;114(8):1737-48. Available at: <https://doi.org/10.1007/s00421-014-2902-1>
6. Eiler WJ, Džemidžić M, Case KR, **Armstrong CLH**, Mattes RD, Cyders MA, Considine RV, Kareken DA. Ventral frontal satiation-mediated responses to food aromas in obese and normal-weight women. *The American Journal of Clinical Nutrition*. 2014;99(6):1309-1318. Available at: <https://doi.org/10.3945/ajcn.113.080788>
7. Moorthi RN, **Armstrong CLH**, Janda K, Ponsler-Sipes K, Asplin JR, Moe SM. The Effect of a Diet containing 70% Protein from Plants on Mineral Metabolism and Musculoskeletal Health in Chronic Kidney Disease. *Am J Nephrol*. 2014;40(6):582-591. Available at: <https://doi.org/10.1159/000371498>
8. Tang M, **Armstrong, CLH**, Leidy HJ, Campbell WW. Normal vs. high-protein weight loss diets in men: effects on body composition and indices of metabolic syndrome. *Obesity*. 2013;21(3): E204–E210. Available at: <https://doi.org/10.1002/oby.20078>
9. Leidy HJ, Tang M, **Armstrong CLH**, Martin CB, Campbell WW. The Effects of Consuming Frequent, Higher Protein Meals on Appetite and Satiety During Weight Loss in Overweight/Obese Men. *Obesity (Silver Spring, Md)*. 2011;19(4):818-824. Available at: <https://doi.org/10.1038/oby.2010.203>
10. Leidy HJ, **Armstrong CLH**, Tang M, Mattes RD, Campbell WW. The Influence of Higher Protein Intake and Greater Eating Frequency on Appetite Control in Overweight and Obese Men. *Obesity (Silver Spring, Md)*. 2010;18(9):1725-1732. Available at: <https://doi.org/10.1038/oby.2010.45>

Refereed Abstracts † As mentor

1. O'Neil, J, Whelan, JL, **Armstrong CLH**, Schroyer R. Assessing the Nutrition Knowledge, Family Activity-Eating Behaviors, and Food Accessibility of Parents with Children Diagnosed with Spina Bifida. *Journal of the Academy of Nutrition and Dietetics*. 2022;122(10):PA103. Available at: [https://www.jandonline.org/article/S2212-2672\(22\)00773-0/fulltext](https://www.jandonline.org/article/S2212-2672(22)00773-0/fulltext)

2. McDonald EM, Whelan JL, †**Armstrong CLH**. P50-Knowledge and Use of Malnutrition (Undernutrition) Screening Tools for Adults in Indiana: A Pilot Study. *Journal of Parenteral and Enteral Nutrition*. 2022; 46(S1):S136-137. Available at: <https://aspenjournals.onlinelibrary.wiley.com/doi/epdf/10.1002/jpen.2345>
3. Vorland CJ, Martin BR, **Armstrong CLH**, Radcliff JS, Moorthi RN, Moe SM, Hill Galant KM. Comparison of Digestion Methods for Phosphorus Analysis of Fecal and Diet Samples. *The FASEB Journal*. 2017;31(supplement 1):801.808-801.808. Available at: https://faseb.onlinelibrary.wiley.com/doi/abs/10.1096/fasebj.31.1_supplement.801.8
4. Yeung CK, Himmelfarb J, Moe SM, **Armstrong CLH**, Moorthi RN. Effect of Diet Modification from 65% Animal-Based Protein to 70% Plant-Based Protein on Trimethylamine N-oxide (TMAO) Levels in Subjects with Stage 3-4 CKD. *Journal of American Society of Nephrology*. Abstract Supplement 2016;27:269A. Available at: <https://www.asn-online.org/education/kidneyweek/archives/>
5. Lee H, Acton AJ, **Armstrong CLH**, Eiler WJ, Soeurt CM, Džemidžić M, Kareken DA, Mather KJ, Considine RV. Hunger and Ghrelin before and after Breakfast in Lean or Obese Women. *Endocrine Reviews*. 2016;37(2 supplement). Available at: https://plan.core-apps.com/tristar_endo16/abstract/2dc204f17d98f1532ddaed41e5a64f95
6. Li J, **Armstrong C**, Campbell W. Effects of Dietary Protein Quantity and Source in Appetite Responses in Energy-Restricted Overweight and Obese Adults. *The FASEB Journal*. 2015;29(supplement 1):594.598. Available at: https://doi.org/10.1096/fasebj.29.1_supplement.594.8
7. Morgan RC, Acton AJ, **Armstrong CLH**, Elier WJ, Case KR, Soeurt CM, Džemidžić M, Kareken DA, Considine RV. *Ghrelin is not Related to Hunger or Calories Consumed at Breakfast in Lean or Obese Women*. Available at: <https://hdl.handle.net/1805/9305>
8. Moorthi RN, **Armstrong CLH**, Janda KM, Ponsler-Sipes K, Asplin JR, Moe SM. Effect of a Predominately Plant Based Diet on Mineral Metabolism and Skeletal Muscle in Chronic Kidney Disease. *Journal of American Society of Nephrology*. Abstract Supplement 2014;25:240A. Available at: <https://www.asn-online.org/education/kidneyweek/archives/>
9. Li J, Chen NN, **Armstrong C**, Campbell W. Effects of dietary protein source and quantity on glycemic control in energy-restricted overweight and obese adults (381.8). *The FASEB Journal*. 2014;28(supplement 1):381.388. Available at: https://doi.org/10.1096/fasebj.28.1_supplement.381.8
10. Zhou J, **Armstrong CL**, Campbell WW. Effects of dietary protein quantity on sleep quality in energy-restricted overweight and obese adults. *The FASEB Journal*. 2013;27(supplement 1):615.625-615.625. Available at: https://doi.org/10.1096/fasebj.27.1_supplement.615.25
11. Wilson HK, †**Armstrong CLH**, Hogan JA, Campbell WW. Effects of protein quantity and source (animal versus plant) on appetite and plasma amino acid responses in energy-restricted subjects. *The FASEB Journal*. 2012;26(supplement 1):820.838-820.838. Available at: https://doi.org/10.1096/fasebj.26.1_supplement.820.38
12. Hogan JA, †**Armstrong CLH**, Wilson HK, Campbell WW. Effects of protein quantity and source (animal versus plant) on indices of mood and fed-state large neutral amino acids and tryptophan profile. *The FASEB Journal*. 2012;26(supplement 1):820.826-820.826. Available at: https://doi.org/10.1096/fasebj.26.1_supplement.820.26
13. Tang M, **Armstrong CL**, Leidy HJ, Campbell WW. Effects of protein intake on energy-restriction-induced changes in total body and appendicular lean body mass (LBM) and fat mass in overweight men and women. *The FASEB Journal*. 2011;25(supplement 1):774.710-774.710. Available at: https://faseb.onlinelibrary.wiley.com/doi/10.1096/fasebj.25.1_supplement.774.10
14. Leidy HJ, Martin C, **Armstrong CLH**, Tang M, Campbell WW. The Effects of Consuming Frequent, Higher Protein Meals on Appetite and Satiety During Weight Loss in Overweight/Obese Men. *Obesity*. 2010;18(supplement 2):S103. Available at: <https://doi.org/10.1038/oby.2010.158>
15. Tang M, **Armstrong CL**, Mattes RD, Leidy HJ, Campbell WW. Effects of protein intake on energy-restriction-induced changes in lipid-lipoprotein profile, glycemic control, resting energy expenditure, and appetite in overweight men. *The FASEB Journal*. 2010;24(supplement 1):343.346-343.346. Available at: https://doi.org/10.1096/fasebj.24.1_supplement.343.6

16. Campbell WW, **Armstrong, CLH**, Mattes RD, Apolzan JW. Effects of Beverage vs. Solid Nutritional Supplements on Body Mass, Body Composition, and Energy Intake in Older Adults Who Were Either Untrained or Performed Resistance Exercise Training. *Obesity*. 2009;17(supplement 2):S139-S140. Available at: <https://doi.org/10.1038/oby.2009.240>
17. Leidy HJ, **Armstrong CLH**, Mattes RD, Campbell WW. The Impact of Increased Dietary Protein and Meal Frequency on Appetite Control in Overweight and Obese Men. *Obesity*. 2009;17(supplement 2):S261. Available at: <https://doi.org/10.1038/oby.2009.286>
18. Tang M, **Armstrong CLH**, Mattes RD, Leidy HJ. Higher Protein Intake Preserves Lean Body Mass During Weight Loss in Pre-Obese and Obese Men. *Obesity*. 2009;17(supplement 2):S264. Available at: <https://doi.org/10.1038/oby.2009.286>
19. **Armstrong CLH**, Mattes RD. 6-*N*-Propylthiouracil Taster Status Is Not a Barrier to Adopting Healthier Eating Habits in Young Adults. *Journal of the American Dietetic Association*. 2008;108(9):A56. Available at: <https://doi.org/10.1016/j.jada.2008.06.122>
20. **Armstrong CLH**, Mattes RD. Is 6-*N*-Propylthiouracil Taster Status a “Genetic Taste Marker” for Diet-Related Chronic Diseases in Healthy Young Adults? *Journal of the American Dietetic Association*. 2008;108(9):A56. Available at: <https://doi.org/10.1016/j.jada.2008.06.123>

SERVICE

Non-refereed

INVITED AUDIOVISUAL WORKS

1. Lichtenstein, A, Kris-Etherton, P, Loshe, B, Fitzgerald, N, Piscopo, S, **Armstrong, CLH**. (2025) *Best practices for evaluating and interpreting studies in nutrition and nutrition education research* [Online Course]. Tufts CTSI iLEARN. https://ilearn.tuftsctsi.org/product?catalog=D1RS_2025_17

Forthcoming Audiovisual Work

1. Lichtenstein, A, Kris-Etherton, P, Loshe, B, Fitzgerald, N, Piscopo, S, **Armstrong, CLH**. (2026) *A Primer for Identifying and Communicating Evidence-Based Nutrition Information* [Online Course]. Tufts CTSI iLEARN.

INVITED SECTION IN DIET MANUAL

1. **Armstrong, CLH**, Mahon, A, Wright, AJ. (2026) Vegetarian Dietary Patterns. In *2026 Indiana Diet Manual* (11th ed., Chapter 1, pp. 115-129). Indiana Academy of Nutrition and Dietetics.

INVITED RECIPE DEVELOPMENT

1. **Armstrong, C**. “Old-fashioned Chicken with Sage and Cheddar Dumplings.” *School of Health & Human Sciences SHHS IMPACT in MOTION*, Fall 2022, p.28.
2. **Armstrong, C**. “Tacos Al Pastor (shepherd-style tacos).” *School of Health & Human Sciences SHHS IMPACT in MOTION*, Fall 2021, p.23.
3. **Armstrong, C**. “Bon Appétit!” *School of Health & Human Sciences SHHS IMPACT in MOTION*, Spring 2020, pp.34-35.

Last Updated 2/1/26