



Bonnie Burns-Whitmore

Professor/Department Graduate Coordinator/Chair-CPP Institutional Review Board

Her early contribution to research started with the investigation of how food/food components affect blood lipids and body composition in healthy individuals and topic include eggs, fruits and vegetables, choline, folate, fish oil and presently pistachios and chia (in peer-review) and completed over 7 clinical trials in the last 10 years. Lately, she has become interested in how food, and food components such as minerals and vitamins are related to weight loss, muscle gain and good health. By systematically showing how healthy foods and essential nutrients in food and supplements have an effect on body composition, researchers and public health professionals are able to make recommendations for healthy individuals, and show that addition of healthy foods/supplements to the diet does not change body composition, even if the food is high in fat (nuts or avocados). CPP's motto is "learn by doing", and collaboration across many disciplines is key to research success; she has guided/mentored many students through their research, by teaching them how to conduct the study, recruit, navigate the IRB process, teach them to write grants/seek external funding for their research, as well as present their research. Additionally, she has developed ways to improve retention and foster an interest in science for minorities and other under-represented students.

Graduate Students (last 2 years):

Committee Chair for:

Amy Towner#

Anne Sung#

Hilary Wu#

Lauren Meeks#

Heather Garcia

Nanette Ros

Stephanie Bunawan

Jamie Lin
Rebecca McDorman
Andy Reynaga#
Desiree Vera
Vanessa Nguyen
Edenn Vidrio
Michelle Chon/Fojas
Emily Tai

Undergraduate students (last 2 years):

Andrew Grover
Cecilia Barriga
Jimmy Duong
Andy Reynaga-SEES
Corinne Worland-Honors
Jennifer Zagorski-Honors
Jessica Hipsley-Honors
Kimberly Farias-Honors
Ellen Tang-Honors
Shanna Miller
Cynthia McKee
Laura Bradfield-Kellogg Legacy

Publications:

Olivares L, **Burns-Whitmore B**, Kessler, LA. Retaining dietetic undergraduate students of diverse backgrounds through mentoring and professional development. *Journal of the Academy of Nutrition and Dietetics*. 2015,115(5 Supp):S10-5. doi: 10.1016/j.jand.2015.02.023

West AA, Shih Y, Wang W, Oda K, Jaceldo-Siegl K, Sabaté J, Haddad E, Rajaram S, Caudill MA, & **Burns-Whitmore B**. Egg n-3 Fatty Acid Composition Modulates Biomarkers of Choline Metabolism in Free-Living Egg Lacto-Ovo-Vegetarian Women of Reproductive Age. *Journal of the Academy of Nutrition and Dietetics*.2014. 1594–1600

Burns-Whitmore B, Haddad E, Sabaté J, Rajaram, S. Effects of supplementing n-3 fatty acid enriched eggs and walnuts on cardiovascular disease risk markers in healthy free-living lacto-ovo-vegetarians: a randomized, crossover, free-living intervention study. *Nutrition Journal* 2014, 13:29. doi:10.1186/1475-2891-13-29.

Olivares L, **Burns-Whitmore B**, Kessler, LA. Retaining dietetic undergraduate students of diverse backgrounds through mentoring and professional development. *Journal of the Academy of Nutrition and Dietetics*. 2014, 114(2):189-194.

Khayef, G, Young J, **Burns-Whitmore BL**, Spalding T. Effects of fish oil supplementation on inflammatory acne. *Lipids in Health and Disease*.2012, 11:165.DOI:10.1186/1476-511X-11-165.

Yan J, Winter LB, **Burns-Whitmore B**, Vermeyleylen F, Caudill MA Plasma choline metabolites associate with metabolic stress among young overweight men in a genotype-specific manner. *Nutrition and Diabetes*. 2012 Oct;2 (e49):doi:10.1038/nutd.2012.23.

Somerville M, Kessler, LA, Wallace, SP, **Burns-Whitmore, B**. The effects of a garden-based nutrition education program on the consumption of fruits and vegetables by Hispanic children. *Californian Journal of Health Promotion* 2012, Volume 10, Special Issue: Obesity Prevention and Intervention:20-25.

Kessler, LA **Burns-Whitmore, B**. Student perceptions of reflection tools used in a service learning community nutrition course. *NACTA*. 2010.55(3):67-69.

Burns-Whitmore BL, Haddad EH, Sabaté, J, Jaceldo-Siegl J, Oda K, Rajaram S. N-3 fatty acid enriched eggs and organic eggs increase serum lutein in free-living lacto-ovo vegetarians *Eur J Clin Nutr*. 2010 Nov;64(11):1332-7. Epub 2010 Jul 28.

Kessler LA and **Burns-Whitmore B**. Focus groups reveal dietetic students' opinions on the addition of cultural competency training to the dietetic curriculum. *NACTA*.54(4):5-8.

Toma A, Botero-Omary M, Marquarrt, L, Arndt E, **Burns-Whitmore B**, Kessler L, et al. Children's Acceptance, Nutritional, and Instrumental Evaluations of Whole Grain and Soluble Fiber Enriched Foods. *J Food Sci*. 2009 Jun;74(5):H139-46.

Whitmore BB. Thiosulfinates from Garlic, and Glucosinolates A.S. Naidu, Ed. In: *Natural Food Antimicrobial Systems*. CRC Publishing 2000.

Bill#, H, Kessler L, **Burns-Whitmore B**. (April 2015) Focus Groups Reveal College Athletes Preferences and Thoughts on Nutrition Education. California Dietetic Association meeting. Riverside, CA.

Burns-Whitmore B, Hall LM, Bushnell# AH, Towne# AH, Roy S. (2015).The effects of pistachio consumption on erythrocyte membrane lipids, dietary changes and satiety in healthy college-aged females. Experimental Biology. Boston MA.

Burns-Whitmore, B., Kerber# C, Wallace S, Kessler L. (2014). Latino Community Recipe Modifications made Healthier by Students in an Experimental Foods Class. Institute of Food Technologists. Chicago, IL.

Burns-Whitmore, B., Hall, L. Bushnell# A.Towne# A., Roy S. (2014). Effects of Pistachio Consumption on Body Composition and Blood Lipids in Healthy Young Women Experimental Biology April 2014., San Diego, CA.

Duong#, J, Gibson#, A, **Burns-Whitmore, B**. (March 2014). L-theanine and caffeine's effect on cognitive performance in terms of short memory. Student Research Conference. Office of Undergraduate Research. State Polytechnic University, Pomona, CA

Kessler L, Olivares#, L., Wallace S., **Burns-Whitmore, B**.(August 2013) Estudiante de Dietético: Dietetics undergraduate curriculum and mentoring program. Nutrition Education and Behavior Annual Conference. Portland, OR.

Kerber#, C. Kessler, L., **Burns-Whitmore, B**. (August 2013) Improving the dietetics curriculum with Latino community nutrition. Nutrition Education and Behavior Annual Conference. Portland, OR.

Johnson#, M., **Burns-Whitmore, B.**, Spalding, T., Sancho-Madriz. M.F. (April 2013). Effects of avocados on blood lipids in healthy participants. Experimental Biology, Boston MA.

Carbona#, V, **Burns-Whitmore, B**. (2012) The Prevalence of Food Insecurity among Students at California State Polytechnic University. SCCURS, Camarillo, CA.

Kerber#, C., Kessler L.A., Wallace S., **Burns-Whitmore B**. (2012) Utilization of the dietetics curriculum and students to improve nutritional intake of Latinas by modifying traditional

Hispanic recipes. Annual ARI Research Showcase, California State Polytechnic University, Pomona, CA

Somerville#, M., Kessler, L.A., **Burns-Whitmore, B.** (April 2012) The Effect of a Garden-Based Nutrition Education Program on the Consumption of Fruits and Vegetables by Hispanic Children Poster presentation at the Annual Conference of the California Dietetic Association, Ontario, CA. Kessler, L.A., Wallace, S., Olivares#, L., Gordon, A., **Burns-Whitmore, B.** (2012) Estudiante de Dietética: Update and Evaluation of Mentoring Component Poster presentation at the NACTA 2012 annual conference, Madison, Wisconsin

Ko#, C., **Burns-Whitmore, B.**, Spalding, T., Bidlack, W.R. (2012) Effects of Dietary Calcium Intake in Women with and without Premenstrual Symptoms. Experimental Biology, San Diego, CA. Ongkoputro#, E., **Burns-Whitmore, B.**, Spalding, T., Sokmen, B., Bidlack, W.R. (2012) The effects of feeding cinnamon postprandial blood glucose and lactate in trained endurance athletes. Experimental Biology, San Diego, Ca.

Olivares#, L., Kessler, L. & **Burns-Whitmore, B.** (2011). Development and implementation of a mentoring program for undergraduate dietetic students. Presented at the Annual Conference of the California Dietetic Association, Pasadena, CA.

Kessler, L., **Burns-Whitmore B.**, Gordon, A., & Wallace, S. (2011). Estudiante de Dietética, a Spanish curriculum for dietetic undergraduates: Report on year 1. Poster presented at the Annual Conference of the California Dietetic Association, Pasadena, CA.

Kessler, L., **Burns-Whitmore, B.**, Gordon, A., & Wallace, S. (2011). Estudiante de Dietética, A Spanish curriculum for dietetic undergraduates: A midway update. Poster presented at the American Dietetic Association Annual Conference, San Diego, Ca.

Olivares#, L., **Burns-Whitmore, B.**, & Kessler, L. (2011). Retaining dietetic undergraduate students with diverse backgrounds through a mentoring program in the Estudiante Dietética project. Presented at the American Dietetic Association Annual Conference, San Diego, Ca.

Kessler, L., Wallace, S., **Burns-Whitmore, B.**, Gordon, A., & Olivares#, L. (2011). Estudiante de Dietética: Update on participants and mentoring program. Poster presented at the NACTA 2011 Annual Conference, Alberta, Canada

Shih#, Y., Wang, W., Oda, K., Jaceldo-Seigl, K., Sabate, J., Haddad, E., Rajaram, S., Caudill, M., **Burns-Whitmore, B.** (2011) Feeding eggs improves plasma markers of choline status. Experimental Biology-FASEB Washington DC.

Yan, J., Winter#, L.B., **Burns-Whitmore, B.**, Vermeylen, F., Caudill, M.A. (2011) Choline metabolism biomarkers predict the risk of metabolic unfitness among young men.

Kessler, L.A., **Burns-Whitmore, B.** (2010) Students Feedback on Reflection Tools in a Service Learning Community Nutrition. Stories of Successful Learning. Provost Symposium California State Polytechnic University, Pomona, CA

Northcott#, F.E, **Burns-Whitmore, B.**, Kessler, L.A. (2009). Excessive Sodium and Limited Vitamin A and Potassium Provided by Food Pantry Packages. American Dietetic Association Meeting in Denver Colorado Oct 17-20.

Burns-Whitmore, B. (2008) ASPEN-Sources, Importance, Effects, Possible Applications and Contraindications of Omega-3 Fatty Acids. Irvine, CA.

Burns-Whitmore, B., Senn#, C., Ramirez#, B., Kessler, L., Lewis, D. (2008) Comparisons of body composition and nutrient intake of low-income Latina women receiving foods from a food

pantry versus receiving food from a food pantry and other food programs. Presented student (Graduate and undergraduate) research project at Cal Poly Pomona Provost's Symposium, December 15, 2008. Segovia-Siapco, G., **Burns-Whitmore, B.**, Sabaté, J., Rajaram, S. Plasma lipids and body composition (2008) A comparison of lacto-ovo vegetarians and non-vegetarians. Experimental Biology, FASEB-San Diego, California.

Burns-Whitmore, B., Segovia-Siapco, G., Sabaté, J., Rajaram, S. (2008) Comparison of body composition of lacto-ovo vegetarians and omnivores. Fifth International Congress on Vegetarian Nutrition March 4-6, Loma Linda University, Loma Linda, CA.

Degen#, C.L., Damico#, D. Mentor: **Dr. Bonny Burns-Whitmore** (2007). Duo-trio tests determine no sensory differences between enhanced n-3 fatty acid and regular eggs. Southern California Conference for Undergraduate Research-Cal State L.A.

Burns-Whitmore, B., Sapwarobol#, S., Haddad, E.H., Sabaté, J., Rajaram, S. (2007). N-3 Fatty Acid Enriched Egg Decreases C-Reactive Protein in Healthy Adults. *FASEB J.* 2007 21:704.5.

Burns-Whitmore, B., Griffith-Forde#, L., Tanzman, J., Haddad, E., Sabaté, J., Rajaram, S. (2006) N-3 Fatty Acid Enriched Egg and Organic Egg Intake Increases Serum Lutein Levels in Healthy Adults. *FASEB J.* 2006 20:A1058.

Burns-Whitmore, Segovia-Siapco, G., Rajaram, S., Sabaté., J. (2006). Comparison of Erythrocyte Fatty Acid Composition of Lacto-ovo Vegetarians and Non-Vegetarians. *FASEB J.* 2006 20:A1025. **Burns-Whitmore, B.**, Rajaram, S., Haddad, E., Sabaté, J. (2005): Effects of n-3 enriched eggs vs. walnuts on blood lipids in free-living lacto-ovo vegetarians. *FASEB J.* 2005 - San Diego, CA.

Damico#, D.P., **Burns-Whitmore, B.** (2005). Efficacy and importance of employing sensory outcomes in a single-blinded feeding study using n-3 enhanced fatty acid and regular eggs. Institute of Food Technologists-New Orleans, LA.

#Indicates student researcher