



Curriculum Vitae

Dr. Dana M. Lis

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Research Affiliate

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Education

Table with 3 columns: Institution, Degree/Field, and Year. Rows include University of British Columbia (BSc 2008), International Olympic Committee (Dipl 2009), University of Tasmania (PhD 2017), and University California Davis (Post Doc 2017-2019).

Appointments & Professional Experience

- 2020-2022 US Director of Nutrition, Science in Sport, UK
2019-2020 Director of Performance Nutrition, University California Davis
2019-2021 Assistant Project Scientist, University California Davis
2011-present Elite Performance Dietitian Consultant, Summit Sport Nutrition
2013 – 2017 Adjunct Faculty (casual lecturer), University of Tasmania
2011 – 2012 Education and Public Outreach Coordinator, NASA/Canadian Space Agency/Mars Life-Pavilion Lake Research Project (PLRP)
2009 – 2012 High Performance Dietitian, Canadian Sport Institute Pacific

2008 – 2009 *Sport Dietitian*, Sport Medicine Council of British Columbia  
 Delivered best-practice sport nutrition services to provincial, national level and professional athletes. In addition, designed practical workshops, website communications and service delivery methods for community programs. Coordinated the growth of professional development for over 250 nutrition student members by fostering access to education, resources, networking opportunities and insight into the science of sport nutrition.

### **Synergistic Activities & Affiliations**

Manager, B2Ten Olympic Sport Nutrition Mentorship Program	2015 – 2017
Board Member and Social Media Communications Lead, Professionals in Nutrition, Exercise and Sport (PINES)	2010 – 2017
Dietitians of Canada, Sport Nutrition Network, Co-chair and Communications Coordinator	2007 – 2016
Member College of Dietitians of British Columbia	2008 – present
Member Sport Dietitians Australia	2012 – present

### **Licenses & Certifications**

Level 1 Certified Anthropometrist, International Society of Kinanthropometry	2009 – 2016
Registered Dietitian, College of Dietitians of British Columbia	2009 – present
Certified Specialist in Sport Dietetics, Academy of Nutrition & Dietetics	2014 – 2022
Level 1 Phlebotomy Technician, American Society for Phlebotomy Technicians	2017

### **Academic Publications**

Scrivn R, Costa RJS, Pelly F, Lis D, Slater G. An exploratory study of the management strategies reported by endurance athletes with exercise-associated gastrointestinal symptoms. *Front Nutr.* 2022 Nov 9;9:1003445. doi: 10.3389/fnut.2022.1003445. PMID: 36438762; PMCID: PMC9691682.

Gaskell, S., Lis, D., Costa R. 2021. *Clinical Sports Nutrition: Management of Gastrointestinal Disturbances in Athletes*, (L. Burke & V. Deakin, Authors), North Ryde, NSW: McGraw Hill Education.

Lis D. & Gaskell S. 2020. *Gastrointestinal disturbances in athletes*. New York, NY, USA. Routledge. 1st Ed. 2020.

Lis D. Gaskell, S., *Gastrointestinal Disturbances in Athletes in Nutrition for Sport, Exercise and Performance*. Crows Nest NSW Australia. 2019.

Lis, D. M., Jordan, M., Lipuma, T., Smith, T., Schaal, K., & Baar, K. (2022). Collagen and Vitamin C Supplementation Increases Lower Limb Rate of Force Development, *International Journal of Sport Nutrition and Exercise Metabolism*, 32(2), 65-73.

Lis D, Baar, K. Effects of different vitamin-C enriched collagen derivatives on collagen synthesis. *Int J Sport Nutr Exerc Metab.* ePub.

Lis D. Dietary practices adopted by track and field athletes: Gluten-free, Low FODMAP, Vegetarian and Fasting International Association of Athletics Federation Sport Nutrition Consensus: *Int J Sport Nutr Exerc Metab.* 2019. ePub

Lis D. Exit Gluten-Free and Enter Low FODMAPs: A Novel Dietary Strategy to Reduce Gastrointestinal Symptoms in Athletes. *Sports Medicine.* 2019. ePub.

- Lis D, Stellingwerff T, Shing CM, Ahuja KD, Fell J. Exploring the Popularity, Experiences and Beliefs Surrounding Gluten-Free Diets in Non-Coeliac Athletes. *Int J Sport Nutr Exerc Metab.* 2014. 25:37-45.
- Lis D, Stellingwerff T, Shing CM, Fell J, Ahuja KD. No effect of a short-term gluten free diet on performance in non-celiac athletes. *Med Sci Sports Exerc.* 2015.
- Lis D, Fell J, Ahuja, K, Kitic C, Stellingwerff T. Commercial Hype Versus Reality: Our Current Scientific Understanding of Gluten and Athletic Performance. *Curr Sports Med Rep.* 2016. 4: 262–268.
- Lis D, Ahuja KD, Stellingwerff T, Kitic CM, Fell J. Food avoidance in athletes: FODMAP foods on the list. *Appl Phys Nut & Met.* 2016. 41(9): 1002-1004.
- Lis D, Ahuja KD, Stellingwerff T, Kitic CM, Fell J. Case Study: Utilizing a low FODMAP diet to combat exercise-induced gastrointestinal symptoms. *Int J Sport Nutr Exerc Metab.* 2016. 26(5): 481-487.
- Lis D, Stellingwerff T, Shing CM, Fell, J Ahuja KD. Low FODMAP: A preliminary strategy to reduce gastrointestinal distress in athletes. *Med Sci Sports Exerc.* Epub 2017.

### **Current Collaborators**

- S. Gaskell: Department of Nutrition Dietetics & Food, Faculty of Medicine Nursing and Health Sciences at Monash University
- R. Costa: Department of Nutrition Dietetics & Food, Faculty of Medicine Nursing and Health Sciences at Monash University
- M. Jordan: Canadian Sport Institute Calgary
- E. Sesbreno: Institute National Du Sport, Montreal, Canada
- M. Montjoy: Department of Family Medicine at McMaster University Medical School
- K. Baar: Department of Neurobiology, Physiology and Behavior, University of California Davis
- K. Ahuja, J. Fell, C. Kitic: Department of Faculty of Health Sciences, University of Tasmania
- T. Stellingwerff, Canadian Sport Institute Pacific

### **Funding**

- Baar & Lis. Bergstrom Nutrition grant for research on the effects of MSM on knee laxity in healthy active females (\$157,174) 01/01/2019 – 06/01/2021
- Baar & Lis. PepsiCo grant for research on the effects of collagen and vitamin C supplement on performance in athletes (\$250,736) 01/05/2017 – 31/12/2018
- Baar & Lis. USA Track & Field grant for research on the effects epicatechin-rich cocoa of collagen synthesis and performance in athletes (\$28,199) 01/05/2017 – 31/12/2018
- Lis. Canadian Sport Institute Pacific grant for research on the effects gluten-free diets and low FODMAPs diets in athletes with gastrointestinal syndrome (\$10,000. 01/06/2017–01/30/2017
- Lis. Research grant from Sport Medicine Australia for research on the effects of gluten free-diet in nonceliac athletes (\$3,500) 01/07/2014 – 01/07/2015
- Lis. Research grant from Sport Dietitian of Australia for research on the effects of gluten-free and low FODMAP diets on nonceliac athletes with gastrointestinal distress (\$5,000). 01/05/2015 – 31/12/2016
- Miller, Livingston, Guathier, Stellingwerff & Lis. B2Ten Sport Nutrition Mentorship Program to provide a customized teaching, leadership and mentorship program for high performance sport dietitians in Canada working at the Olympic level (\$250,000). 01/2015-12/31/2017

### **Awards**

- Australian Post Graduate Award Scholarship to support for PhD research (\$73,800) 01/09/2013– 02/02/2017

King&Amy O'Malley Trust Scholarship to support excellence nutritional research (\$24,000) 01/05/2013-31/12/2016  
 Post Graduate Student Travel Award (\$4,000) 31/05/2017  
 Judith Homeshaw Award for women in Science (\$1,500) 03/01/2013

**Select Academic Conference Presentations (from past 5 years)**

American College of Sports Medicine, symposium speaker	2017-2022
European College of Sports Science, invited speaker	2018
Gatorade Sport Science XP Panel, invited speaker for expert panel, Sarasota, FL	2017
Food & Nutrition Conference & Expo, invited speaker for expert panel, Chicago, IL	2017
GastroDiet2017, invited speaker, Prato, Italy	2017
California Nutrition & Dietetics Conference, invited speaker, Sacramento, CA	2017
UCDavis Mini Med School, invited speaker, Davis, CA	2017
Sport & Innovation Summit, invited speaker, Calgary, Canada	2016
3MT (Three Minute Thesis) State Finals, Hobart, Australia	2015
Sport Medicine Australia, research presented, Melbourne, Australia	2014, 2015
Sport Dietitians of Australia, invited speaker, Melbourne, Australia	2015

**Industry Expert Advisory Roles**

Zoneln	2022-2023
Elo Health	2023-present
BrainsBio	2023-present
Gainful Nutrition	2020-present

**Select Invited Industry Talks**

2023 Collagen Collective, Nutrition for reducing injury risk and Accelerating Return to Pay, Chicago, IL

2023 Reconditioning HQ, Think Tank: Performance Nutrition for ALL Sport Practitioners, Virtual

2023 Leave Your Mark: The Golden Treads of Life, Virtual

2022 Leave Your Mark: A Performance Nutrition Conversation

2020 Kinexon National Basketball Association (NBA) Sport Science leaders, virtual

2021 Competecon High Performance Practitioner virtual conference

2019 Collagen Supplementation in Sport. Vital Proteins. Chicago, IL

2017 Fueling for High Performance Snowboarding, International Olympic Committee Diploma in Sport Nutrition program. Lausanne, Switzerland

Athletes, and Takeaways for Your Needs, Endurance Planet Podcast, Ventura, CA

From the AMSM: Gluten Sensitivity-Fact or Fad? AMSM Podcast BMJ Talk Medicine, Boston, MA

Nutrition: Does Anyone Know What to Believe Now? UCDavis Mini Med School, Davis CA

Select Sport Nutrition presentations for Dietitians of Canada Sport Nutrition Intensive Course, Montreal, Canada

2016 Exercise-induced GI Distress and the Impact of Gluten & FODMAPs on Athletic Performance, Sigma Nutrition Radio, Cork, Ireland

Gluten-free diets and performance: update on research, Sport Dietitian Australia, Melbourne, Australia

2015 Novel tools to treat exercise associated gastrointestinal distress, Australian Institute of Sport, Canberra Australia

High Performance Pantry, Tasmanian Institute of Sport, Launceston, Australia

Periodizing Nutrition for Trampoline, Tasmanian Institute of Sport, Hobart, Australia

- Risk vs Reward: Deciphering Sport Nutrition Claims, Israeli Cycling Academy Team, Tel Aviv, Israel
- 2014 Select Sport Nutrition presentations for Dietitians of Canada Sport Nutrition Intensive Course, Calgary, Canada
- Making Weight for Rowing, Tasmanian Institute of Sport, Barrington, Australia
- Getting comfortable with the uncomfortable: Body Image in Sport, Tasmanian Institute of Sport, Launceston, Australia
- 2013 Travel Nutrition for Track Cycling Nationals, Tasmania Institute of Sport, Launceston, Australia
- Nutritional Periodization, Exercise & Sport Science Australia, Launceston, Australia
- Nutritional Periodization in Prep for Sochi, Russian Olympic Committee, Sochi, Russia
- 2012 Energy Availability in the Female Athlete: Nutrition and Physiology Interventions and Report, Sport & Innovation Conference, Calgary, Canada
- High Performance Nutrition: Micronutrients, Sport BC Speaker Series, Vancouver, Canada
- Feeding the Amgen Tour of California, Race radio interview, South Lake Tahoe, CA
- Cold, High and Dry: Sport Nutrition for Winter Sports, Tahoe Center for Environmental Research, Incline Village, NV
- Supplements for Canadian, Cycling Association Coaches Webinar. Vancouver, Canada
- Travel Nutrition for Athletes: Numerous presentations and workshops to provincial and national levels athletes preparing for competition abroad, Vancouver and Whistler, Canada
- Performance Nutrition: Numerous presentations and workshops to provincial and national levels athletes, Vancouver and Whistler, Canada
- Weight Management Strategies: Numerous presentation and workshops for provincial levels athletes. 2008 – present. Vancouver and Whistler, Canada
- Performance Cooking: Numerous presentation and workshop for provincial and national training camps. 2008 – present. Vancouver and Whistler, Canada
- 2010 Winter Sport Nutrition, Can Fit Pro National Conference. Richmond, Canada
- Sport Nutrition for Endurance Athletes, Can Fit Pro National Conference. Optimal Hydration: Hydration testing and Planning. Hollyburn Club Elite Tennis Program. North Vancouver, Canada
- Performance Nutrition: Making it Happen, Hollyburn Club Elite Tennis Program. North Vancouver, Canada
- Fueling your Body for Optimal Nutrition, Every Women in the World Conference, Whistler, Canada
- Fueling Young Athletes: In the classroom and on the field, Douglas College Teacher Professional Development Conference, Whiterock, Canada
- Supplements: What to Know, Whitecaps Football Club, Burnaby, Canada
- Nutrition Preparation for Tanzania, Whitecaps Football Club, Burnaby, Canada
- Clean Sport Initiative, Panel Speaker, Canadian Academy of Sports Medicine National Conference, Burnaby, Canada
- Steps to Working in Sport Nutrition, Langara College Nutrition Program, Langara, Canada
- Gaining Education and Experience in Sport Nutrition, University of British Columbia Dietetics Program, Vancouver, Canada