

## SELECT BOOK CHAPTERS, REPORTS & CASE STUDIES

Maki KC, **Palacios OM**. Phytosterol safety: use with other cholesterol lowering medications Case 1. Continuing Education: *Pharmacy Times*. December 18, 2015.

Maki KC, Palacios OM. Phytosterol adherence: helping patients meet TLC goals – Case 2. Continuing Education: *Pharmacy Times*. December 18, 2015.

*Phytochemicals and gene expression*. **Mezei O** and Shay NF. In: Genomics and Proteomics in Nutrition. Moustaid-Moussa and Berdander, Eds. Marchel Dekker Pubs. (2005).

## SELECT PEER-REVIEWED JOURNAL PUBLICATIONS

Sanders LM, Dicklin MR, **Palacios OM**, Maki CE, Wilcox ML, Maki KC. Effects of potato resistant starch intake on insulin sensitivity, related metabolic markers and appetite ratings in men and women at risk for type 2 diabetes: a pilot cross-over randomised controlled trial. *J Hum Nutr Diet*. 2021; 34:94-105.

Anderson JR, Maki KC, **Palacios OM**, Edirisinghe I, Burton-Freeman B, Spitznagel MB. Varying roles of glucoregulatory function measures in postprandial cognition following milk consumption. *Eur J Nutr*. 2020; July 31

Maki KC, Wilcox ML, Dicklin MR, Buggia M, **Palacios OM**, Maki CE, Kramer M. Substituting lean beef for carbohydrate in a healthy dietary pattern does not adversely affect the cardio metabolic risk factor profile in men and women at risk for type 2 diabetes. *J Nutr*. 2020; 150:1824-1833.

Maki KC, **Palacios OM**, Kramer M, Trivedi R, Dicklin MR, Wilcox ML, Maki CE. Effects of substituting eggs for high-carbohydrate breakfast foods on the cardiometabolic risk-factor profile in adults at risk for type 2 diabetes mellitus. *Eur J Clin Nutr*. 2020; 74:784-795.

**Palacios OM**, Maki KC, Xiao D, Wilcox ML, Dicklin MR, Kramer M, Trivedi R, Burton-Freeman B, Edirisinghe I. Effects of consuming almonds on insulin sensitivity and other cardio metabolic health markers in adults with prediabetes. *J Am Coll Nutr*. 2020; 39:397-406.

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**Palacios OM**, Kramer M, Maki KC. A Diet and prevention of type 2 diabetes mellitus: beyond weight loss and exercise. *Expert Rev Endocrinol Metab.* 2019; 14:1-12.

Maki KC, **Palacios OM**, Buggia MA, Trivedi R, Dicklin MR, Maki CE. Effects of a self-micro-emulsifying delivery system formulation versus a standard  $\omega$ -3 acid ethyl ester product on the bioavailability of eicosapentaenoic acid and docosahexaenoic acid: a study in healthy men and women in a fasted state. *Clin Ther.* 2018; 40:2065-2076.

**Palacios OM**, Edirisinghe I, Wilcox ML, Burton-Freeman B, Xiao D, Maki KC. A lean pork-containing breakfast reduces hunger and glycemic response compared to a refined carbohydrate-containing breakfast in adults with prediabetes. *J Am Coll Nutr.* 2018; 37:293-301.

Maki KC, **Palacios OM**, Bell M, Toth PP. Use of supplemental long chain omega-3 fatty acids and risk for cardiac death: an updated meta-analysis and review of research gaps. *J Clin Lipidol.* 2017; 11:1152-1160.

Maki KC, **Palacios OM**, Lindner E, Nieman KM, Bell M, Sorce J. Replacement of refined starches and added sugars with egg protein and unsaturated fats increases insulin sensitivity and lowers triglycerides in adults with elevated triglycerides. *J Nutr.* 2017; 147:1267-1274.

Maki K, Lawless A, Kelley K, Kaden V, Geiger C, **Palacios OM**, Dicklin M. Corn oil intake favorably impacts lipoprotein cholesterol, apolipoprotein, and lipoprotein particle levels compared with extra-virgin olive oil. *Eur J Clin Nutr.* 2017; 71:33-38.

Yang Y, Cimen H, Han MJ, Shi T, Deng JH, Koc H, **Palacios OM**, Montier L, Bai Y, Tong Q, Koc EC. NAD<sup>+</sup>-dependent deacetylase SIRT3 regulates mitochondrial protein synthesis by deacetylation of the ribosomal protein MRPL10. *J Biol Chem.* 2010; 285:7417-29.

**Palacios OM**, Badran J, Spence L, Drake MA, Reisner M, Moskowitz HR. Measuring acceptance of milk and milk substitutes among younger and older children. *J Food Sci.* 2010; 75:S522-S526.

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Li Y, **Mezei O**, Shay NF. Human and Murine Hepatic sterol-12- $\alpha$ -hydroxylase and other xenobiotic metabolism mRNA are upregulated by soy isoflavones. *J Nutr.* 2007; 137:1705-12.

**Palacios OM**, Nicholls J, Green R, Miller GD. Invited editorial: The importance of dairy foods in helping impoverished people in the United States. *J Dairy Sci.* 2007; 90: 4917-23.

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#### SELECT SCIENTIFIC ABSTRACTS

Maki KC, **Palacios OM**, Koecher K, Sawicki Cm, Livingston KA, Bell M, McKeown NM. The relationship between whole grain intake and body weight: results of meta-analyses of observational studies and randomized controlled trials. Presented at Nutrition 2019 in Baltimore, MD, June 8-11, 2019.

Maki KC, **Palacios OM**, Wilcox ML, Dicklin MR, Bell M, Maki CE. Effects of lean beef intake, as part of a healthful dietary pattern, on cardiometabolic risk markers in subjects at risk for diabetes mellitus: a controlled feeding trial. Presented at Nutrition 2019 in Baltimore, MD, June 8-11, 2019.

**Palacios OM**, Maki KC, Buggia M, Dicklin MR, Bell M, Maki CE. Dietary effects of replacing carbohydrate-based breakfast foods with eggs in adults at risk for type 2 diabetes. Presented at Nutrition 2019 in Baltimore, MD, June 8-11, 2019.

Maki KC, Palacios OM, Buggia M, Dicklin MR, Bell M, Maki CE. Effects of replacing carbohydrate-based breakfast foods with eggs on cardiometabolic risk factors in adults at risk for type 2 diabetes. Presented at Nutrition 2019 in Baltimore, MD, June 8-11, 2019.

Maki KC, **Palacios OM**, Buggia MA, Trivedi R, Dicklin MR, Maki CE. A randomized, crossover study to assess the relative bioavailability of eicosapentaenoic acid and docosahexaenoic acid from a novel dietary formulation compared to that of a standard ethyl ester product in healthy men and women. Presented at the 2018 Food & Nutrition Conference & Expo (FNCE) in Washington DC, October 22, 2018.

**Palacios OM**, Vincent MJ, Allen B, Taber LT, Maki KC. The effect of dietary cholesterol on high-density lipoprotein cholesterol levels in men and women – a meta-analysis of randomized controlled trials. Presented at Nutrition 2018 in Boston, MA, June 10-12, 2018.

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**Palacios OM**, Nieman KM, Cook CM, Maki KC. Evaluation of a reduced sampling schedule for assessment of pancreatic beta-cell function with the intravenous glucose tolerance test during a dietary intervention. *FASEB J.* 2017;31(S1).

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