

CURRICULUM VITA
JANICE E. MARAS, EdD, MSN, NDTR

OFFICE ADDRESS

Northeastern University
Bouvé College of Health Sciences
209C Robinson Hall
360 Huntington Avenue
Boston, MA 02115

Phone: 617- 373-3665

E-mail: j.maras@northeastern.edu

EDUCATION

- EdD 2017 Northeastern University, College of Professional Studies, Boston, MA,
Doctoral of Education, Curriculum, Teaching, Learning, and Leadership *Thesis:*
Narrative Wellness: Voices of People Who Are Experiencing Homelessness
- MSN 2007 Eastern Michigan University, MI, Master of Science in Human Nutrition –
Coordinated Program Combination in Dietetics *Thesis: The Association of Whole*
Grain Intake with the Metabolic Syndrome: Baltimore Longitudinal Study
- BA1988 University of Massachusetts, Boston, MA, Human Services and Business
Management
- AS 1986 Laboure College, Boston, MA, Nutrition and Dietetic Technician, Registered (NDTR)

CERTIFICATION

Nutrition and Dietetics Technician, Registered
Certified Trainer, Minnesota Nutrient Data System Research (NDSR), University
Minnesota

EMPLOYMENT

- 2017- Assistant Teaching Professor, Department of Health Science, Bouvé College of
Health Science, Northeastern University
- 2013- Director, Dietary Assessment Center, Department of Health Science, Bouvé
College of Health Science, Northeastern University
Assistant Teaching Professor, Department of Health Science, Bouvé College of
Health Science, Northeastern University
- 2010 Research Manager, Dietary Assessment Center, Department of Health Science,
Bouvé College of Health Science, Northeastern University
- 1991-2009 Dietary Data Manager, Dietary Assessment and Epidemiology Research
Program, USDA Human Nutrition Research Center on Aging, Tufts
University
- 1987-1991 Dietary Assessment Coordinator, Scientific Computing Department USDA
Human Nutrition Research Center on Aging, Tufts University
- 1986-1987 Nutritional Coder, Scientific Computing Department, USDA Human Nutrition
Research Center on Aging, Tufts University
- 1985-1986 Health Technician, Veterans Administration Medical Center, Brockton, MA
- 1980-1985 Diet Supervisor, Goddard Memorial Hospital, Stoughton, MA

PROFESSIONAL AFFILIATIONS

- 1986- Member, Academy of Nutrition and Dietetics, Licensed NDTR
1986- Member, Massachusetts Dietetic Association

PUBLICATIONS

Manuscripts Published

1. Bigornia, S. J., Saklani, S., **Maras, JE.**, Rubin, K., & Tucker, K. L. (2016). Consumption of Salad Dressing and Nutrient Intake of the US Population. *The FASEB Journal*, 30(1 Supplement), 1154-18.
2. Noel, S. E., Saklani, S., **Maras, JE.**, Bigornia, S. J., Rubin, K., & Tucker, K. L. (2016). Consumption of Cheese and Nutrient Intake of the US Population. *The FASEB Journal*, 30(1 Supplement), 905-10.
3. Lin, N., Smith, C., Frazier-Wood, A., Parnell, L., Noel, S., **Maras, JE.**, ... & Averill, M. (2015). PNPLA3 Variants Are Associated with Obesity and Interact with Meat and Dairy Intake in Hispanic and Non-Hispanic White Americans. *The FASEB Journal*, 29(1 Supplement), 750-8.
4. Talegawkar S, Tanaka T, **Maras, JE**, Ferrucci L, Tucker, KL “Validation of nutrient intake estimates derived using a semi-quantitative FFQ against 3 day diet records in the Baltimore Longitudinal Study of Aging” *The Journal of Nutrition Health and Aging* 01/2015; DOI:10.1007
5. Talegawkar, S. A., Chen, P., Liu, J., Hickson, D. A., Maras, J., Manjourides, J., ... **Maras JE**, Tucker, K. L. (2013). Life’s simple 7 (LSS) and its associations with coronary artery calcium (CAC): the Jackson Heart Study (JHS). *The FASEB Journal*, 27(1 Supplement), 120-6.
6. Ye X, Scott T, Gao X, **Maras JE**, Bakun PJ, Tucker KL. Mediterranean diet, healthy eating index 2005, and cognitive function in middle-aged and older Puerto Rican adults. *J Acad Nutr Diet* 2013;113(2):276-281.
7. Mitchell DC, Tucker KL, **Maras J**, Lawrence FR, Smiciklas-Wright H, Jensen GL, Still CD, Hartman TJ. Relative validity of the Geisinger Rural Aging Study food frequency questionnaire.. *J Nutr Health Aging*. 2012 Jul;16(7):667-72. PMID: 22836711.
8. **Maras JE**, Talegawkar SA, Qiao N, Lyle B, Ferrucci L, Tucker KL. Flavonoid intakes in the Baltimore Longitudinal Study of Aging. *J Food Comp* 2011;24:1103-1109.
9. Johnson EJ, **Maras JE**, Rasmussen HM, Tucker KL. Intake of lutein and zeaxanthin differ with age, gender and ethnicity. *J Am Diet Assoc* 2010;110:1357-1362
10. Ye X, **Maras JE**, Bakun P, Tucker KL. Dietary intake of vitamin B6, plasma pyridoxal 5'-phosphate and homocysteine in Puerto Rican Adults. *J Am Diet Assoc* 2010;110:1660-1668. PMC2989853
11. Tucker KL, **Maras J**, Qiao N. Simulation with soy replacement showed that increased soy intake could contribute to improved nutrient intake profiles in the US population. *J Nutrition* 2010;140:2296S-2301S.
12. **Maras, J. E.**, P. K. Newby, et al. (2009). "Whole grain intake: The Baltimore Longitudinal

- Study of Aging." *Journal of Food Composition and Analysis* 22(1): 53-58.
13. Newby PK, **Maras J**, Bakun P, Muller D, Ferrucci L, Tucker KL. Intake of whole grains, refined grains, and cereal fiber measured with 7-d diet records and associations with risk factors for chronic disease. *Am J Clin Nutr* 2007;86:1745–53. PMC2646086
 14. Tucker KL, **Maras J**, Champagne C, Connell C, Goosby S, Weber J, Zaghoul S, Carithers T, Bogle ML. A regional food-frequency questionnaire for the US Mississippi Delta. *Pub Health Nutr* 2005;8:87-96.
 15. **Maras JE**, Bermudez OI, Bakun PJ, Qiao N, Boody-Alter E, Tucker KL. Intake of alpha-tocopherol is limited among US adults. *J Am Diet Assoc* 2004;104:567-575.
 16. Gao X, Wilde PE, **Maras JE**, Bermudez OI, Tucker KL. "The Maximal Amount of {alpha}-Tocopherol Intake from Foods Alone in U.S. Adults (1994-1996 CSFII): An Analysis by Linear Programming." *Ann N Y Acad Sci.* 2004 Dec;1031:385-6.
 17. Tucker KL, Bianchi L, **Maras J**, and Bermudez O. Adaptation of a food frequency questionnaire to assess diets of Puerto Rican and non-Hispanic adults. *Am J Epidemiol* 1998;148:507-518.

ABSTRACT PRESENTATIONS

1. Sprague-Martinez L, Reich A, **Maras JE**, Tucker KL, Pereira F. Engaging urban youth of color dietary assessment and the disparities dialog. Am Pub Health Assoc, Boston, MA, Nov 2013.
2. Franck J, Kansy M, **Maras J**, Tucker KL. A whole foods diet with omega-3 and vitamin D supplementation is associated with improved health outcomes in children with ASD. Experimental Biology, Boston, MA, Apr 2013
3. **Maras JE**, Talegawkar S, Qiao N, Stavro M, Tucker, KL. Flavonoid intake: the Baltimore Longitudinal Study of Aging. International Conference on Dietary and Activity Methodology (ICDAM). Bethesda, MD. Jun. 2009.
5. Johnson EJ, **Maras J**, Rasmussen H, Tucker KL. Intake of lutein and zeaxanthin differs with age, gender and ethnicity. EB, San Diego, CA, Apr. 2008.
6. Newby PK, **Maras J**, Bakun P, Muller D, Ferrucci L, Tucker KL. Ready-to-eat cereal intake is inversely associated with measures of body composition and body weight, but not with associated risk factors for chronic disease. NAASO, The Obesity Society, New Orleans, LA, Oct. 2007.
7. **Maras JE**, Newby PK, Bakun PJ, Ferrucci L, Tucker KL. Whole grain intake, definition and database development: the Baltimore Longitudinal Study of Aging. 31st US National Nutrient Databank Conference, Washington DC, Apr. 2007.
8. Newby PK, **Maras J**, Bakun P, Muller D, Ferrucci L, Tucker KL. Whole grains, refined grains, and cereal fiber measured using 7-d diet records: associations with risk factors for chronic disease. EB, Washington DC, Apr. 2007.
9. Newby PK, **Maras J**, Bakun P, Muller D, Tucker KL. Dietary intakes of whole grains and fiber assessed using 7-d diet records are inversely associated with waist circumference.

North Am Assoc for the Study of Obesity (NAASO), Boston, Oct. 2006.

addResearch

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10. F Imamura, L Hernandez, M Mazariegos, NW Solomons, **JE Maras**, O Bermudez. Adequacy of Nutrient Intakes among Guatemalans According to Different Nutrient Recommendations *Journal of Federation of American Societies for Experimental Biology.*

01/2005; 19(4):A425.

11. Gao X, Wilde P, **Maras J**, Bermudez O, Tucker KL. The maximal amount of alpha-tocopherol intake from foods alone in US adults: An analysis using linear programming. *Vitamin E and Health*, Kelly F, Meydani M, Packer L (eds) Ann NY Acad Sci 2004 1031.
12. Bakun P, Mazariegos M, Hernandez L, Villagran A, Solomons NW, **Maras JE**, Tucker KL, Bermudez OI. (2003) Assessment of dietary food patterns among Guatemalan adults from the Cronos Study: Development of a nutrient Database. Intl Food Data Conference and the National Nutrient Databank Conference, Washington DC. The National Nutrient Databank Conference. Washington DC. 2003.
13. **Maras JE**, Valdes V, deMas M, Bakun P, Tucker KL, Bermudez OI. Development of a nutrient database to assess food patterns among older Panamanian Adults. Intl Food Data Conference and the National Nutrient Databank Conference, Washington DC. The National Nutrient Databank Conference. Washington DC. 2003.
14. Bermudez OI, **Maras JE**, Tucker KL. Differences in food intake of NHANES older adults, by ethnicity and obesity status. *FASEB J* 17 (4): abstract 8866. 2003
15. Bermudez OI, Bakun P, **Maras JE**, Boody-Alter E, Tucker KL. Using the 1999-2000 NHANES to evaluate the association of nutrient intakes and food patterns with obesity and ethnicity among older Americans. Intl Food Data Conference and the National Nutrient Databank Conference, Washington DC. The National Nutrient Databank Conference. Washington DC. 2003.
16. Bakun P, **Maras JE**, Bermudez O, Qiao N, Boody-Alter E, Tucker KL. Intake and sources of alpha tocopherol in US adults. National Nutrient Databank Conference. Baton Rouge, LA. 2002
17. Hernandez L, Mazariegos M, Bermudez OI, **Maras JE**, Tucker KL, Solomons NW. Dietary fat intake in urban and rural Guatemalan women. *Am J Clin Nutr* 75:384S abstract #P146. 2002.
18. **Maras JE**, Tucker KL, Dawkins N, Champagne C, Connel C, Zaghlool S, Goolsby S, Forrester I, Bogle M. Adaptation of a food frequency questionnaire (FFQ) to assess diets in the lower Mississippi Delta region. 4th Int Conference on Dietary Assessment Methods. *Pub Health Nutr* 5(6A):1014. Abstract A3.11. 2000.
19. Tucker K, Schaetzel T, **Maras JE**. Adapting a food frequency questionnaire for use with Puerto Rican and non-Hispanic adults. Int Conference on Dietary Assessment Methods, Boston, MA. *Am J Clin Nutr* 65(4S):1325S (1997).

RESEARCH COLLABORATIONS/DAC SERVICE

- Development and modification of an image based implicit food attitude measure (PI: Amy Wu)
- Northeastern University Center for A Wellness Engaged Lifestyle (PI: Carmen Sceppa)
- Baltimore Longitudinal Study of Aging and Translational Gerontology Branch, NIA
- MATCH (Mothers and Their Children's Health) Study, USC
- Food frequency analysis for GoodNEWS Program, Texas Prevention Institute, University of North Texas Health Science Center (Delta ffq)
- Meharry Medical College Family & Community Medicine, Vanderbilt school of Medicine (Delta ffq)

- Center of Research and Health Promotion of the School of Dental Medicine in RCM-UPR. (Mult ffq)
- School of Public Health, RCM-UPR (online Redcap ffq)
- Umass Lowell School Public Health (EStudio PARTO) (24hr recalls)
- Division of Endocrinology, Diabetes and Metabolism, Tufts Medical Center (Mult ffq)
- National Human Genome Research Institute, NIH (Delta ffq)
- Estudio PARTO -2yr contract/24hr recalls, Lisa Taber, UML
- Preghispobese-5yr contract/ffq, Lisa Taber –grant changed to fee for service – UML
- D2d2 – Vitamin D and Type 2 Diabetes - people at risk w diabetes and are Vitamin D supplement safe in delaying type 2 diabetes

TEACHING

HSCII106 Contemporary Issues in Nutrition - Fall 2015
 HSCII107 Nutrition Service Learning - Spring 2016
 HSCII106 Contemporary Issues in Nutrition - Spring 2016
 HSCII105 Nutrition - Summer 1 2016
 HSCII107 Nutrition Service Learning - Fall 2017
 HSCII106 Contemporary Issues in Nutrition - Fall 2017
 HSCII107 Nutrition Service Learning - Spring 2017
 HSCII106 Contemporary Issues in Nutrition - Spring 2017
 HSCII105 Nutrition - Summer 1 2017

SERVICE TO THE COMMUNITY

Back On MY Feet – Nutrition and Wellness Educator
 Rosie's Shelter– Nutrition and Wellness Educator
 YMCA – Nutrition and Wellness Educator
 Trotter School – Wellness Event
 Metro News – Food labels

SERVICE TO THE PROFESSION

Dietary Assessment Center
 Metro News – Food labels
 Meet the Researcher, NEU
 How to Strengthen Your Immune System: Advice from 34 Immune Health Experts on The #1 Way to Make Your Immune System Stronger, 2017

SOCIETIES/LICENSES

Nutrition and Dietetics Technician, Registered, MA License
 Research Dietetics Practice Group (RDPG) under The Academy of Nutrition & Dietetics
 Certified Trainer for the Minnesota Nutrient Database.

