

# **Tori Holthaus, R.D., L.D.**

Division of Nutritional Sciences, University of Illinois Urbana-Champaign, Urbana, IL  
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## **EDUCATION**

- Expected 2025      **Doctor of Philosophy in Nutritional Sciences**  
*Division of Nutritional Sciences, University of Illinois Urbana-Champaign*  
*Advisor: Dr. Naiman Khan, Ph.D., R.D.*  
*Research Area: Diet and Neurocognitive Potential: Examining Dietary Patterns and the Role of the Food Matrix*
- 2016      **Bachelor of Science in Dietetics**  
*Nutritional Sciences, University of Wisconsin - Madison*  
*Honors: Graduated with Distinction, 3.8/4.0 GPA*

## **PROFESSIONAL CREDENTIALS**

- 2019-Present      **Registered Dietitian (R.D.)**  
*University of Wisconsin-Green Bay Dietetic Internship Program*  
*Concentration: Leadership*

## **RESEARCH EXPERIENCE**

- 2021-Present      **Graduate Research Assistant**  
*Division of Nutritional Sciences, University of Illinois Urbana-Champaign*  
*Neurocognitive Health Behavior Laboratory*  
*Principal Investigator.: Dr. Naiman Khan, Ph.D., R.D.*

## **PEER-REVIEWED PUBLICATIONS**

### *Manuscripts*

1. **Holthaus, T.A.**, Kashi, M., Cannavale, C.N., Edwards, C., Aguiñaga, S., Walk, A.D.M., Burd, N.A., Holscher, H.D., Khan, N.A. (2022). MIND dietary pattern adherence is selectively associated with cognitive processing speed in middle-aged adults. *The Journal of Nutrition*, 152(12), 2941-2949.
2. Cannavale, C. N., Keye, S. A., Rosok, L., Martell, S., **Holthaus, T. A.**, Reeser, G., ... & Khan, N. A. (2022). Enhancing children's cognitive function and achievement through carotenoid consumption: The Integrated Childhood Ocular Nutrition Study (iCONS) protocol. *Contemporary Clinical Trials*, 122, 106964.

3. **Holthaus, T.A.**, Shivani Sethi, Corinne N. Cannavale, Susan Aguiñaga, Nicholas A. Burd, Hannah D. Holscher, Naiman A. Khan. (2023) MIND dietary pattern adherence is inversely associated with visceral adiposity and features of metabolic syndrome. *Nutrition Research*, 116, 69-79.
4. **Holthaus, T.A.**, Keye, S.A, Verma, S., Cannavale, C.N., Holscher, H.D., Khan, N.A. (*Under Review*). Dietary Patterns and Carotenoid Intake: Comparisons of MIND, Mediterranean, DASH, and Healthy Eating Index. *Nutrition*.
5. Cannavale, C. N., Keye, S. A., Rosok, L. M., Martell, S. G., **Holthaus, T. A.**, Raine, L. R., Mullen, S. P., Holscher, H. D., Hillman, C. H., Kramer, A. F., Cohen, N. J., Hammond, B. R., Renzi-Hammond, L., & Khan, N. A. (2023). Macular pigment optical density and skin carotenoids in a childhood sample. *The Journal of Nutrition*. <https://doi.org/10.1016/j.tjnut.2023.06.006>.

#### *Conference Presentations*

1. **Holthaus, T.A.**, Kashi, M., Cannavale, C.N., Edwards, C., Aguiñaga, S., Walk A.D.M., Burd, N.A., Holscher, H.D., Khan, N.A. The MIND dietary pattern is selectively related to cognitive processing speed. Oral presentation at: Nutrition Symposium. University of Illinois Urbana-Champaign - Division of Nutritional Sciences; 2022 Apr 20. Urbana, IL.
2. **Holthaus, T.A.**, Keye, S.A, Verma, S., Cannavale, C.N., Holscher, H.D., Khan, N.A. Dietary Patterns and Carotenoid Intake: Comparisons of MIND, Mediterranean, DASH, and Healthy Eating Index. Oral presentation at: Nutrition Symposium. University of Illinois Urbana-Champaign - Division of Nutritional Sciences; 2023 Apr 19. Urbana, IL.
3. Cannavale, C.N., Keye, S.A., Rosok, L.M., Martell, S.G., **Holthaus, T.A.**, Raine, L.B., Mullen, S., Holscher, H.D., Hillman, C.H., Kramer, A.F., Hammond, B.R., Renzi-Hammond, L., & Khan, N.A. Macular pigment optical density and skin carotenoids in a midwestern childhood sample. Presenting at: Nutrition 2023. Annual Conference of the American Society of Nutrition; 2019 July 22-25. Boston, MA.

#### *Poster Presentations*

1. **Holthaus, T.A.**, Kashi, M., Cannavale, C.N., Edwards, C., Aguiñaga, S., Walk A.D.M., Burd, N.A., Holscher, H.D., Khan, N.A. The MIND dietary pattern is selectively related to cognitive processing speed. *Current Developments in Nutrition*. 2022 Jun;6(Supplement\_1):793. Poster presentation at: Nutrition 2022 Live Online. Annual Conference of the American Society for Nutrition; 2022 Jun 14-16.
2. Sarma, R., **Holthaus, T.A.**, Cannavale, C.N., & Khan, N.A. Individuals with greater attention and memory abilities exhibit higher food label and numeracy nutrition skills. Poster Presented at: Nutrition 2022 Live Online. American Society for Nutrition; 2022 June 14-16. Online.
3. **Holthaus, T.A.**, Kashi, M., Cannavale, C.N., Edwards, C., Aguiñaga, S., Walk A.D.M., Burd, N.A., Holscher, H.D., Khan, N.A. The MIND diet: Associations among nutrient intake, metabolic markers,

and cognitive function. Poster presentation at: 2022 Food & Nutrition Conference & Expo™. Annual Conference of the Academy of Nutrition and Dietetics; 2022 Oct 8-11. Orlando, FL.

4. **Holthaus, T.A.**, Shivani Sethi, Corinne N. Cannavale, Susan Aguiñaga, Nicholas A. Burd, Hannah D. Holscher, Naiman A. Khan. MIND dietary pattern adherence is inversely associated with visceral adiposity and metabolic syndrome risk factors among adults. Poster presentation at: Personalized Nutrition Innovation Day. Personalized Nutrition Initiative at Illinois; 2022 Nov 16. Urbana, IL.
5. Cannavale, C.N., Holthaus, T.A., Martell, S., Sarma, R., Alvarado, D., Mehta, T., Holscher, H.D., & Khan, N.A. Hippocampal-dependent spatial reconstruction task performance is not affected by test-retest conditions. Poster Presented at: Neuroscience 2022. Society for Neuroscience; 2022 November 12-16. San Diego, CA.
6. Cannavale, C.N., Keyes, S.A., Rosok, L.M., Martell, S.G., **Holthaus, T.A.**, & Khan, N.A. Skin carotenoids are negatively associated with body mass index in school aged children. Poster Presented at: Precision Nutrition Initiative Innovation Day 2022. UIUC Precision Nutrition Initiative; 2022 November 16. Urbana, IL.
7. Sarma, R., Willis, N., **Holthaus, T.**, Cannavale, C.N., & Khan, N.A. Individuals with greater memory abilities exhibit higher food label and numeracy nutrition skills. Poster Presented at: Precision Nutrition Initiative Innovation Day 2022. UIUC Precision Nutrition Initiative; 2022 November 16. Urbana, IL.
8. **Holthaus, T.A.**, Keyes, S.A., Verma, S., Cannavale, C.N., Holscher, H.D., Khan, N.A. Dietary patterns and carotenoid intake: Comparisons of MIND, Mediterranean, DASH, and Healthy Eating Index. Poster presentation at: Nutrition 2023. Annual Conference of the American Society for Nutrition; 2023 July 23. Boston, MA.
9. Keyes, S.A., **Holthaus, T.A.**, Cannavale, C.N., Rosok, L., Lambin, E., Renzi-Hammond, L., Holscher, H.D., Khan, N.A. MIND diet pattern is selectively associated with attentional control in preadolescent children. Poster Presented at: Nutrition 2023. Annual Conference of the American Society for Nutrition; 2023 July 23. Boston, MA.

#### *Invited Presentations*

1. **Holthaus, T.A.** The Power of the MIND (diet). Wisconsin Academy of Nutrition and Dietetics Annual Conference; 2022 Apr 6-8. Elkhart Lake, WI.

## **LEADERSHIP POSITIONS**

2023-Present	<b>Treasurer</b> , Nutritional Sciences Graduate Student Association Steering Committee, University of Illinois Urbana-Champaign
2022-Present	<b>Treasurer</b> , Eastern Illinois Academy of Nutrition and Dietetics

2021-2022 **Secretary**, Nutritional Sciences Graduate Student Association Steering Committee, University of Illinois Urbana-Champaign

## PROFESSIONAL MEMBERSHIPS

2023-Present      **Member**, Society for the Study of Ingestive Behavior

2022-Present **Member**, American Society for Nutrition

**2018-Present**      **Member, Academy of Nutrition and Dietetics**

## PROFESSIONAL EXPERIENCE

2019-Present	<b>Consulting Dietitian</b>	Columbus, NE
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EZ Nutrition Consulting, PC

- ♦ Provided compassionate, evidence-based medical nutrition therapy for long-term and skilled care residents. Consulted with building administrators, dietary managers, and directors of nursing regarding food and dining operations.

2020 Consulting Author of Educational Publications Saint Charles, IL

*Association of Nutrition and Foodservice Professionals*

- ♦ Reviewed and updated the Certified Dietary Manager and Certified Food Protection Professional (CDM & CFPP) educational program examination preparation materials.

2016-2018      **Sample Coordinator III**      Madison, WI

*LabCorp: Covance Food Solutions*

- ♦ Coordinated food and supplement samples in a food chemistry laboratory and selected methods such as liquid chromatography-tandem mass spectrometry, high and ultra-high-performance liquid chromatography, and inductively coupled plasma mass spectrometry.

## AWARDS AND HONORS

2023 **William Rose Endowed Award (\$800)**

Division of Nutritional Sciences, University of Illinois Urbana Champaign

2022 **Best Student Presenter: Dietary Patterns and Food Systems**

Nutrition Symposium

Division of Nutritional Sciences, University of Illinois Urbana Champaign

### Margin of Excellence Research Funding (\$2500)

Division of Nutritional Sciences, University of Illinois Urbana Champaign

**Foundation's Academy of Nutrition and Dietetics Foundation General Scholarship**

Academy of Nutrition and Dietetics Foundation

2021 **2021 Patsyjane O'Malley Memorial Scholarship**  
Academy of Nutrition and Dietetics Foundation

2016 **Graduated with Distinction**  
University of Wisconsin-Madison

**GRADUATE COURSEWORK**

<b>Rubric number</b>	<b>Course title</b>	<b>Credit hours</b>	<b>Grade</b>
<i>Completed</i>			
NUTR426	Biochemical Nutrition I	3	A+
NUTR427	Biochemical Nutrition II	3	A
NUTR440	Applied Statistical Methods I	4	A
NUTR500	Nutritional Sciences Seminar	0	S
NUTR510	Science Translation	2	A
NUTR510	Gastrointestinal Fermentation	1	A
NUTR510	DNS IMPACT	1	A+
NUTR511	Regulation of Metabolism	4	A
NUTR521	Molecular Basis of Metabolic Syndrome & Weight Management	2	A+
NUTR522	Dietary Prevention of Cardiovascular & Other Chronic Diseases	3	A
NUTR527	Advanced Vitamins and Minerals	3	A+
NUTR590	Graduate Research Academy	1	A
NUTR599	Thesis Research	29	DFR
<i>In progress</i>			
NUTR510	Intestinal Physiology & Microbiome	2	<i>pending</i>
NUTR550	Grantsmanship and Ethics	3	<i>pending</i>
NUTR599	Thesis Research	7	<i>pending</i>

**Cumulative GPA:** 4.0/4.0