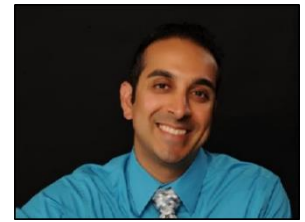


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Health Science and Human Ecology, California State University San Bernardino



EDUCATION

Doctor of Public Health (DrPH), Preventive Care
Loma Linda University, Loma Linda, CA

Master of Public Health (MPH), Health Promotion & Education
Loma Linda University, Loma Linda, CA

Bachelor of Arts (BA), Psychology & Social Behavior
University of California, Irvine

CERTIFICATIONS & LICENSURES

- National Commission for Health Education Credentialing (NCHEC) Certified Health Education Specialist (CHES)
- American College of Sports Medicine Certified Exercise Physiologist (ACSM-EP)
- Commission on Dietetic Registration (CDR) Registered Dietitian Nutritionist (RDN)
- Adult Weight Management Certification from the Commission on Dietetic Registration (CDR)
- Food Allergy Certification from the Academy of Nutrition and Dietetics (ACEND)

TEACHING EXPERIENCE

Adjunct Nutrition & Health Instructor

Crafton Hills Community College, Department of Physical Education
Yucaipa, CA

Associate Professor

Trident University International, Department of Health Sciences
Cypress, CA

Adjunct Instructor

California State University, Fullerton, Department of Health Science & Kinesiology

Chair, Department of Nutrition and Basic Sciences

Assistant Professor, Program Lead
Bastyr University California, Department of Nutrition & Basic Sciences
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PROFESSIONAL EXPERIENCE

Host

Optimal Health Daily (O.H.D.) Podcast

Registered Dietitian

University of California, Riverside
Housing, Dining, & Residential Services
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University of California, Riverside
Human Resources Department, Health & Wellness Unit
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Project Manager

Fiber Study, Loma Linda University, Department of Health Promotion & Education
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PUBLICATIONS**Peer-Reviewed**

Tonstad S., **Malik N.**, Haddad E. (2013) A high-fibre bean-rich diet versus a low-carbohydrate diet for obesity. *Journal of Human Nutrition and Dietetics*, 27(s2), 109-116. doi:10.1111/jhn.12118

PRESENTATIONS

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Lam, S., **Malik, N.**, Tonstad, S., & Haddad, E. (Oral Presentation) A high-fiber bean-rich diet versus a low-carbohydrate diet for blood lipid management: A 1-year follow-up analysis. American College of Nutrition 57th Annual Conference - Translational Nutrition: The Science of Personalized Nutrition, San Diego, CA. November 9-11, 2016.

Broemmer, M., **Malik, N.**, Tonstad, S., & Haddad, E. (Poster Presentation). Long-term effects of a high-fiber bean-rich diet versus a low-carbohydrate diet. American College of Nutrition 57th Annual Conference - Translational Nutrition: The Science of Personalized Nutrition, San Diego, CA. November 9-11, 2016.

Malik, N., Tonstad., S., Haddad, E. (Poster Presentation). A high-fiber bean-rich diet versus a low-carbohydrate diet for obesity. Academy of Integrative Health and Medicine – People, Planet, Purpose, San Diego, CA. October 22-25, 2017.

Malik, N., Tonstad., S., Haddad, E. (Poster Presentation). A high-fiber bean-rich diet versus a low-carbohydrate diet for obesity. American Public Health Association – Annual Meeting and Expo: Creating the Healthiest Nation, San Diego, CA. November 10-14, 2018.

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Malik, N., & Warren, K. (2013). Immune-boosting foods for winter. Retrieved on October 30, 2013, from http://www.ehow.com/slideshow_12324839_immune-systemboosting-foods-winter.html

PROFESSIONAL MEMBERSHIPS

- Society for Public Health Education (SOPHE)
- American Public Health Association (APHA)
- American College of Sports Medicine (ACSM)
- Academy of Nutrition and Dietetics (AND)
- California Academy of Nutrition and Dietetics (CAND)