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ACADEMIC & PROFESSIONAL EXPERIENCE:

2007 - Present	Director, Medical Writing / Principal Scientist Provident Clinical Research & Consulting, Inc. Glen Ellyn, Illinois
2005 - 2007	Nutrition Research Independent Consultant Wilmette, Illinois
2003 - 2007	Adjunct Professor Rosalind Franklin University North Chicago, Illinois
2003 - 2005	Associate Principal Scientist Kraft Foods Glenview, Illinois
2000 - 2003	Senior Research Scientist Kraft Foods Glenview, Illinois
1998 - 2000	Research Scientist Kraft Foods Glenview, Illinois
1998 - 2003	Instructor University of Illinois – Chicago Chicago, Illinois

EDUCATION

- 1998 Ph.D. Nutritional Sciences
 University of Illinois
 Urbana, Illinois
- 1993 B.S. Food Science and Human Nutrition
 Arizona State University
 Tempe, Arizona

PROFESSIONAL ORGANIZATIONS

American Society of Nutrition
Institute of Food Technologies
The Obesity Society

PUBLICATIONS (PEER REVIEWED JOURNALS)

1. **Rains TM**, Agarwal S, Maki KC. Anti-obesity effects of green tea catechins: A mechanistic review. *J Nutr Biochem*. 2010 (in press).
2. Maki KC, Beiseigel JM, Jonnalagadda SS, Gugger CK, Reeves MS, Farmer MV, Kaden VN, **Rains TM**. Whole grain ready-to-eat oat cereal, as part of a dietary program for weight loss, reduces low density lipoprotein cholesterol in overweight and obese adults more than a dietary program alone. *J Am Diet Assoc*. 2010;110:205-214.
3. Maki KC, Reeves MS, Farmer M, Griinari M, Berge K, Vik H, Hubacher R, **Rains TM**. Krill oil supplementation increases plasma concentrations of eicosapentaenoic and docosahexaenoic acids in overweight and obese men and women. *Nutr Res*. 2009;29:609-615.
4. Maki KC, Sanders LM, Reeves MS, Kaden VN, **Rains TM**, Cartwright Y. Beneficial effects of resistant starch on laxation in healthy adults. *Int J Food Sci Nutr*. 2009;60:296-305.
5. Maki KC, Kanter M, **Rains TM**, Hess SP, Geohas J. Acute effects of low insulinemic sweeteners on postprandial insulin and glucose concentrations in obese men. *Int J Food Sci Nutr*. 2009;29:1-8.
6. Maki KC, Carson ML, Anderson WHK, Geohas J, Reeves MS, Farmer MV, Turowski M, Miller M, Kaden VN, Dicklin MR, **Rains TM**. Lipid altering effects of different formulations of hydroxypropylmethylcellulose. *J Clin Lipidol*. 2009;3:159-166.

7. Maki KC, Reeves MS, Carson ML, Miller MP, Turowski M, **Rains TM**, Anderson K, Papanikolaou Y, Wilder DM. Dose-response characteristics of high-viscosity hydroxypropylmethylcellulose in subjects at risk for the development of type 2 diabetes mellitus. *Diabetes Technol Ther.* 2009;11:119-125.
8. Maki KC, Carson ML, Miller MP, Turowski MJ, Bell M, Wilder DM, **Rains TM**, Reeves MS. Hydroxypropylmethylcellulose and methylcellulose consumption reduce postprandial insulinemia in overweight and obese men and women. *J Nutr.* 2008;138:292-296.
9. Maki KC, **Rains TM**, Kaden VN, Raneri KR, Davidson MH. Effects of a reduced-glycemic-load diet on body weight, body composition, and cardiovascular disease risk markers in overweight and obese adults. *Am J Clin Nutr.* 2007;85:724-734.
10. **Rains TM**, Mangian HF, Liang T, Cole AC, Beverly JL, Shay NF. Growth hormone-releasing factor affects macronutrient intake during the anabolic phase of zinc repletion: total hypothalamic growth hormone-releasing factor content and growth hormone-releasing factor immunoneutralization during zinc repletion. *Nutr Neurosci.* 2001;4:283-93.
11. **Rains TM**, Shay NF. Increased protein intake during recovery from zinc deficiency is accompanied by alterations in hypothalamic growth. *Nutr Neurosci.* 2001;4:273-80.
12. **Rains TM**, Hedrick S, Randall AC, Lee R, Kennedy K, Shay NF. Food Intake Patterns are Altered During Long-Term Zinc Deficiency in Rats. *Physiol. Behav.* 65:473-478.
13. Lee RG, **Rains TM**, Tovar-Palacio C, Beverly JL, Shay NF. Zinc Deficiency Increases Hypothalamic Neuropeptide Y and Neuropeptide Y mRNA Levels and Does Not Block Neuropeptide Y-Induced Feeding in Rats. *J. Nutr.* 1998;128:1218-1223.
14. Kennedy KJ, **Rains TM**, Shay NF. Zinc Deficiency Changes Preferred Macronutrient Intake in Subpopulations of Sprague-Dawley Outbred Rats and Reduces hepatic Pyruvate Kinase Gene Expression. *J. Nutr.* 1998;128:43-49.
15. **Rains TM**, Emmert J, Baker DH, Shay NF. Minimal Thiamin Requirement of Weanling Sprague-Dawley Outbred Rats. *J. Nutr.* 1997;127:167-170.

16. **Rains TM**, Shay NF. Zinc Status Specifically Changes Preferences for Carbohydrate and Protein in Rats Selecting from Separate Carbohydrate-, Protein-, and Fat-Containing Diets. *J. Nutr.* 1995;125:2874-2879.

OTHER PUBLICATIONS

1. **Rains TM**, Anderson B, Maki KC. Green Tea Catechins and Abdominal Fat Loss. *SCAN's Pulse: A Publication for Sports, Cardiovascular, and Wellness Nutritionists from the Sports, Cardiovascular and Wellness Nutrition Practice Group within the American Dietetic Association* 2009 (in press).
2. Huth PJ, **Rains TM**, Yang Yifan, Philips SM. Current and emerging role of whey protein on muscle accretion. In: Onwulata CI and Huth PJ. (eds) Chapter 13. Whey Processing, Functionality and Health Benefits. Wiley-Blackwell. 2008.

ABSTRACTS:

1. Maki KC, Butteiger DN, **Rains TM**, Lawless A, Reeves, MS, Schasteen C, Krul ES. Effects of an Insoluble Fraction of Soy Protein vs. Milk Protein on Plasma Lipids and Fecal Bile Acids in Men and Women with Hypercholesterolemia. *National Lipid Association Annual Scientific Session*. May, 2010. Abstract 126.
2. Jonnalagadda SS, Maki KC, Reeves MS, **Rains TM**, Witchger M. Effects of consuming a yogurt containing plant sterols, as part of a Therapeutic Lifestyle Changes (TLC) Diet, on blood lipids in men and women with primary hypercholesterolemia. *Experimental Biology 2010*. April, 2010. Abstract 38.
3. Maki KC, **Rains TM**, Bell M, Reeves MS, Farmer MV. Fat Mass, but not abdominal fat distribution, predicts C-reactive protein concentrations in overweight and obese men and women. *Joint Conference-50th Cardiovascular Disease Epidemiology and Prevention - and - Nutrition, Physical Activity and Metabolism Conference*. March 2010; Poster 656.
4. Maki KC, **Rains TM**, McKenney JM, Reeves MS, Farmer MV. Repeatability of insulin sensitivity and secretion indices from liquid meal tolerance tests in subjects with normal fasting glucose, impaired fasting glucose, or type 2 diabetes mellitus. *Obesity Society's Annual Scientific Sessions*. October 2009; Poster 229-P.

5. Maki KC, Reeves MS, Carson ML, Miller MP, Turowski M, **Rains TM**, Anderson K, Papanikolaou Y, Wilder DM. Dose-response characteristics of high-viscosity hydroxypropylmethylcellulose on postprandial glucose and insulin concentrations in subjects at risk for the development of type 2 diabetes mellitus. *The Obesity Society*, 2008, Abstract #368-P.
6. Maki KC, **Rains TM**. Designing a Clinical Trial. *Proceedings of the IFT Annual Meeting and Food Expo*, 2007, Abstract 201-03.
7. Maki KC, Carson ML, Miller MP, Turowski M, Jones F, Wilder DM, **Rains TM**, Reeves MS Effects of high-viscosity hydroxypropylmethylcellulose and methylcellulose on postprandial glucose and insulin responses in overweight and obese men and women. *Obesity* 2007;15. Abstract # 304-P.
8. Maki KC, **Rains T**, Kaden V, Quinn J, Davidson M. A longer-term modified carbohydrate diet vs. a low-fat, portion-controlled diet on weight loss/weight maintenance in overweight or obese men and women. *Obesity Res.* 2005;13:A79.