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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

PUBLICATIONS (PEER REVIEWED JOURNALS)

1. Maki, K.C., Carson, M.L., Miller, M.P., Turowski, M.J., Bell, M., Wilder, D.M., **Rains, T.M.**, Reeves, M.S. (2008) Hydroxypropylmethylcellulose and methylcellulose consumption reduce postprandial insulinemia in overweight and obese men and women. *J Nutr.* 138: 292-96.
2. Maki, K.C., **Rains, T.M.**, Kaden, V.N., Raneri, K.R., Davidson, M.H. (2007) 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.* 85(3):724-734.
3. **Rains, T.M.**, Mangian, H.F., Liang, T., Cole, A.C., Beverly, J.L., and Shay, N.F. (2001) 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.* 4(4):283-93.
4. **Rains, T.M.**, and Shay, N.F. (2001) Increased protein intake during recovery from zinc deficiency is accompanied by alterations in hypothalamic growth. *Nutr Neurosci.* 4(4):273-80.
5. **Rains, T.M.**, Hedrick, S., Randall, A.C., Lee, R., Kennedy, K. and Shay, N.F. (1998) Food Intake Patterns are Altered During Long-Term Zinc Deficiency in Rats. *Physiol. Behav.* 65: 473-478.

6. Lee, R.G., **Rains, T.M.**, Tovar-Palacio, C., Beverly, J.L., and Shay, N.F. (1998) Zinc Deficiency Increases Hypothalamic Neuropeptide Y and Neuropeptide Y mRNA Levels and Does Not Block Neuropeptide Y-Induced Feeding in Rats. *J. Nutr.* 128: 1218-1223.
7. Kennedy, K.J., **Rains, T.M.**, and Shay, N.F. (1998) Zinc Deficiency Changes Preferred Macronutrient Intake in Subpopulations of Sprague-Dawley Outbred Rats and Reduces hepatic Pyruvate Kinase Gene Expression. *J. Nutr.* 128: 43-49.
8. **Rains, T.M.**, Emmert, J., Baker, D.H. and Shay, N.F. (1997) Minimal Thiamin Requirement of Weanling Sprague-Dawley Outbred Rats. *J. Nutr.* 127: 167-170.
9. **Rains, T.M.** and Shay, N.F. (1995) Zinc Status Specifically Changes Preferences for Carbohydrate and Protein in Rats Selecting from Separate Carbohydrate-, Protein-, and Fat-Containing Diets. *J. Nutr.* 125: 2874-2879.