



## Aubrey Roberts

Ph.D. Student in Epidemiology and Clinical Research, admitted Summer 2022

### Bio

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#### INSTITUTE AFFILIATIONS

- Member (Student), Cardiovascular Institute

### Publications

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#### PUBLICATIONS

- **Diet-Based Weight Loss Intervention is Not Associated with Meaningful Change in Lean Soft Tissue.** *The American journal of clinical nutrition*  
Roberts, A. K., Panyard, D. J., Hislop, B., Ward, C. P., Snyder, M. P., Gardner, C. D., Haddad, F.  
2026: 101251
- **Plant-Based vs. Omnivore diets for athletic performance outcomes among recreational athletes in university dining halls: a randomized crossover study.** *Nutrition journal*  
Raygoza, C., Roberts, A., Guidetti, A., Cai, O., Sangowdar, P., Muriuki, E. N., Laverick-Johnson, H., Sanguinetti, G., Smith, E., Fammartino, A., Robinson, J., Lee, E., Policastro, et al  
2026
- **Bone Characteristics Among Female Endurance Athletes At Risk For Relative Energy Deficiency In Sport**  
Flora, J. L., Smith, M., Roberts, A., Kent, K., Long, J., Zhong, Y., Roche, M., Snyder, M., Kraus, E.  
LIPPINCOTT WILLIAMS & WILKINS.2024: 58-59
- **Exploratory Analyses: How to Meaningfully Interpret and Report Them.** *PM & R : the journal of injury, function, and rehabilitation*  
Roberts, A., Roche, M., Sainani, K. L.  
2023
- **SWAP-MEAT Athlete (study with appetizing plant-food, meat eating alternatives trial) - investigating the impact of three different diets on recreational athletic performance: a randomized crossover trial.** *Nutrition journal*  
Roberts, A. K., Busque, V., Robinson, J. L., Landry, M. J., Gardner, C. D.  
2022; 21 (1): 69