Stanford



Dalia Perelman

Dietitian 2, Medicine - Med/Stanford Prevention Research Center

Bio

BIO

Received a bachelor's degree in microbiology and immunology. Worked as a research assistant in a molecular biology laboratory at Stanford University for 6 years. Received a Master's degree in Nutritional Sciences. Certified as a diabetes educator and worked at the Palo Alto Medical Foundation for 14 years counseling patients. In addition to her clinical experience, Dalia has also been involved in research and teaching. She taught at San Jose State University, and continues to advise students on their theses. She currently works as a research dietitian and study coordinator at Stanford University. She is a reviewer for the Journal of the Academy of Nutrition and Dietetics and was an analyst for the Evidence Analysis Library.

She has spoken in conferences geared to dietitians and physicians.

CURRENT ROLE AT STANFORD

Research Dietitian:

• Implements the nutritional component of research protocols, counsels participants, collects and enters food records, develops nutrition education materials, and develops specialized diets for metabolic studies.

• Develops protocols and informed consent forms for IRB submission.

• Collects, compiles, documents, and analyzes clinical research data.

• Recruits and consents subjects.

Health Educator:

• Develops and presents curriculum to educate subjects on study diets.

• Implements new techniques to increase adherence to study diets.

• Acts as a liaison between investigators, collaborators, and study participants.

HONORS AND AWARDS

- Excellence in Clinical Nutrition, Academy of Nutrition and Dietetics (2009)

EDUCATION AND CERTIFICATIONS

- CDE, National Certification Board for Diabetes Educators , Diabetes (2002)
- MS, San Jose State University , Nutritional Sciences (1999)
- BS, San Jose State University , Medical Microbioology (1985)
- work towards BS, Universidad Nacional Autonoma de Mexico , Biomedical Research (1982)

SERVICE, VOLUNTEER, AND COMMUNITY WORK

- Advisor

- Reviewer
- Evidence Analyst (8/1/2011 - October 30, 2012)

Professional

PROFESSIONAL INTERESTS

Personalized Nutrition

Interaction between the host and the microbiome

Preventive medicine

Behavior modification

Publications

PUBLICATIONS

- **Substituting poly- and mono-unsaturated fat for dietary carbohydrate reduces hyperinsulinemia in women with polycystic ovary syndrome.** *Gynecological endocrinology*
  Perelman, D., Coghlan, N., Lamendola, C., Carter, S., Abbasi, F., McLaughlin, T.
  2016: 1-4
- **Adipose Cell Size and Regional Fat Deposition as Predictors of Metabolic Response to Overfeeding in Insulin-Resistant and Insulin-Sensitive Humans** *DIABETES*
  McLaughlin, T., Craig, C., Liu, L., Perelman, D., Allister, C., Spielman, D., Cushman, S. W.
  2016; 65 (5): 1245-1254
- **5-Lipoxygenase Metabolite 4-HDHA Is a Mediator of the Antiangiogenic Effect of omega-3 Polyunsaturated Fatty Acids** *SCIENCE TRANSLATIONAL MEDICINE*
  Sapieha, P., Stahl, A., Chen, J., Seaward, M. R., Willett, K. L., Krah, N. M., Dennison, R. J., Connor, K. M., Aderman, C. M., Liclican, E., Carughi, A., Perelman, D., Kanaoka, et al
  2011; 3 (69)
- **Effect of omega-3 fatty acid supplementation on indicators of membrane fluidity**
  Carughi, A., Huynh, L. T., Perelman, D.
  FEDERATION AMER SOC EXP BIOL.2010