

Exponent®
Engineering & Scientific Consulting

Charlotte Griffith, Ph.D., R.D.

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Professional Profile

Charlotte Griffith brings a distinctive blend of clinical research, nutrition science, and public policy analysis to synthesize scientific evidence for Exponent's clients. Her expertise centers on designing and leading randomized controlled trials focused on the effect of diet and eating behaviors on metabolic health, sleep, and circadian rhythms. Her translational research contributes valuable scientific evidence to inform dietary recommendations and promote overall well-being. Dr. Griffith's skills in dietary intake assessment, quantitative evidence synthesis, and regulatory strategy help her develop actionable strategies for her clients in the food and beverage industry. She supports organizations seeking to substantiate health claims, drive product innovation, and achieve regulatory compliance through rigorous scientific evidence synthesis.

Prior to joining Exponent, Dr. Griffith served as an American Association for the Advancement of Science (AAAS) Science & Technology Policy Congressional Fellow in the United States Senate, where she delivered influential policy analysis and stakeholder briefings that helped shape national conversations on food safety standards for baby and toddler foods. Dr. Griffith's research has been published in leading peer-reviewed journals, and she has presented at national and international conferences and served in scientific advisory roles. Dr. Griffith's leadership in scientific research and communication continues to influence industry practices and public health policy at the intersection of nutrition, regulatory science, and consumer well-being.

Academic Credentials & Professional Honors

Ph.D., Nutritional Sciences, University of Texas - Austin, 2024

M.S., Nutrition Science and Policy, Tufts University, 2018

B.S., Nutrition and Dietetics, Purdue University, 2017

2024 Barbara Ann F. Hughes Nutrition Policy, Advocacy and Education Award

2024 Susan T. Jastrow Human Ecology Chair for Nutritional Sciences

2023 The University of Texas Nutritional Sciences Graduate Student Excellence Award

2023 Tyrell Flawn Graduate Fellowship in Nutrition

2023 The University of Texas Graduate School Professional Development Award

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Prior Experience

AAAS Science & Technology Policy Fellow, Health & Agricultural Policy, Office of U.S. Senator Amy J. Klobuchar, 2024 – 2025

Research Scientist, University of Texas at Austin, 2024

Graduate Research Assistant, University of Texas at Austin, 2020 – 2024

Consulting Scientist, Farmer's Fridge, 2019 – 2020

Professional Affiliations

American Society of Nutrition, Member, 2020 - present

Academy of Nutrition and Dietetics, Member, 2015 - present

Publications

Griffith CA, Leidy HJ, Gwin JA, Indices of Sleep Health are Associated with Timing & Duration of Eating in Young Adults, J Acad Nutr Diet. 2024, doi:10.1016/j.jand.2024.04.016.

Presentations

Griffith CA, Benefits of Breakfast Consumption on Sleep & Circadian Rhythms in Adolescents with Overweight/Obesity. University of Texas at Austin, Dell Medical School – Pediatric Research Seminar. 2024.

Griffith CA, Gwin JA, Leidy HJ, Examine the Associations Between Timing of Eating Occasions and Sleep Health in Young Adults. Curr Dev Nutr. 2023;7(Suppl 1):100726. doi:10.1016/j.cdnut.2023.100726.

Griffith CA, Examining the Impact of the Timing of Eating Occasions on Sleep Health & Circadian Rhythms. University of Texas at Austin, Department of Nutritional Sciences Research Seminar. 2023.

Griffith CA, The Timing & Duration of Eating Behaviors for Sleep Health. University of Texas at Austin, UGS303: Personalized Health Research. 2023.

Griffith CA, Diet Trends: Intermittent Fasting/Time-Restricted Feeding for Weight Management. University of Texas at Austin, NTR306: Fundamentals of Nutrition. 2022.

Griffith CA, Piacquadio KA, Braden ML, Leidy HJ, Effects of Protein Source and Quantity on Appetite Control, Satiety and Subsequent Food Intake in Healthy Adults. Curr Dev Nutr. 2021;5(Suppl 2):409. doi:10.1093/cdn/nzab038_021.

Griffith CA, Nutrition Recommendations: What to Believe. University of Texas at Austin, NTR306: Fundamentals of Nutrition. 2021.

Project Experience

Research lead on NIH-funded randomized controlled trial investigating protein breakfast intervention on metabolic health outcomes in adolescents with overweight/obesity, to advance understanding of metabolic, appetitive, and neural mechanisms.

Designed and managed human clinical trial assessing the impact of the timing and frequency of eating on sleep and circadian biomarkers in adolescents, overseeing study design, salivary sampling, and actigraphy-based sleep measurements.

Research lead on randomized controlled investigating once weekly semaglutide 2.4 mg for limiting post-smoking cessation weight gain and elucidating changes in body composition and appetite mechanisms in adults with overweight/obesity.

Conducted comprehensive assessments of product nutrition profiles and health claims for industry client, developing an evidence-based nutrient profiling system to inform product renovation and innovation, ensuring alignment with federal nutrition standards to support nationwide market expansion efforts.

Translated stakeholder input to develop policy recommendations supporting the Baby Food Safety Act and FDA oversight of toxic heavy metals in infant and toddler foods; monitored regulatory developments to assess impact across agriculture and food sectors, delivering strategic insights to inform legislative decision-making.