

Exponent®
Engineering & Scientific Consulting

Rosie Pushpass, Ph.D.

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Professional Profile

Dr. Pushpass has a background in food science and nutrition with experience in clinical research and dietary intervention studies. She has technical knowledge and experience in clinical research methodologies, including study coordination, data analysis and statistics. Dr. Pushpass has previously worked on a large, randomized control dietary intervention study and has experience in performing critical literature reviews and summarizing clinical and pre-clinical literature on nutrition and diet-health links..

Dr Pushpass has experience and knowledge in nutrient intake and diet quality assessment, examining the link between dietary intake and health outcomes, and nutrient modelling to assess the impact of reformulation or dietary modifications on measures of health. Dr. Pushpass also has expertise in dietary exposure assessments, including managing data from international nutrition surveys and analysis of dietary intake data. Dr. Pushpass has also previously worked in the food industry, with experience in sensory analysis and product development.

Dr. Pushpass completed her PhD in health sciences at King's College London with a BBSRC CASE studentship in conjunction with GlaxoSmithKline (GSK). As part of her doctoral studies, she conducted a work placement in global patents at GSK assisting the in-house legal team for consumer healthcare. She has also presented her original research at international conferences including the Pangborn Sensory Science Symposium and the Biology of Ageing Gordon Conference, for which she was awarded a King's College Ageing Research award.

Academic Credentials & Professional Honors

Ph.D., Dental Health, King's College, University of London, UK, 2018

B.Sc., Food Science and Nutrition, University of Northumbria, United Kingdom, 2012

Prior Experience

Post-Doctoral Research Assistant, University Of Reading, August 2018 – October 2021

Industrial Placement, Glaxosmithkline, September 2017 – December 2017

Locum Sleep Physiologist, East Grinstead Victoria Hospital, March 2016 – June 2016

Research Coordinator, Royal Brompton Hospital, January 2016 – March 2016

Medical Technologist, Guy's Hospital, January 2015 – January 2016

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Product Development Assistant, Kavli Ltd, May 2012 – January 2013

Publications

Pushpass RA, Alzoufairi S, Mancini A, Quilter K, Fava F, Delaiti S, Vrhovsek U, Christensen C, Joyce SA, Tuohy KM, Jackson KG. Chronic consumption of probiotics, oats, and apples has differential effects on postprandial bile acid profile and cardiometabolic disease risk markers compared with an isocaloric control (cornflakes): a randomized trial. The American Journal of Clinical Nutrition. In Press.

Alzoufairi SM, Pushpass RG, Jackson KG, Lovegrove JA. Impact of the CYP7A1 single nucleotide polymorphism rs3808607 on postprandial lipids and gut hormones in response to functional interventions-findings from the CABALA study. Proceedings of the Nutrition Society. 2022;81(OCE5):E194.

Pushpass RA, Alzoufairi SM, Pedersen C, Jackson KG, Lovegrove JA. The effect of probiotic, prebiotic and polyphenol interventions on gut hormones and markers of glycaemic control: findings from the CABALA study. Proceedings of the Nutrition Society. 2021;80(OCE5).

Alzoufairi SM, Pushpass RA, Pedersen C, Jackson KG, Lovegrove JA. The effect of probiotic, prebiotic, and polyphenol interventions on cardiovascular disease risk markers: findings from the CABALA study. Proceedings of the Nutrition Society. 2021;80(OCE5).

Pushpass RA, Alzoufairi S, Jackson KG, Lovegrove JA. Circulating bile acids as a link between the gut microbiota and cardiovascular health: Impact of prebiotics, probiotics and polyphenol-rich foods. Nutrition Research Reviews. 2021 Apr 30:1-20.

Pushpass RA, Pellicciotta N, Kelly C, Proctor G, Carpenter GH. Reduced salivary mucin binding and glycosylation in older adults influences taste in an in vitro cell model. Nutrients. 2019 Sep 24;11(10):2280.

Pushpass RA, Daly B, Kelly C, Proctor G, Carpenter GH. Altered salivary flow, protein composition, and rheology following taste and TRP stimulation in older adults. Frontiers in physiology. 2019 May 31;10:652.

Pushpass RA, Alzoufairi SM, Pedersen C, Jackson KG, Lovegrove JA. The effect of probiotic, prebiotic and polyphenol interventions on gut hormones and markers of glycaemic control: findings from the CABALA study. Poster Presentation, Nutrition Society Summer Conference, Nutrition in a changing world, 2021.

Pushpass R, Pratten J, Daly B, Kelly C, Proctor G, Carpenter G. Salivary Responses to Taste in Younger and Older Adults. Poster Presentation, 2nd Biology of Ageing Gordon Conference Singapore, 2017.

Simpson R, Pratten J, Proctor G, Carpenter G. Individual salivary taste responses are mediated by modality and vary day to day. Poster Presentation, International Food Oral Processing Conference, Wageningen, 2014.

Simpson R, Pratten J, Ma J, Proctor G, Carpenter G. Comparing secretions from the frog hopper to human saliva. Poster Presentation, 11th European Saliva Symposium, Egmond an Zee, Holland, 2014.

Simpson R, Pratten J, Proctor G, Carpenter G. Role of TRP Receptors in Taste Sensation. Poster Presentation, 10th Pangborn Sensory Science Symposium 2013 Rio de Janeiro, Brazil, 2013.

Project Experience

Assisted with nutrient modelling project for a client while working at Exponent. Conducted food alignment using product categories from the Client's portfolio and food and nutrition databases from the UK, France

and Brazil. Conducted modelling of reformulation for key nutrients to assess the impact on nutrient intakes in different populations globally.

- Lead researcher for a dietary intervention trial at the University of Reading, investigating the impact of gut microbiome and bile acids on markers of cardiovascular health. Management of the clinical trial as well as experimental analysis of resulting biological samples, data analysis/preparation of manuscripts and supervision of the research team.
- MPhil/PhD BBSRC CASE studentship “Improving Taste Function in the Aged Population”. Working in conjunction with the industrial partner to research oral health and physiology and conduct a clinical study with laboratory work to analyse the resulting biological samples.

Additional Education & Training

Pet Food Manufacturers' Association Nutrition Training – July 2022

Basic First Aid – October 2021

Introduction to "R" - May 2020

InCytometry Introduction to Flow Cytometry - January 2020

Intermediate Food Hygiene - August 2018

Good Clinical Practice - August 2018

Microsoft Word for Long Documents – January 2018

Intermediate SPSS – October 2017