

# Nicholas A. Burd

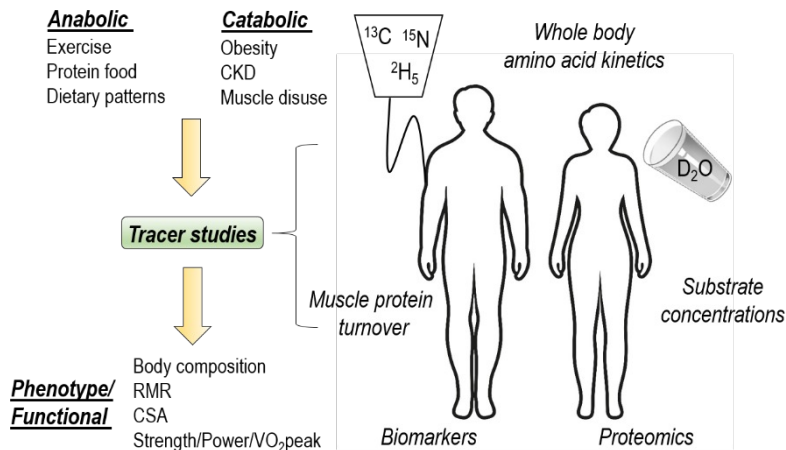
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Skeletal muscle is widely recognized as important for supporting physical performance, but also has a role, albeit often underappreciated, in supporting whole body metabolic health and body weight maintenance. Exercise and nutrition are two of the most potent anabolic stimuli to skeletal muscle and therefore studying their integration in vivo in humans provides insight into the most effective lifestyle recommendations to support human health.



## Keywords

Performance nutrition, dietary protein, skeletal muscle, exercise, aging, obesity, stable isotopes

## Research Interests

- Nutrition, exercise, and substrate metabolism
- Regulation of skeletal muscle mass with aging and disease
- Dietary patterns/food matrix/protein quality and their influences on the regulation of whole body and muscle protein metabolism

## Current Projects

- The regulation of muscle protein synthesis in response to the manipulation of plant and animal food matrices
- Impact of vegan and US-style eating patterns on skeletal muscle health
- Impact of lipid-rich food matrix on the regulation of muscle protein synthesis

## Interest Areas for Collaboration/Future Work

Dr. Burd has received extensive training in exercise and human metabolic research including the collection of blood, adipose, and skeletal muscle tissues. He is interested in assisting in translational research (i.e., bench-to-bedside) aimed at developing more effective exercise and nutritional paradigms to support human health.