



# The George Liepa Sigma Xi Annual Speaker Series

Thursday, March 18, 2021 from 7:00-8:00pm

To join the session: <https://tinyurl.com/2021GeorgeLiepa>

## Dr. Stefan M. Pasiakos

*"Leveraging Nutritional Science  
to Optimize Soldier Health and  
Performance"*



US Army Regulation 40-25 defines Soldier dietary protein requirements as 0.8-1.6 g/kg/d. Soldiers typically consume sufficient protein to meet minimum requirements and often enough to optimize muscle responses to training and mitigate effects of modest caloric deficit. However, higher-protein intakes are not always effective for mitigating muscle mass losses during strenuous operations conducted in extreme environments. Inefficient protein utilization reinforces the importance of consuming sufficient calories during strenuous operations, not just protein per se, to offset the catabolic consequences that accompany caloric deficit. This presentation will review Soldier dietary protein recommendations in the context of military relevant operational stress and highlight the important role nutritional science research serves in optimizing Soldier health and performance.

*Dr. Stefan M. Pasiakos is a Nutritional Physiologist and Deputy Chief of the Military Nutrition Division at the US Army Research Institute of Environmental Medicine. He leads a multi-disciplinary research program to define protein requirements and develop targeted dietary and pharmacological strategies that sustain health-readiness and enhance performance for service members. Dr. Pasiakos received his Ph.D. in Nutritional Science from the University of Connecticut. He is a Fellow of the American College of Sports Medicine, recipient of the Vernon R Young International Award for Amino Acid Research, member of the International Protein Board, government liaison to the International Life Sciences Institute North American Protein Board, Deputy Editor for the British Journal of Nutrition, and editorial board member for Medicine & Science in Sports & Exercise.*

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