



# The George Liepa Sigma Xi Annual Speaker Series

Thursday, March 17, 2022 from 7:00-8:00pm  
in The Student Center Auditorium

## 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 Research Physiologist and Chief of the Military Performance Division at the U.S. Army Research Institute of Environmental Medicine (USARIEM), where he leads a diverse research program and scientific team to develop evidenced-based solutions to limit musculoskeletal injuries, accelerate return to duty, and optimize physical and behavioral performance in training and operational environments. Dr. Pasiakos received his PhD in Nutritional Science in 2008 from the University of Connecticut and completed a post-doctoral fellowship in the Military Nutrition Division (MND) at USARIEM in 2012 as a U.S. Army Medical Service Corps officer. From 2012 to 2021, Dr. Pasiakos led a multi-disciplinary research program in the MND to define Warfighter protein requirements and develop targeted dietary strategies that sustain readiness and enhance performance. His academic interests include muscle physiology, dietary protein, human performance, and bioenergetics of exercise metabolism, and has more than 120 peer-reviewed, open-literature scientific articles in those scientific domains. Dr. Pasiakos is a member of the American Society for Nutrition, a Fellow of the American College of Sports Medicine, Associate Editor for Medicine & Science in Sports & Exercise, and Deputy Editor for the British Journal of Nutrition.*

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