

Aaron J Riviere MS, RDN, LD

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Education

- Texas A&M University (TAMU)** | College Station, Texas GPA: 3.911
Master of Science in Kinesiology May 2023
- Texas A&M University Internship** | Houston/Austin/Temple, Texas
Dietetic Internship Verification May 2022
- Auburn University (AU)** | Auburn, AL GPA: 3.92
Bachelor of Science in Nutrition: Dietetics, Minor in Psychology May 2020

Academic Positions and Assistantships

Department of Nutrition - TAMU | College Station, TX Aug 2023 – Current
Lecturer

- Teach undergraduate courses in Nutrition including NUTR204.
- Develop the Nutrition in Sport Certificate Program courses required within the program.
- Current Teaching: NUTR 204: Current Perspectives in Nutrition

Tactical Athlete Fatigue and Breath Study - TAMU | College Station, TX June 2022-Aug 2023
Research Dietitian

- Collaborate with external stakeholders to develop and execute a standardized 36-hour diet plan for all participants in collaboration with the on-campus catering provider.
- Develop a hydration, carbohydrate, and caffeine replacement protocol.
- Manage a team of research technicians to ensure nutrition protocol adherence and accurate food log reporting and analysis.

ION Sport Lab - TAMU | College Station, TX Aug 2020-Current
Graduate Assistant Researcher

- Design and implement a 5-million-dollar Department of Defense funded research project on fatigue-related changes in breath volatile compounds.
- Conduct 3 nutrition intervention studies improving cognitive performance.
- Track physiological and subjective data using wearable technology, questionnaires, and lab instruments.
- Build a data collection and management system for over 1 trillion data points with data validity checks, automatic alerts, and reminders.

Undergraduate Research Fellowship - AU | Auburn, AL May 2019-July 2019
Research Fellow

- Planned and executed a nutrition research project on testing intestinal permeability in a subset of participants from a green leafy vegetable intervention in a population at risk for colorectal cancer.
- Ran ELISA and DNA isolation on biomarkers in serum, plasma, and stool samples. Presented and published research (see below).

Professional And Community Activities

Operation Lonestar | Brownsville, TX July 2022 and 2023
Faculty Lead and Dietitian

- Supervised and mentored undergraduate students' participation in community program providing health screenings and care to low socio-economic status (SES) communities in South Texas.
- Completed one-on-one MNT and general wellness consultations. Mentored 8 students with nutrition education.

DPD Advisory Committee - TAMU | College Station, TX February 2021-May 2021
Member

- Provide advice on improving the didactic program using outside experiences.
- Assist with improving the existing DPD handbook as part of a subcommittee.

TAMU Performance Nutrition | College Station, TX Jan 2021-July 2021
Student Worker

- Prepared and tracked morning, pregame, and post-practice fueling for the baseball team.
- Worked alongside the football dietitian to prepare pre and post-practice fueling options and restock the locker rooms.

Auburn University Dining Nutrition Ambassadors | Auburn, AL Jan 2019-May 2020
Founding Member and Treasurer

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- Helped create the organization, generate plans for long-term goals, and budgeted to accomplish the goals.
- Educated students on healthy food choices at on campus locations based on food preference and nutritional needs.

Research Student - AU | Auburn, AL

Aug 2018-May 2020

Research Worker

- Handled and tested blood, stool, and saliva samples (200 samples each).
- Organized and entered dietary data, biological test results, anthropometric measurements, and questionnaire data.

Health and Promotion Wellness Office Nutrition Team - AU | Auburn, AL

Aug 2019-Dec 2019

Team member

- Assisted dietitian with paperwork, client scheduling, and analyzing dietary logs.
- Engaged in monthly meetings to discuss case studies and eating disorder topics.
- Helped run the local NEDA fun run with exciting activities to promote body image and healthy eating habits.

Auburn University Sports Nutrition Department | Auburn, AL

Aug 2017-Dec 2019

Volunteer

- Participated in food preparation and service to Auburn athletes.
- Managed food deliveries and stock levels of the fueling shack.
- Motivated and informed athletes on choosing foods based on nutritional needs and practice schedules.

Mediterranean Diet Tour Study Abroad - AU | Italy

June 2018

- Explored the Mediterranean Diet, regional dietary patterns, and food culture throughout Italy through discussion with locals.

Certifications

Texas Licensed Dietitian Texas Department of Licensure & Regulation	July 2022
Registered Dietitian Board Certification Commission on Dietetic Registration	June 2022
Healthcare Provider BLS CPR/AED International CPR Institute Inc.	June 2021
ServSafe Food Manager Certification NRAEF	Oct 2019

Professional Organizations

American Society for Nutrition	Jan 2021-June 2023
American College of Sports Medicine	Nov 2020-June 2023
Academy of Nutrition and Dietetics	Aug 2019-Current
Collegiate and Professional Sports Dietetics Association	Aug 2019-Current

Awards

TAND Scholarship	2022
Graduate Student Assistantship	2022-2023
Graduate Student Research Scholarship	2020-2021
E. Stuart Drummond Scholarship	2019
Undergraduate Research Fellowship	2019
Nutrition and Food Science Faculty/Alumni Scholarship	2018-2019
Auburn University Founders Scholarship	2016-2020

Research

Presentations and Abstracts:

Perez, A., **Riviere, A.**, McCleskey, C., & Martinez, D. (April 2022). *Is Coffee Consumption Protective Against The Progression Or Prevalence Of NAFLD In Adults?* Presented at the Texas Academy of Nutrition and Dietetics Annual Conference and Expo 2023, San Antonio, TX.

Noratto, G., Arbizu, S., Mertens-Talcott, S., Riechman, S., Georghiadis, N., & **Riviere, A.** (Sep. 2021). *Dark Sweet Cherry (DSC) Intake and Cognitive Function in Obese Adults: A Human Clinical Pilot Trial.* Presented at Journal of the Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo 2021, Virtual.

Riechman SE, NC Georghiadis, **A Riviere**, G Reichert Blume, SU Talcott, SB Smith, KM Beathard. *Randomized trial of the effect of daily beef or vegetable protein on visual cognitive performance training in young adult females.* Current Developments in Nutrition. 5(S2): 919, 2021

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Riviere A.J., Beathard K., Georghiades N.C., Talcott S.U., Smith S.B., Riechman S.E. (July 2021) Effects of Fat and Fat Subtypes on Visual Cognitive Performance Training in Older Adults in the Nutrition, Vision, and Cognition in Health: Egg (IONHealth-Egg) Study. Presented at the American Society of Nutrition Annual Meeting, Virtual.

Riviere A.J., Smith K.S., Schaberg M.N., Frugé A.D. (Feb. 2019) High Chlorophyll Dietary Intervention in a High Red Meat Diet Caused No Significant Changes in Serum and Fecal Zonulin. Poster presented at the Alabama Dietetics Association Annual Meeting, Montgomery, AL.

Riviere A.J., Smith K.S., Schaberg M.N., Frugé A.D. (Oct. 2019) High green leafy vegetable dietary intervention decreases plasma oxidative DNA damage: secondary outcomes analysis of the Meat and Three Greens (M3G) Feasibility Trial. Poster presented at the Journal of the Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo, Philadelphia, PA.

Smith K.S., **Riviere A.J.**, Braxton-Lloyd K., Demark-Wahnefried W., Arthur A.E., Frugé A.D. (March 2019) Exploring the Effects of a High Chlorophyll Dietary Intervention to Reduce Colon Cancer Risk in Adults: The Meat and Three Greens (M3G) Feasibility Trial. Poster presented at the American Society of Preventative Oncology Annual Meeting, Tampa, FL.

Frugé A.D., Smith K.S., **Riviere A.J.**, Demark-Wahnefried W., Arthur A.E., Murrah W.M., Morrow C.D., Arnold R.D., Braxton-Lloyd K. (September 2019) Secondary outcomes of a randomized controlled crossover trial to explore the effects of a high chlorophyll dietary intervention to reduce colon cancer risk in adults: The Meat and Three Greens (M3G) Feasibility Trial. Poster presented at the Auburn Faculty Research Symposium, Auburn AL.

Papers:

Beathard K.M., Georghiades N., Goulart J.B., **Riviere A.J.**, Sullivan C., Mascarro M., Riechman S.E. The impact of nutrition on visual cognitive performance in the nutrition, vision, and cognition in sport study. *Frontiers Nutrition*. 2023 June 23;10. <https://doi.org/10.3389/fnut.2023.1208890>

Riviere A.J., Leach R, Mann H, Robinson S, Burnett DO, Babu JR, Frugé AD. Nutrition Knowledge of Collegiate Athletes in the United States and the Impact of Sports Dietitians on Related Outcomes: A Narrative Review. *Nutrients*. 2021 May 22;13(6):1772. doi: 10.3390/nu13061772. PMID: 34067402.

Riviere, A.J., Smith, K.S., Schaberg, M.N. et al. Plasma and fecal zonulin are not altered by a high green leafy vegetable dietary intervention: secondary analysis of a randomized control crossover trial. *BMC Gastroenterol* 22, 184 (2022). <https://doi.org/10.1186/s12876-022-02248-3>

Frugé, A.D.; Smith, K.S.; **Riviere, A.J.**; Demark-Wahnefried, W.; Arthur, A.E.; Murrah, W.M.; Morrow, C.D.; Arnold, R.D.; Braxton-Lloyd, K. Primary Outcomes of a Randomized Controlled Crossover Trial to Explore the Effects of a High Chlorophyll Dietary Intervention to Reduce Colon Cancer Risk in Adults: The Meat and Three Greens (M3G) Feasibility Trial. *Nutrients* 2019, 11, 2349.

Frugé, A.D.; Smith, K.S.; **Riviere, A.J.**; Tenpenny-Chigas, R.; Demark-Wahnefried, W.; Arthur, A.E.; Murrah, W.M.; van der Pol, W.J.; Jasper, S.L.; Morrow, C.D.; Arnold, R.D.; Braxton-Lloyd, K. A Dietary Intervention High in Green Leafy Vegetables Reduces Oxidative DNA Damage in Adults at Increased Risk of Colorectal Cancer: Biological Outcomes of the Randomized Controlled Meat and Three Greens (M3G) Feasibility Trial. *Nutrients* 2021, 13, 1220.

Grant submissions:

Impact of Physical Activity on Cognitive Function with Aging. \$10,000 2021 ACSM-Paffenberger

The Role of Lutein, Zeaxanthin, and Fish Oil on Cognitive Performance and Bone Health in Healthy Young Adults. Co-writer. \$5,000 2023 Huffines Institution Seed Grant