NIH Office of Dietary Supplements (ODS) 2023–2024 Seminar Series

Effects of Soluble Corn Fiber on Bone Metabolism in Children

Cristina Palacios, Ph.D.
Florida International University
Miami, FL

Wednesday, May 22 ● 11 a.m. – 12 p.m. ET

Join the Webinar
Access code: 160 700 2126 Password: ODSseminar (63773646 from phones)

Cristina Palacios, Ph.D., is a professor and chair of the Department of Dietetics and Nutrition at the Robert Stempel College of Public Health & Social Work at Florida International University. She completed her M.S., Ph.D., and postdoctoral studies in nutritional sciences at Purdue University. She has conducted several NIH-funded randomized clinical trials in adolescents and adults to determine the effects of dietary supplements and functional foods on bone and body composition. She has also received funding to test interventions using technology for preventing excessive weight gain in infants and pregnant women. Dr. Palacios has mentored more than 50 individuals in research and has more than 120 publications. She has consulted extensively with the World Health Organization in establishing vitamin D supplementation guidelines and infant nutrient requirements. She is currently part of the 2025 Dietary Guidelines Advisory Committee for the United States. She is an active member of the American Society of Nutrition and of the Latin-American Nutrition Society.

Recent Publications

1. Palacios C, Trak-Fellermeier MA, Pérez CM, Huffman F. Effect of soluble corn fiber supplementation for 1 year on bone metabolism in children, the MetA-bone trial: Rationale and design. *Contemp Clin Trials.* 2020 Aug:95:106061. DOI: 10.1016/j.cct.2020.106061 PMID: 32574844 PMCID: PMC7484365
2. Ellington M, Connelly J, Clayton P, Lorenzo CY, Collazo-Velazquez C, Trak-Fellermeier MA, Palacios C. Use of Facebook, Instagram, and Twitter for recruiting healthy participants in nutrition-, physical activity-, or obesity-related studies: a systematic review. Am J Clin Nutr. 2022 Feb 9;115(2):514–533. DOI: 10.1093/ajcn/nqab352 PMID: 34669955 PMCID: PMC8827067
3. Palacios C, Martin BR, McCabe GP, McCabe L, Peacock M, Weaver CM. Dietary calcium requirements do not differ between Mexican-American boys and girls. *J Nutr.* 2014 Aug;144(8):1167–73. DOI: 10.3945/jn.113.188318 PMID: 24872223 PMCID: PMC4093982

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