

## Joan Sabate, MD, Ph.D

Dr. Joan Sabaté, is a Professor of Nutrition and Epidemiology at Loma Linda University School of Public Health and a board-certified physician in Internal Medicine. He was the principal investigator of a nutrition intervention trial that directly linked the consumption of walnuts to significant reductions in serum cholesterol, published in the New England Journal of Medicine in 1993. He is a co-investigator of the Adventist Health Studies, the largest cohort of vegetarians relating dietary intake with health outcomes. For the past 25 years, he has been the principal investigator of many human nutrition intervention trials investigating the health effects of nuts, avocados, and other plant foods. Dr. Sabaté has authored &gt;200 high-impact research articles (h-index 74, &gt;35,000 citations) and has contributed to public health, including being a member of the US 2020 Dietary Guidelines Advisory Committee. Dr. Sabaté directs the Environmental Nutrition research program at the Loma Linda University School of Public Health, which focuses on sustainable diets, explores the interrelationships between food choices, environmental and health impacts, and ultimately seeks to improve food systems, sustainability, health, and equity.