

CURRICULUM VITAE

JANETTE (JENNIE) CECILE BRAND-MILLER



SUMMARY

Professor Jennie Brand-Miller holds a Personal Chair in Human Nutrition in the Charles Perkins Centre and School of Life and Environmental Sciences at the University of Sydney in Sydney. She is recognised for her work on carbohydrates in health and disease, particularly the application of the glycaemic index of foods to diabetes and obesity. She is a Fellow of the Nutrition Society of Australia and the Australian Institute of Food Science and Technology. She is a recipient of the *Clunies Ross Medal* for contributions to science and technology in Australia, the Australian Institute of Food Science and Technology *Award of Merit* and Membership of the *Order of Australia*. Her research has been translated into bestsellers (3.5 million copies worldwide) in 12 languages. She compiled the first tables of composition of Australian Aboriginal bush foods - the largest wild food database in the world - and has a passionate interest in paleolithic nutrition. Her past roles include Chair of the National Nutrition Committee of the Australian Academy of Science and President of the Nutrition Society of Australia. She directs a successful glycaemic index testing service at the University of Sydney and is the founding President of the Glycemic Index Foundation, a not-for-profit company which administers a food symbol program for consumers in collaboration with Diabetes Australia. Jennie is also a proud recipient of two Nucleus® bionic ears.

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RESEARCHER ID Web of Science: A-6835-2013

Key words: Carbohydrates, diabetes prevention, diabetes management, obesity, pregnancy, insulin resistance, glucose metabolism, clinical trials, human milk oligosaccharides.

WEBSITES

<http://sydney.edu.au/science/people/jennie.brandmiller.php>

<http://glycemicindex.com>

<http://gisymbol.com>

PERSONAL DETAILS

Name Janette (Jennie) Cecile Brand-Miller
 Birth certificate Janette Cecile Pearce
 Birth date 30 May 1952
 Address 1A Hinkler St Greenwich 2065, Sydney Australia
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 Email jennie.brandmiller@sydney.edu.au
 Marriage John James Miller
 Children Ryan James Honeyman Miller b. 10 July 1983
 Alexandra Emily May Miller b. 3 January 1988

EDUCATION

Schooling Randwick Public School 1956 - 63
 SCEGGS Darlinghurst 1963 - 70
 Undergraduate Bachelor of Food Technology,
 University of New South Wales 1971-74
 Postgraduate Doctor of Philosophy
 University of New South Wales 1976-78

QUALIFICATIONS

BSc (Hons 1, Food Technology, University of New South Wales 1975
 PhD, University of New South Wales 1979
 Fellow, Australian Institute of Food Science and Technology 1988
 Fellow, Nutrition Society of Australia 2006
 AM, Member of the Order of Australia

PROFESSIONAL SOCIETIES

Fellow, Nutrition Society of Australia
 Fellow, Australian Institute of Food Science and Technology
 Professional member, American Diabetes Association (from 1990)
 Member International Diabetes Federation (from 2003)
 Member, Australian Society for the Study of Obesity (from 2000)
 Member, Australian Diabetes Society (from 1995)
 Member, Institute of Food Science and Technology (USA)
 Member, American College of Sports Medicine (2011)

EMPLOYMENT HISTORY

- 1976-1978 Lecturer in Nutrition and Physiology at the Ryde College of Catering Studies and Hotel Administration, and the Food School, East Sydney Technical College.
- 1978-1986 Lecturer and Senior Lecturer in Human Nutrition, School of Public Health and Tropical Medicine/Commonwealth Institute of Health, University of Sydney
- 1987-1994 Senior Lecturer in the Human Nutrition Unit, Department of Biochemistry, University of Sydney
- 1995-2002 Associate Professor in Human Nutrition, Department of Biochemistry and School of Molecular and Microbial Biosciences, University of Sydney
- 2003-2013 Personal Chair, Professor of Human Nutrition, School of Molecular and Microbial Biosciences, University of Sydney
- 2014-2017 Professor of Human Nutrition, Charles Perkins Centre and School of Life and Environmental Biosciences, University of Sydney

AWARDS AND ACHIEVEMENTS

- Member of the *Order of Australia*, AM, 2011
- Sir Kempson-Maddox Award, Diabetes Australia, 2009
- *Fellowship* of the Nutrition Society of Australia, 2006
- Profiled in *The Lancet*, August 2005
- The Clunies Ross Award in Sciences and Technology, 2003
- Australian Institute of Food Science and Technology Award of Merit, 2004
- *Australian of the Year* Awards, NSW Finalist 2006
- The University of New South Wales Alumni Award, 2003
- The University of Sydney Vice-Chancellor's Award for Research Supervision 2001
- Fellowship of the Australian Institute of Science and Technology, 1998
- Listing in *Who's Who* in Australia, 1996 to the present
- University of NSW Prize for Chemistry and Enzymology of Foods, 1974
- Australian Federation of University Women, Jamieson Prize, 1975
- University of NSW Food Technology Scholarship 1971-1974
- Commonwealth Postgraduate Award 1976-78
- Commonwealth Secondary Scholarship 1969-70
- Commonwealth University Scholarship 1971-74
- Portrait by Lydia Miller for the Portia Geach Prize 2004
- Portrait by Greg Somers, Portrait Artists of Australia 2012)

MEMBERSHIP OF EXPERT SCIENTIFIC BODIES

- Chair, Australian Academy of Science, *National Nutrition Committee* (2007-2010)
- Chair, *Ministerial Committee on Hearing*, NSW Health (2008-2010)
- Member, Hearing Services Consultative Committee, Australian Government 2012-2015
- Immediate-Past-President, Nutrition Society of Australia (2005-2007)
- President, *Nutrition Society of Australia* (2002-2005)
- Director and President, *Glycemic Index Foundation* Ltd (2002-current)
- Director and Chairman, Glycemic Index Ltd (2002-current)
- Director, Sydney University Glycemic Index Research Service (SUGIRS)
- Honorary Governor, Council of the Sydney University Nutrition Research Foundation
- Member, *Scientific Advisory Committee of Australian Nutrition Foundation* (1995-2000)
- Member of Technical Reference Group of Children's Nutrition and Physical Activity Survey, Department of Health and Ageing, Australian Government, 2006-2008
- Member of The Graeme Clark Foundation
- Member, International Committee on Adult Hearing Screening

EDITORIAL ROLES

- Sub-Editor, *Nutrients* 2015-current
- Member of the Editorial Board, *Nutrition Research* (current)
- First Editor, *British Journal of Nutrition* (2004-2006)
- Editor, *Proceedings of the Nutrition Society of Australia* 1994-2000
- Editorial Board, *International Journal of Nutrition and Exercise* 2010-2012

PATENTS

1. European Patent Office Patent number EP1874336. Awarded 2016. Inventors: R McMahon, B Wang, Rumsy SC, Brand-Miller J. A method of improving learning and memory in an infant comprising administering casein glycomacropeptide.
2. US Patent 10400/09302. Awarded 2005. Inventors: University of Sydney, Bing Wang and Janette Brand-Miller. Description: Methods of improving learning and memory in mammals using sialic acid, a carbohydrate component of both human milk and brain gangliosides.
3. US Patent 19400/09187. Awarded 2005. Inventors: University of Sydney, Bing Wang and Janette Brand-Miller. Description: Methods of increasing salivary sialic acid content of a mammal using sialic acid. Dietary sources of sialic acid were shown to increase the viscosity of saliva.

UNIVERSITY AND DEPARTMENTAL SERVICE

- Chair, University of Sydney Disability Action Plan 2013-18
- Chair, Research Advisory Committee, The Shepherd Centre 2001 -continuing
- Academic Board Nominee
- Member of the University Core Promotions Committee
- Member of Faculty of Science Promotions Committees
- Member of Faculty of Medicine Promotions Committees
- Convenor, Human Nutrition Unit Journal Club
- Member, Undergraduate Nutrition Degree Planning Committee
- Member, Curriculum Planning Sub-committee, Master of Nutrition and Dietetics,
- Member, Board of Examiners, Master of Nutrition and Dietetics
- Case Coordinator, Problem 1.01 Graduate Medical Program
- Member, Admissions Committee for Graduate Medical Program
- Member, Nutrition Planning Team for Graduate Medical Program

REVIEWER

- New England Journal of Medicine
- Journal of the American Medical Association
- American Journal of Clinical Nutrition
- Diabetologia
- Diabetes Care
- Diabetes, Nutrition and Metabolism
- Metabolism
- Journal of Nutrition
- British Journal of Nutrition
- European Journal of Clinical Nutrition
- Asian Pacific Journal of Clinical Nutrition
- Medical Journal of Australia
- Journal of Obesity
- International Journal of Nutrition and Exercise
- Medicine Today
- Journal of Pediatrics
- Pediatrics
- Journal of Cereal Science

RECENT INVITED PRESENTATIONS – past 5 years

1. International Carbohydrate Quality Consortium Symposium Rome Italy 2017.
 - *Early findings in the PREVIEW Diabetes Prevention Study.*
2. International Union of Nutritional Sciences, Buenos Aires, Argentina, 2017.
 - *Declining intake of added sugars and sugar-sweetened beverages in Australia: a challenge for obesity prevention.*
 - *How starch changed our genes: AMY1 copy number variation among people at risk of diabetes. A PREVIEW sub-study*
3. Asia Pacific Clinical Nutrition Society Conference, Adelaide, 2017.
 - *Early findings in the PREVIEW Diabetes Prevention Study.*
4. University of Navarra Summer School. Progress in understanding, preventing, and managing obesity and diabetes. San Sebastian 2016.
 - *The role of starch intake in human evolution and salivary amylase (AMY 1) copy number variation*
5. Royal Australian and New Zealand College of Obstetricians and Gynaecologists 2016 Regional Scientific Meeting, Sydney 2016.
 - *Dietary interventions in pregnancy to reduce child obesity: effective or not?*
6. Diabetes and Nutrition Study Group of the European Association for the Study of Diabetes, Prague, Czech Republic, 2016.
 - *Importance of starch intake during human evolution with special reference to AMY1 copy number variation.*
7. Diabetes and Nutrition Study Group Meeting of the European Association for the Study of Diabetes, Toronto, 2016.
 - *GI as a marker of carbohydrate quality*
8. American Diabetes Association 2015 Scientific Sessions, Boston, 2015.
 - *Low GI Diets – there's much to recommend*
 - *Diet and Postnatal Feeding Matters: Science or Sensation*
9. International Carbohydrate Quality Consortium Symposium, Toronto, Canada
 - *Progress of the PREVIEW Study, an EU Framework 7 international study*
10. American Diabetes Association 2014 Scientific Sessions, San Francisco, 2014.
 - *The Food Insulin Index: a novel algorithm for ranking foods based on insulin*
11. American Diabetes Association 2014 Scientific Sessions, San Francisco, 2014.
 - *Diet during pregnancy and offspring body composition at birth*
12. Australian Diabetes Society Melbourne 2014.
 - *The high protein-low GI diet for diabetes*
13. International Union of Nutritional Science: Satellite Symposium, Granada, Spain 2013.
 - *Diet for the prevention of type 2 diabetes: State of the Art?*

14. International Symposium on Diabetes in Pregnancy, Florence Italy, 2013.
 - *The glycaemic index of foods and its application to pregnancy.*
15. Japan Endocrine Society Meeting, Sendai, Japan.
 - *The practical application of the glycaemic index in diabetes patients*
16. Annual Outlook Day of World Sugar Research Organisation, Manly, Australia, 2013.
 - *Debate: Does sugar deserve its bad press?*
17. FINEST Symposium, Singapore 2012.
 - *Low glycaemic index diets for type 2 diabetes and weight management.*
18. International Symposium on Pediatric & Adolescent Diabetes, Istanbul, Turkey, 2012.
 - *Use of GI in dietary management of children with type 1 diabetes*
19. Food Structure, Digestion and Health Conference, New Zealand, 2012.
 - *Low GI versus high fibre diets for prevention of chronic disease*
20. Medical Research Council Human Nutrition Unit, Cambridge, 2012.
 - *The food insulin index*
21. Danish Obesity Society Meeting, Odense, Denmark 2012.
 - *The glycaemic index of foods in health and disease*

SPECIAL LECTURES and SEMINARS

1. International Science Summer School, Sydney 2015.
 - *BIG questions in Nutrition*
2. Inaugural Innovation in Food Lecture, University of Adelaide, Adelaide 2010.
 - *Are refined carbohydrates worse than saturated fat?*
3. Harvard School of Public Health Seminar, Boston 2001
 - *The emerging significance of high glycaemic index diets for disease risk*
4. Harvard School of Public Health, Boston 2005.
 - *Glycaemic index, glycaemic load: implications for lifelong health*
5. Department of Cardiology, Mayo Clinic, Rochester MN, 2005.
 - *Glycaemic index, glycaemic load: optimal diet for weight loss and CVR*

RESEARCH TRANSLATION INTO POLICY AND PRACTICE

1. The Sydney University Glycaemic Index Research Service (SUGiRS) was established in 1999 with a \$50,000 strategic research grant. The service offers gold-standard GI testing and advice to the food industry. Since 2000, total revenue is \$15.5 million, of which half comes from international contracts. <http://www.glycaemicindex.com/>
2. The Glycaemic Index Research Foundation was registered in 2002 as a spin-off not-for-profit company of the University of Sydney in partnership with Diabetes Australia and the Juvenile Diabetes Research Foundation. The University registered a certified GI trademark with IP Australia (Commonwealth of Australia) in 2003 and licensed the trademark to Foundation. Additional certified trademarks are currently pending. <http://www.gisymbol.com/>
3. GI News is an electronic monthly newsletter devoted to news about nutrition, carbohydrates and the GI written for consumers and health professionals. There are >90,000 subscribers. <http://ginews.blogspot.com.au/>
4. Brand-Miller was the project leader for Australian Standards adoption of a standard methodology for glycaemic index methodology (AS 4694-2007) in 2007 and then in slightly modified form as the international standard by the *International Standards Organisation* (ISO 26642) in 2010. It was the first food standard nominated by Australia to be adopted by the ISO.
5. Our systematic review of meta-analysis of studies comparing conventional low fat diets with low glycaemic index diets (which included two studies from our group) showed that low GI diet improved overall glucose metabolism in individuals with diabetes. In 2005, the American Diabetes Association nutrition recommendations were modified to give qualified support for the GI in the dietary management of diabetes.
6. Our research on the glycaemic index (GI) of foods was incorporated into a *Position Statement by the American Diabetes Association*. The position statement was published as:
Sheard NF, Clark NG, Brand-Miller JC, Franz MJ, Pi-Sunyer FX, Mayer-Davis E, Kulam K, Geil P. Dietary carbohydrate (amount and type) in the prevention and management of diabetes. *Diabetes Care*. 2004;27(9):2266-71.
The ADA Position Statement included the following recommendation: *A recent analysis of the randomized controlled trials that have examined the efficacy of the glycaemic index on overall blood glucose control indicates that the use of this technique can provide an additional benefit over that observed when total carbohydrate is considered alone.*
The 2007 International Diabetes Federation (IDF) Clinical Practice Guidelines for managing type 2 diabetes in Primary Care recommend the consumption of low GI foods, specifically:
Some guidelines specifically consider the composition of the macronutrients in the diet, and describe the Mediterranean diet as a beneficial example. It may not be appropriate everywhere, but the patient should be advised to prefer high-fiber and low-glycaemic index foods, which may be found in local lists of foods. Three to five daily portions of vegetables and/or fruits, fish, grains and monounsaturated fats are good choices. Sugar, sweets and sweetened beverages should be avoided.

RESEARCH SUPERVISION

Brand-Miller has supervised 27 PhD students:

1. Anne Thorburn graduated 1986
2. John Miller (Associate Supervisor) graduated 1989
3. Janine Higgins (Associate-Supervisor) graduated 1995
4. Susanna Holt graduated 1995
5. Diana Thomas graduated 1995
6. Peter Williams graduated 1996
7. Heather Gilbertson (Associate Supervisor, University of Melbourne) 2001
8. Bing Wang graduated 2001
9. Dorota Pawlak graduated 2001
10. Joanne Napoli graduated 2004
11. Kirsty Mehaliski (Associate Supervisor) graduated 2004
12. Joanna McMillan graduated 2006
13. Scott Dickinson graduated 2006
14. Alan Barclay graduated 2008
15. Penny Small graduated 2009
16. Rebecca Reynolds graduated 2009
17. Kate Marsh graduated 2009
18. Jimmy Louie graduated 2011
19. Theodora Sideratou graduated 2012
20. Jason Bao graduated 2012
21. Kai Lin Ek (Associate Supervisor) graduated 2014
22. Kirstine Bell graduated 2015
23. Nathalic Kizirian graduated 2015
24. Fiona Atkinson graduated 2015
25. Jovana Mijatovic (current)
26. Natasha Armaghanian (Associate Supervisor, current)
27. Sharon Li (Associate Supervisor, current)

Other research supervision

Brand-Miller has supervised on average 1-2 Honours in Biochemistry students per year since 1979 and 1-2 Master of Nutrition and Dietetics student per year since 1990.

COMPETITIVE GRANT FUNDING (PAST 20 YEARS)

Funding body	Title	Investigators	Funding
European Commission Framework 7	THE PREVIEW STUDY	Steering Committee	2013-2018
KBBE-6-N 312057	Prevention of Diabetes through Lifestyle Intervention and Population Studies in Europe and around the World	Raben (UCPH) Brand-Miller (USYD) Feskens (WU) Westertep (UM) Schlicht (USTUTT)	€11.3 million
Food Innovation Australia Ltd	Development of a validated in vitro testing methodology correlated with in-vivo testing	The Logio Group Next Instruments GI Foundation RiceGrowers Australia University of Sydney Veripan AG	2017-2018 \$220,275
NHMRC Partnerships Project APP1113557	A multi-ethnic cohort and intervention trial to identify early biomarkers for type 2 diabetes and customise individualized environments for disease prevention	James (CIA) Brand-Miller (CIE)	2016-2018 \$597,376
NHMRC Project APP1095097	Maintain Your Brain	Brodarty (CIA) Brand-Miller (AI)	2015-2019 \$6,467,016
NHMRC APP1067771	THE PREVIEW STUDY Prevention of Diabetes through Lifestyle Intervention and Population Studies in Europe and around the World	Brand-Miller (CIA) Colagiuri	2014-2015 \$336,927
NHMRC RIMS02818	NanoIR Nanoscale bioimaging	Brand-Miller (CIH)	2013 \$196,151
NHMRC	Dietary sialic acid interaction in brain cognitive development (postponed)	Wang Brand-Miller (CIB)	2008-2010 \$559,615
NHMRC APP632889	Dietary interventions in gestational diabetes to reduce child obesity: RCT	Brand-Miller Markovic Ross	2010-2012 \$342,125

NHMRC APP1006769	Train high, eat low for osteoarthritis (THELO Study): a randomized controlled trial	Fiatorone-Singh Brand-Miller (CIB)	2011-2014 \$572,734
University of Sydney	Dietary interventions in pregnancy to reduce child obesity: a randomized controlled trial	Brand-Miller (CIA) Tapsell Moses	2009 \$50,000
NHMRC Project	Testing the protein leverage hypothesis in humans	Simpson Comigrave Catonson	2007-2009 \$806,585
NHMRC Project	Sialic acid in infant nutrition and brain development	Brand-Miller (CID) Wang	2004-2006 \$402,750
NHMRC Project	High glycaemic index diets and fat accumulation	Denyer Brand-Miller (CIB)	1998-2000 \$147,694.00
Glycemic Index Foundation	The PREVIEW Study	Brand-Miller	2013-2018 \$256,000
University of Sydney	Core Facility for Human Body Composition Assessment	Salis Brand-Miller	2013 \$138,900
Rebecca L Copper Medical Research Foundation	Assessment of body composition during interventions to prevent diabetes	Salis Brand-Miller	2013 \$22,000

RESEARCH LEADERSHIP

Jennie heads a team of 10-12 staff and students whose research has focused on carbohydrates in health and disease. In the past 20 years, she has received more than \$27 million in competitive funding. As a measure of research recognition, she receives ~2-4 invitations to international and national meetings each year, many as a keynote or plenary speaker. She has given seminars at Harvard School of Public Health (Boston), The Royal Society of Medicine (London), Cambridge University, and the University of Copenhagen. She has participated in scientific debate at international meetings, including the Federation of the American Societies for Experimental Biology (FASEB 2001) and several meetings of the American Diabetes Association Meeting (most recently ADA2014 and ADA2016).

Her long term collaborations with specialist physicians include Professor Stephen Colagiuri (UNSW, University of Sydney), A/Professor Peter Petoze (Macquarie University), Professor Tania Markovic, Dr Glynis Ross and Dr Adrienne Gordon at Royal Prince Alfred Hospital, and Dr Patricia McVeagh, The Children's Hospital Westmead.

Overseas, she had formed collaborative links with Professor Walt Willett, Harvard School of Public Health, Professor David Ludwig, Director of the Obesity Program, The Children's Hospital, Boston, and Professors Arne Astrup and Anne Raben, University of Copenhagen.

RESEARCH THEMES

Carbohydrates

My overarching theme is carbohydrates in nutrition with an emphasis on the implications of differences in postprandial glycaemic and insulin responses to common foods. The work is relevant to the treatment and prevention of diabetes, obesity, cardiovascular disease, cognition, pregnancy outcomes and sports performance.

Although the glycaemic index (GI) was a concept introduced by Professor David Jenkins and Thomas Wolever at the University of Toronto in 1981, my group has played a major role in demonstrating the reliability and clinical applications of the GI to diabetes, obesity, polycystic ovarian syndrome, and other conditions. Our research proved that the GI was a reproducible measure that predicted acute postprandial glycaemia, in single, mixed meals and across the day. Our commercial GI testing service serves the needs of the food industry as well as researchers around the world.

Diet and diabetes

This research focusses on improving glycaemic control in type 1 and type 2 diabetes, and diabetes in pregnancy. In 2001, our group completed the first long-term study comparing carbohydrate exchange diets with low GI diets in children with type 1 diabetes (n = 104). This 12-month, randomised controlled parallel study found improvements in glycaated hemoglobin without an increase in hypoglycaemic events, when children ingested a diet based on low GI foods compared with a diet based on carbohydrate exchanges.

We initiated the first studies comparing low GI and conventional healthy diets for glycaemic control and glucose tolerance in adults with type 2 diabetes and, later women with gestational diabetes. We demonstrated that pregnant women with diabetes in pregnancy were 50% less likely to require insulin if they were given instructions to follow a low GI diet vs a conventional diet.

We also devised the first insulin index of foods based on testing 1000 kJ portions and applying this to the management of type 1 diabetes. In adults using insulin pumps, we showed that an insulin dosing algorithm based on the insulin index improved postprandial glucose responses compared with carbohydrate counting.

Presently, our group is participating in a multi-site international diabetes prevention (PREVIEW: www.previewstudy.com), the largest study of its kind comparing two diets and two exercise strategies in 2,500 overweight and obese individuals with pre-diabetes. Funded by the EU, this 6-year study (2013-2018) will determine whether diabetes can be prevented or delayed, and weight loss maintenance improved by a combination of modestly higher protein intake and lower GI carbohydrates. JBM is a member of the PREVIEW Steering Committee, the Leader of Work Package 5 (*Dissemination and Exploitation*) and the Principal Investigator at the Sydney site.

Obesity and cardiovascular disease

We hypothesised that carbohydrates that are slowly digested and absorbed would produce greater satiety and reduce the risk of overweight and obesity. We demonstrated that food processing/milling increases the glycaemic and insulin response and that this is associated with a reduction in satiety and satiety hormones such as CCK. We showed that low GI meals produced higher satiety hormone responses (CCK) and reduce hunger hormones such as ghrelin across the day. We validated the concept of glycaemic load (GI x amount of carbohydrate) and then compared 4 diets of varying glycaemic load on weight loss and cardiovascular risk factor in young overweight adults.

In human subjects, we compared low GI diets with high protein diets. Although the both low GI and the high protein diets increased the rate of weight loss, only the low GI diet improved serum LDL-cholesterol.

Pregnancy

Our current research focus is on pregnancy and the early origins of chronic disease. We hypothesised that a low GI diet during pregnancy will reduce the risk of macrosomia in healthy pregnancies and in women at high risk of gestational diabetes (GDM). Compared with a conventional healthy diet, we showed that a low GI diet reduced the risk of large-for-gestational age in healthy mothers and the need for insulin in women with GDM. We demonstrated that healthy mothers given instructions to follow a low GI diet, delivered babies whose birth weights were normalised (closer to the 50th percentile) compared to those given high GI instructions.

In intensively monitored women with GDM, both a low GI diet and a conventional diet were associated with good pregnancy outcomes. A randomised controlled trial in 550 healthy pregnant women showed that a low intensity low GI diet had no effect on birth weight or the risk of GDM. However, in a sub-group of women who agreed to follow-up, we found reductions in birth weight z-score and intima media thickness (a marker of cardiovascular risk) in their 12-month old infants.

Presently, we are conducting lifestyle intervention trials in women with gestational diabetes (GDM). Our hypothesis is that reducing postprandial blood glucose levels using a low glycaemic index/lower carbohydrate diet will reduce improve pregnancy outcomes in women with GDM without raising ketone levels.

Animal studies

Experiments in animal models as well as human subjects have provided support for the hypothesis that high GI foods increase insulin resistance and fat deposition. In the rat model, quickly digested starch (amylpectin) was found to increase insulin resistance 2-fold compared with slowly digested starch (amylose). Rats fed high GI starch gained more fat, particularly abdominal fat, corresponding to changes in the activity and expression of key enzymes in fat synthesis and lipid oxidation.

In a rat model, starch which is quickly digested and absorbed was found to increase insulin resistance 2-fold compared with starch which is slowly digested and absorbed. Rats fed high glycaemic index starch gained more fat, particularly abdominal fat, corresponding to changes in the activity and expression of key enzymes in fat synthesis and lipid oxidation.

Differences in expression of the FTO gene have been related to differences in BMI and obesity status in humans. More recently, we have completed gene expression studies in pregnant C57BL/6 mice fed high GI vs low GI starch from conception. We found 4-fold higher *Fto* expression in the placenta of those fed high GI starch, while in the offspring, *Fto* expression was 2.5-fold higher in the hypothalamus. These findings suggest that temporal changes in dietary carbohydrates, specifically faster rate of starch digestion, may have contributed to changes in appetite and the rise in childhood obesity.

Exercise and sports performance

Postprandial glucose metabolism is also relevant to sport and exercise. We were the first to demonstrate that low GI foods consumed before strenuous exercise prolonged the time to exhaustion by 20 min compared to a high GI food or water. In trained cyclists, we found that low GI meals reduced dependence on limited intramyocellular sources of fuel (glycogen and intramyocellular fat) and increased reliance on circulating free fatty acids. These studies have implications for weight control as well as exercise performance.

Lactose malabsorption and human milk oligosaccharides

Brand-Miller's earliest research focussed on the implications of lactose in young Aboriginal children. Two clinical trials carried out in Brewarrina (NSW) and Alice Springs (NT) showed that a lactose-hydrolysed milk improved the rate of weight gain and reduced hospital stays in children hospitalised for gastroenteritis. She went onto to prove that Australian Aboriginals, like that of majority of humankind and mammals, lost the ability to digest lactose after early childhood.

She and her colleagues showed that fully breast-fed infants excreted hydrogen in the breath indicative of lactose or other carbohydrate being fermented in the large bowel. However, a clinical trial of lactase drops did not reduce hydrogen excretion in infants with colic.

Brand-Miller led the first painstaking studies revealing that human milk oligosaccharides were 'malabsorbed', ie reached the large bowel of healthy breast-fed infants intact (22). With her post-doctoral fellow (now Professor) Bing Wang, she initiated studies to demonstrate that the sialic acid-containing oligosaccharides were linked to the formation of brain gangliosides and brain development (23). The novel findings resulted in 3 patents and the addition of galacto-oligosaccharides to commercial infant formulas in Asia.

Methodological standards

Brand-Miller led the project teams that established the methodological protocols for the *Australian Standard* for GI testing (AS 4694-2007), and later the *International Standards Organisation* (ISO 266242-2010). This was the first occasion that Australia had introduced an international food standard. The ISO GI Standard is used by dozens of GI testing laboratories around the world.

Databases

Brand-Miller recognised the value of carefully compiled databases that laid the groundwork for future studies around the world. This included three editions of the international tables of GI and glycaemic load (15) which formed the critical basis for hundreds of nutritional epidemiology studies, including the Harvard cohorts that revealed links between GI, GL and the development of diabetes and cardiovascular disease. In 1995, her group generated a novel satiety index of foods and tested the hypothesis that rises and falls in blood glucose and insulin were linked to appetite. From this research, she later created and compiled a novel insulin index of foods based on 1000 kJ portions (16) of common foods. This initiated collaborative research with Harvard School of Public Health (17) and the Joslin Diabetes Clinic in Boston, and are continuing as part of an NHMRC Early Career Fellowship for her post-doctoral fellow, Dr Kirstine Bell.

Diet and human evolution

In 1993, Brand-Miller analysed and compiled the first and only nutritional composition database of ~800 Australian Aboriginal bushfoods (18), in the process generating the basis for the prototype paleolithic diet. This led to a high impact evidence-based analysis of differences between modern and hunter-gatherer diets (19). Her hypothesis (*The Carnivore Connection* (20) vs the *Thrifty Genotype Hypothesis*) revealed new insights into the role of carbohydrate in human evolution which culminated in international collaborations on the significance of the salivary amylase gene AMY1 (21). Her most recent research on the physiological significance of the wide variation in AMY1 copy number has uncovered tantalising clues as to why multiple copies was a positive selective force in human evolution.

Challenging the dogma

In 1995, we showed that postprandial glycaemic responses to foods containing refined sugar were similar to that of fruits and juices containing naturally-occurring sugars. In 2011, we compiled published data suggesting that refined sugar intake had declined steadily in Australia over the course of 3 decades, during which the prevalence of obesity tripled. Because this work challenged the prevailing paradigm that refined sugar was uniquely related to trends in obesity, this research was widely reported (including in the Australian Parliament) and mass media (*60 minutes*, *Background Briefing* and *LateLine*). The follow-up paper (22) published in 2017 provided new lines of evidence and confirmed the downward trend. In the 4 months after publication, it generated 18,486 downloads.

Research translation

Early in her career, Brand-Miller recognised that research did not finish with the publication of a scientific paper. Although there are many pathways to the translation of research into improved health, she took several critical first steps in that direction via innovation and commercialisation. The first was a collaboration with a dietitian and an endocrinologist to write a book that helped consumers put low GI diets into practice. These books were the first best-selling diet books to be based on robust scientific evidence with 3.5 million copies in sales, including 1 million copies in Australia and 1 million in the USA.

Brand-Miller's books laid the groundwork for further successful diet books such as the *CSIRO Total Wellbeing Diet*. In 2014, Brand-Miller and the GI Foundation formed a 50:50 business partnership with CSIRO to launch an online high protein-low GI weight loss program (www.totalwellbeingdiet.com).

BIBLIOMETRICS

My scholarly output is 291 publications (Web of Science) and my H-index is 56 (Scopus) and 62 (Google Scholar).

In Scopus, my total citations are 13768 by 8596 documents (29 August 2017).

My name is variously listed in scientific databases, as follows:

- Brand-Miller, Janette C.
- Müller, J. B.
- Brand, Janette C.
- Brand-Miller, Janette
- Brand Miller, J. C.
- Brand-Miller, Jenney
- Brand-Miller, Jennie
- Brand, Jennie C.
- Brand-Miller, Jennie Cecile
- Miller, Jennie Brand
- Miller, J. C.B.
- Brand Miller, Janette C.
- Brand, J.
- Brand-Miller, J.
- Miller, Janette Brand
- Brand, J. C.
- Brand Miller, Jennie C.
- Brand-Miller, Jennie C.
- Brand, Janette
- Brand-Miller, Jeannie
- Brand-Miller, J. C.
- Brand Miller, J.
- Brand-miller, Jennie

ACKNOWLEDGMENTS

My first professor, Ron Edwards gave me my first taste of confidence; my next professor, Stewart Truswell, gave me more still. Dr Dorothy Mackerras showed me how to write an NHMRC application. Professor Wayne Bryden encouraged me to apply for Associate Professorship when it was the last thing on my mind. Professor Graeme Clark gave me the gift of hearing. Professor Stephen Simpson has stood quietly by me through the challenges of the last few years.

LIST OF PUBLICATIONS – most recent to earliest

BOOKS

n = 41, 15 August 2017

1. Astrup, A; Brand-Miller, J, Bitz, C. *New Nordic Diet*. Penguin Random House; New York (hard cover, 240 pages) 2017.
2. Astrup, A; Bitz, C; Brand-Miller, J.; Roberts, SB. *World's Best Diet*. Penguin Australia; Sydney (250 pages) 2014.
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