

BIO



Wayne Campbell, PhD

Dr. Campbell's research endeavors include studying the effects of food form, portion size, and dietary patterning, including the Mediterranean-style eating pattern, on cardiometabolic risk factors, appetite and weight control. In addition, his expertise includes determining the dietary protein requirements of old and very old adults and evaluating the effects of protein, carbohydrate, and energy intakes and exercise training on macronutrient metabolism, body composition, and muscle strength and function.