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**Selected publications related to fiber and gastrointestinal health:**

1. Hanifi A, Culpepper T, Mai V, Anand A, Ford AL, Ukhanova M, Christman M, Tompkins TA, **Dahl WJ**. Evaluation of *Bacillus subtilis* R0179 on gastrointestinal viability and general wellness: a randomized, double-blind, placebo-controlled trial in healthy adults. *Beneficial Microbes*. Accepted 6/3/14
2. **Dahl WJ**, Hanifi A, Zello GA, Tyler RT. 2014. Gastrointestinal tolerance to daily intake of canned chickpeas. *Canadian Journal of Dietetic Practice and Research*. Accepted 4/9/14.
3. Radford A, Hughes C, Langkamp-Henken B, Christman MC, Jonnalagadda S, Boileau T, Thielecke F, **Dahl WJ**. 2014. Whole grain intake in middle school students achieves Dietary Guidelines for Americans and MyPlate recommendations when provided as commercial products: A randomized trial. *Journal of the Academy of Nutrition and Dietetics*. <http://www.ncbi.nlm.nih.gov/pubmed/24948336>
4. **Dahl WJ**, Wright AR, Specht GJ, Christman M, Mathews A, Meyer D, Boileau T, Willis H, Langkamp-Henken B. 2014. Consuming foods with added oligofructose improves stool frequency: A randomized trial in healthy young adults. *Journal of Nutritional Science*. Vol. 3.  
<http://journals.cambridge.org/action/displayAbstract?fromPage=online&aid=9251172&fulltextType=RA&fileId=S2048679014000068>
5. Salmean YA, Zello GA, **Dahl WJ**. 2013. Foods with added fiber improve stool frequency in individuals with chronic kidney disease with no impact on appetite or overall quality of life. *BMC Research Notes*, 6:510.  
<http://www.biomedcentral.com/1756-0500/6/510>
6. Kebebu A, Whiting SJ, **Dahl WJ**, Abegaz K, Henry CJ. 2013. Formulation and acceptability testing of a complementary food with added broadbean (*Vicia faba*) in southern Ethiopia. *African Journal of Food, Agriculture, Nutrition and Development*, 13(3). <http://www.ajfand.net/Volume13/No3/Afework13035.pdf>
7. Salmean Y, Segal MS, Langkamp-Henken B, Canales M, Zello GA, **Dahl WJ**. 2013. Foods with added fiber lower serum creatinine in patients with chronic kidney disease. *Journal of Renal Nutrition*, 23, E29-E32.  
<http://www.ncbi.nlm.nih.gov/pubmed/22739658>
8. **Langkamp-Henken B**, Nieves, Jr. C, Culpepper T, Radford A, Girard S-A<sup>g</sup>, Hughes C, Christman MC, Mai V, **Dahl WJ**, Boileau T, Jonnalagadda SS, Thielecke F. 2012. Fecal lactic acid bacteria increased in adolescents randomized to whole-grain but not refined-grain foods, whereas inflammatory cytokine production decreased equally with both interventions. *Journal of Nutrition*, 142, 2025-32.  
<http://jn.nutrition.org/content/142/11/2025.long>
9. **Dahl WJ**, Foster LM, Tyler RT. 2012. Review of the health benefits of peas (*Pisum sativum* L.). *British Journal of Nutrition*, 108, S3-S10.  
<http://www.ncbi.nlm.nih.gov/pubmed/22916813>

10. Foster LM, Tompkins T, **Dahl WJ**. 2011. A comprehensive post-market review of studies on a probiotic product containing *Lactobacillus helveticus* R0052 and *Lactobacillus rhamnosus* R0011. *Beneficial Microbes*, 2(4), 319-334. <http://wageningenacademic.metapress.com/content/f5x19761x8338432/fulltext.pdf>
11. **Dahl WJ**, Niebergall EJ, Owen RJ. 2011. Implications of fiber inadequacy in the ketogenic diet: A case study. *Infant, Child and Adolescent Nutrition*, 3(5), 288-290. <http://can.sagepub.com/content/3/5/288.abstract?rss=1>
12. Hughes C, Davoodi-Semiromi Y, Colee J, Culpepper T, **Dahl WJ**, Mai V, Christman M, Langkamp-Henken B. 2011. Galactooligosaccharide supplementation reduces stress-induced gastrointestinal dysfunction and days of cold or flu: a randomized, double-blind, controlled trial in healthy university students. *American Journal of Clinical Nutrition*, 93, 1305-1311. <http://ajcn.nutrition.org/content/93/6/1305.full.pdf+html>
13. Flogan C, **Dahl WJ**. 2010. Fiber fortification improves gastrointestinal function and decreases energy intake in children with a history of constipation. *Infant, Child and Adolescent Nutrition*, 2(5), 312-317. <http://can.sagepub.com/content/2/5/312.short>
14. Hill JE, Fernando WMU, Zello GA, Tyler RT, **Dahl WJ**, Van Kessel AG. 2010. Improvement of the representation of bifidobacteria in fecal microbiota metagenomic libraries by application of the *cpn60* universal primer cocktail. *Applied Environmental Microbiology*, 76(13), 4550-4552. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2897446/>
15. Fernando WMU, Hill JE, Zello GA, Tyler RT, **Dahl WJ**, Van Kessel AG. 2010. Diets supplemented with chickpea or its main oligosaccharide component raffinose modify fecal microbial composition in healthy adults. *Beneficial Microbes*, 1(2), 197-207. <http://www.ncbi.nlm.nih.gov/pubmed/21831757>
16. **Dahl WJ**, Hagen KE, Tompkins TA. 2009. Human microbiota and the role of probiotics. *AgroFood Industry Hi-tech*, 20(3), 34-36.
17. Haskey N, **Dahl WJ**. 2009. Synbiotic therapy improves quality of life and reduces symptoms in pediatric ulcerative colitis. *Infant, Child and Adolescent Nutrition*, 1(2), 88-93. <http://can.sagepub.com/content/1/2/88.abstract>
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19. **Dahl WJ**, Lockert EA, Cammer AL, Whiting SJ. 2005. Effects of flax fiber on laxation and glycemic response in healthy volunteers. *Journal of Medicinal Food*, 8(4), 508-511. <http://www.ncbi.nlm.nih.gov/pubmed/16379563>
20. **Dahl WJ**, Whiting SJ, Isaac TM, Weeks SJ, Arnold CJ. 2005. The effects of thickened beverages fortified with inulin on beverage acceptance, gastrointestinal function and calcium retention in institutionalized adults. *Nutrition*, 21(3), 308-311. <http://www.ncbi.nlm.nih.gov/pubmed/15797671>
21. **Dahl WJ**, Whiting SJ, Healey AD, Zello GA, Hildebrandt SL. 2003. Increased stool frequency and fecal output occurs when finely processed pea hull fiber is added to usual foods consumed by elderly long term care residents. *Journal of the American Dietetic Association*, 103, 1199-1202. <http://www.ncbi.nlm.nih.gov/pubmed/12963953>
22. Stephen AM, **Dahl WJ**, Johns DM, Englyst HN. 1997. Fermentability of oat hull fibre in the human colon and its effects on colonic function and serum lipids. *Cereal Chem*, 74, 379-83. [http://www.aaccnet.org/publications/cc/1997/July/Pages/74\\_4\\_379.aspx](http://www.aaccnet.org/publications/cc/1997/July/Pages/74_4_379.aspx)

23. **Dahl WJ**, Whiting SJ, Stephen AM. 1995. Dietary lentils and calcium balance in adult men. *Nutrition Research*, 15, 1587-1598.  
<http://www.sciencedirect.com/science/article/pii/027153179502029X>
24. Stephen AM, **Dahl WJ**, Sieber GM, van Blaricon JA, Morgan DR. 1995. Effect of green lentils on colonic function, nitrogen balance and serum lipids in healthy human subjects. *American Journal of Clinical Nutrition*, 62, 1261-67.  
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