



## Research DPG Student

Hannah Amos

### 1. Please list your research interests.

My current research interests are in the areas of celiac disease, non-celiac gluten sensitivity, and fibromyalgia.

### 2. Please describe your path (i.e., education, work experience, etc.) that led you to pursue a degree in nutrition and/or nutrition research?

I was diagnosed with celiac disease in 2008 which led me to pursue my undergraduate studies and obtain my degree in nutrition and culinary arts. After working for several years in a dedicated gluten-free bakery, I decided to shift my focus to education and research. This led me to pursue my master's in nutrition.

### 3. What is the focus of your graduate work? Please describe one or two highlights of your research career thus far.

The focus of my graduate work is celiac disease, specifically looking at the barriers that people with celiac disease face while trying to maintain a gluten-free diet.

One highlight of my career has been presenting my research at the Institute of Food Technologists' Annual Conference. I was honored to be among so many accomplished student researchers.

### 4. What are your plans for the future (e.g., academia, government, and/or industry)?

My plans for the future include teaching nutrition at a college or university level and nutrition research.

### 5. Do you have any advice or words of wisdom to share with students interested in the nutrition field?

One of my professors told my class at the beginning of our first quarter, "Always remember why you chose to go into the nutrition field. This is what will keep you going on your hardest days and make all of the hard work worth it."

### 6. List any published work, if applicable.

None at this time.

