

## Stéphanie Chevalier, RD, PhD

Associate Professor, School of Human Nutrition  
 Associate Member, Department of Medicine

Stéphanie Chevalier graduated in Dietetics (BSc, RD, 1989) and completed MSc (1992) and PhD (1998) degrees, studying nutrition in an aging rat model, at the University of Montreal. She pursued postdoctoral training in nutrition and metabolism at the former McGill Nutrition and Food Science Centre, Royal Victoria Hospital. There, she gained experience in conducting clinical research and metabolic studies in humans. She was awarded Chercheur-boursier junior 1 and 2 awards from le *Fonds de recherche du Québec- Santé* 2007-2015. In 2013, she became the leader of the Nutrition Axis of the Quebec Research Network on Aging. She joined the School of Human Nutrition as an associate member in 2009 and as Associate Professor in 2018.



### Research and Scientific Expertise

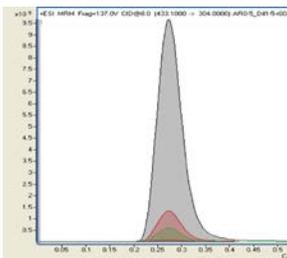


**The role of dietary protein in age-related muscle and physical function loss:** Analysis of data from large cohorts of older adults helps to establish associations between the quantity and pattern of protein intake and muscle health as we age. As well, Dr. Chevalier tests protein supplements specifically tailored to improve muscle mass and function of frail older adults, patients with cancer and those undergoing surgery.

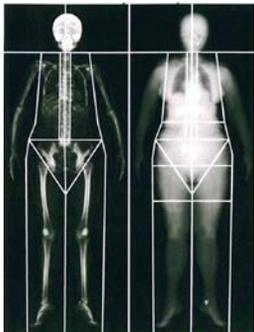


**Protein metabolism in aging and metabolic disorders such as cancer cachexia and type 2 diabetes:**

Understanding how protein metabolism is altered in these conditions is primordial to design appropriate intervention strategies. Studies involve administering glucose and amino acids labelled with stable isotopes for *in vivo* measurement of protein synthesis and breakdown, and glucose production and uptake in humans, under different feeding conditions.



**Comprehensive metabolic phenotyping:** Measuring body composition, nutritional status, dietary intake, functional capacity and insulin resistance (using the insulin clamp) allows to characterize metabolic and nutritional conditions and test the impact of interventions.



School of Human Nutrition



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