Dr. Silver’s research is an integral component of an emerging dynamic translational research program in obesity, the metabolic syndrome and diabetes. Her studies target modulating the macronutrient composition of dietary intakes in obese adults and children, specifically dietary fat and fatty acids, to investigate effects on the pathophysiology, risk factors and outcomes of diabetes, obesity and related comorbidities. She designs translational dietary food and supplement interventions to further understand effects on metabolism and energy homeostasis, body composition, insulin resistance, oxidative stress and inflammation.

Dr. Silver has completed several randomized controlled trials and has an active database of over 600 individuals with obesity and/or diabetes who are interested in participating in clinical research projects.

Dr. Silver has trained over 500 registered dietitians in diet assessment methods.

As Director of the Nutrition and Diet Assessment Core, she supervises a team of registered dietitians and research assistants who perform diet and nutrition assessments, nutrition education, nutrition counseling and nutrition therapy.
Silver News Highlights:

VUMC Joins Cutting-edge Obesity Research Network »

New core to aid research related to nutrition and diet »

Glucose control study gives patients new path to health »

Q + A: An Interview with Heidi Silver »

Study to chew the fat on popular diet »
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