

YI JIA LIOW

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EDUCATION

Harvard University

Fellow, Department of Human Evolutionary Biology

Sept 2022 — Present

Cambridge, USA

The University of Tokyo

Ph.D. in Health Science, Department of Human Ecology

April 2022 — March 2026

Tokyo, Japan

The University of Tokyo

M.S. in Health Science, Department of Human Ecology

April 2020 — March 2022

Tokyo, Japan

University of California, Berkeley

B.S. in Nutritional Sciences, Physiology and Metabolism

Aug 2017 — May 2019

Berkeley, USA

Santa Barbara City College

A.A. in Chemistry

Aug 2014 — May 2017

Santa Barbara, USA

RESEARCH EXPERIENCE

Industrialized diets program host eating behavior through the microbiome-gut-brain axis

Harvard University

Sept 2022 - Present

Investigate the impact of an industrialized dietary composition on host eating behavior using murine models to provide a novel perspective on the etiology of obesity and eating disorders.

Impact of a dairy-based diet on the human gut microbiome in Mongolia

Harvard University

Nov 2022 - Present

Investigate the mechanism of the gut microbiome in facilitating dairy digestion in Mongolian populations with different dietary patterns, highlighting adaptations to lactose intolerance.

Food choice motives of rural elderly Japanese population

The University of Tokyo

April 2021 - Sept 2022

Analyze validated Food Frequency Questionnaire (FFQ) and Food Choice Questionnaire (FCQ) tailored to the Japanese population to investigate their values and attitudes underlying dietary patterns.

Fat preference induced by dietary fiber via the gut microbiota

The University of Tokyo

July 2020 - March 2022

Investigated the impact of prebiotic inulin on preference for palatable high-fat or high-sugar diets and its association with gut microbiota.

Dietary Database Project in Asia and Pacific Islands

National Museum of Ethnology, Japan

Jan 2021 - Mar 2021

Contributed to building a dietary database by compiling documents that reported dietary compositions, nutrition intakes, and eating habits of the Japanese and Malaysian populations based on reliable methods.

PUBLICATIONS

Yi Jia Liow, Shusei Eshima, Mustafa Talay, Vladimir Yeliseyev, Lynn Bry, Rachel Carmody. 2025. [Polyunsaturated fatty acids promote appetite via the microbiome-gut-brain axis](#) (*Nature Metabolism*, in revision).

Yi Jia Liow, Amar Sarkar, Rachel Carmody. 2025. [Industrialized diets modulate host eating behavior via the microbiome-gut-brain axis](#). *Trends in Endocrinology & Metabolism* 37(2):164–179.

Yi Jia Liow, Itsuka Kamimura, Umezaki Masahiro, Wataru Suda, Lena Takayasu. 2024. [Dietary fiber induces fat preference via the gut microbiota](#). *PLOS One* 19(7).

GRANTS & FELLOWSHIPS

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|---|---------------------|
| Japan Society for the Promotion of Science Research Fellowship (\$43,200) | <i>AY 2023-2025</i> |
| Ito Foundation U.S.A.-FUTI Scholarship (\$20,000) | <i>AY 2022</i> |
| SpringGX Scholarship (\$15,000) | <i>AY 2021/2022</i> |
| University of Tokyo Fellowship (\$32,000) | <i>AY 2020/2022</i> |

CONFERENCE PRESENTATION

International Human Microbiome Consortium

“Dietary fiber induces fat preference via the gut microbiota” Poster 2022

Asian Political Methodology Meeting

“Teaching as a Collective Sport – Perspectives from Your Teaching Assistants” Poster 2022

Eco Health Young Researcher Seminar

“Dietary composition influences eating behavior”, Oral 2022

TEACHING EXPERIENCE

Harvard University

Fall 2023

Teaching Assistant, Gut Microbiome and Human Health (Prof. Rachel Carmody)

Harvard University

Spring 2023

Teaching Assistant, Human Evolution and Human Health (Prof. Daniel Lieberman)

Tokyo Healthcare University

Spring, Fall 2022

Lecturer, English for Nutrition

The University of Tokyo

Summer 2021, 2022

Teaching Assistant, Introduction to Quantitative Social Science (Prof. Kosuke Imai)

SKILLS

Laboratory Proficiency: Microbial genomic techniques, bacterial cell culturing, animal handling

Software Proficiency: R, L^AT_EX

Language Proficiency: Mandarin (Native), English (Fluent), Japanese (Conversational)