

Dr. Maude Perrault is a Registered Dietitian and Research Associate in the Department of Pediatrics, McMaster University. Her interest in maternal and child nutrition was grounded in her undergraduate degree in nutrition and 36-week internship to qualify as a registered dietitian during undergraduate studies at the Université de Montréal. The randomized controlled trial called 'Be Healthy in Pregnancy' that formed the basis of her thesis research was an excellent match to advance her interests in maternal and child health by exploring the theory of “developmental programming”, specifically in relation to the impact of maternal and infant diet on bone health in pregnancy and early life.

Dr. Perreault’s doctoral thesis research allowed her to not only expand her methodological skills but to learn how to ask clinical questions that can be transferred to the lab bench with new knowledge translated back to clinical practice or health policy. At McMaster, she actively sought out opportunities to enrich her knowledge and skills to prepare her for a career as a clinician-scientist. Maude enrolled in the McMaster MITACS Step curriculum in which she engaged in monthly workshops about professional skills such as leadership, team management and networking.

Dr. Perreault’s has published or has ready for submission research based on her thesis including a research design paper published in *Trials* using the CONSORT format. Maude enthusiastically participated in the analysis of data and writing of three papers as a way to nurture her scientific appraisal and writing skills. In addition to publications, Maude presented her doctoral research in 18 oral or poster presentations at six scientific meetings in Canada and three in the US. The excellence and impact of Dr. Perrault’s research was recognized by several awards for her presentations including Clinical Nutrition Research Abstract Award (CNS), McMaster Faculty of Health Sciences and McMaster Child Health Research Day, and Graduate Program Outstanding Excellence Award by the McMaster Faculty of Health Sciences for her overall achievements as a PhD student. Dr. Perreault’s doctoral research was accessed to inform the current revision by Health Canada of Dietary Guidance for Pregnancy and Lactation (in progress), as well as the National Academy of Science, Engineering and Medicine (NASEM) to inform their recent project on “Nutrition During Pregnancy and Lactation: Exploring New Evidence”. Dr. Perrault has received scholarships from the CIHR Vanier Graduate scholarship and from the Canadian Child Health Clinician Scientist Program.