

Dr. Rui Hai Liu, M.D., Ph.D.
Professor
Department of Food Science, Cornell University



Rui Hai Liu is a Professor in the Department of Food Science at Cornell University. He received his Ph.D. in Toxicology from Cornell University, and holds an M.D. and an M.S. in Nutrition and Food Toxicology.

Liu teaches an undergraduate course, Food Analysis, and a graduate-level course, Functional Foods and Dietary Supplements for Health.

Dr. Liu's research program has focused on diet and cancer, the effects of functional foods and bioactive compounds on chronic disease risks. Specific interests include: 1) health benefits of antioxidants/phytochemicals in fruits, vegetables and whole grains; 2) food genomics and functional foods for disease prevention and health promotion targeted at cancers, aging, and inflammatory diseases; and 3) natural products and herbal formulations for antiviral activity.

Dr. Liu has been named as a Highly Cited Researcher for 8 consecutive years (2014 – 2021). He has published more than 240 peer-reviewed articles with 26,523 citations, averaging 99.3 citations per paper with an h-index of 68. He has been ranked as one of the top 5 scientists (ranked No. 3 by total citations, and ranked No. 5 by impact, average citations per paper) in the field of Agricultural Sciences (including Nutrition and Food Science) by Essential Science Indicators (ESI). He has given more than 390 invited seminars and research presentations throughout the US and around the world. Dr. Liu has been named in the World's Most Influential Scientific Minds for 8 consecutive years (2014 – 2021).

Dr. Liu was elected as a Fellow of the International Academy of Food Science and Technology (IAFoST), a Fellow of the Division of Agricultural and Food Chemistry (AGFD) of the American Chemical Society (ACS), a Fellow of the Institute of Food Technologists (IFT), a Fellow of the American Association for the Advancement of Science (AAAS), and a Fellow of the Royal Society of Chemistry. He received the IFT 2011 Babcock-Hart Award for outstanding contributions to the field of food science in the improvement of public health through nutrition. He was elected as a member of Phi Tau Sigma Honorary Society for Food Science and Technology, and received the CAFS 2012 Professional Achievement Award for outstanding contributions to the field of food science. He received 2011 and 2020 Teaching Excellence Awards from Cornell Institute of Food Science and was selected as an Outstanding Educator by Cornell Merrill Presidential Scholars in 2013. In 2014, he received an Achievement Award for outstanding contributions to health promotion from China Health Promotion Foundation, and was named as World Chinese Stars of 100 from World Chinese Venture Model Association. He received 2016 General Mills Institute of Health and Nutrition Innovation Award for outstanding contributions to the health benefits of whole grains from American Society for Nutrition. In 2017, he received an Achievement Award for outstanding contributions to the field of food science from Food System Network, and a Nutrition and Health Innovation Award from China Health Promotion Foundation. In 2018, he received the IFT 2018 Gilbert A. Leveille Award & Lectureship.

Dr. Liu is the Editor-in-Chief/Founding Editor-in-Chief of *Food Science and Human Wellness*, and serves on the Advisory Board of *Food & Function*, and the Editorial Boards of *Nutritional Journal*, the *Journal of Food Science*, *Journal of Food Science and Engineering*, *World Journal of Gastrointestinal Oncology*, the *Journal of Cancer Science & Therapy*, and the *Journal of Geriatric Cardiology*. Dr. Liu has been interviewed by numerous news media and scientific organizations about his research including the Associated Press, Reuters, ABC, CNN, CBS, the BBC, the New York Times, the Washington Post, the Wall Street Journal, Time Magazine, Newsweek Magazine, Science News, American Association for the Advancement of Science (AAAS), American Chemical Society (ACS), and American Institute for Cancer Research (AICR).