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Current position Full Professor in Human Nutrition in the Department of Agricultural, Food, Environmental and Animal Sciences, University of Udine, Italy.

Previous positions

November 2019 to September 2024 Associate Professor in Human Nutrition in the Department of Agricultural, Food, Environmental and Animal Sciences, University of Udine, Italy

October 2006 to October 2019 Associate Professor in Human Nutrition in the Department of Food and Drug, University of Parma, Italy.

July 2000 to September 2006 Researcher in Human Nutrition, Nutrition Unit, Department of Public Health, University of Parma, Italy.

1994-99 Graduate technician, Nutrition Unit, DiSTAM Department of Food Sciences, Technologies and Microbiology, University of Milan, Italy.

Area of expertise

- A nutritionist with a strong background in food science. Expertise focused mainly on evaluating the nutritional quality of carbohydrate-rich foods and their effects on human health.
- Has knowledge in the design and implementation of dietary human intervention trials assessing the effect of foods and diet on several cardiovascular and degenerative disease risk factors.
- Evaluates the nutritional quality of foods (mainly antioxidants and functional components) while considering the effects of technological and domestic processes on these components.
- Expert in population surveys.
- Developed food frequency questionnaires that recorded total dietary antioxidant capacity and glycaemic index of foods consumed by population groups that were validated using biomarkers.
- Recently extended research interests to include the dietary habits of celiac patients as well as the quality of gluten-free products.
- Authored around 200 papers in international peer-reviewed journals. Last 20 years h-index = 59, citations 37,256 (Author ID: 7003464462). ID: <http://orcid.org/0000-0002-9178-5274>. The updated publication list can be downloaded at: <https://publons.com/researcher/1210179/nicoletta-pellegrini/>
- Acted as a consulting expert for some of the main food companies, such as Parmalat, Barilla, Heinz, Elah Dufour, Mellin, Dr Schar.
- Acted as a reviewer for specialised journals in Nutrition and Food Science issues.

Education and Qualifications

1991-1994 Studied at Milan University (Italy) and was awarded a Doctorate in Human and Experimental Nutrition by the Ministry of University and Scientific Research in 1995.

1984-1991 Studied Food Sciences and Technologies at Milan University (Italy), obtaining a University degree in 1991.

Research experiences abroad

January 2018 to present Appointment in the Department of Agrotechnology & Food Science at the University of Wageningen, The Netherlands. Supports the execution of research and education and will facilitate the scientific collaboration of the Food Quality Design group.

November 2016 to October 2017 Visiting Researcher at Food Quality Design, WU Agrotechnology & Food Sciences, University of Wageningen, The Netherlands.

June to October 2003 Invited researcher at the Institute of Food Research, Norwich Research Park, Colney, Norwich (UK). Collaborated with Professor Richard Mithen and Dr Paul Kroon in designing and obtaining approval from the Norwich Local Ethics Committee for a human study entitled "Plasma isothiocyanates responses and effects on gene expression following the ingestion of two cultivars of broccoli".

1997 Recipient of a "Training and Mobility" Grant from UE (n° FAIRCT965077). Spent nine months at the International Antioxidant Research Centre, Guy's Hospital (London, UK). Supervisor Professor Catherine Rice-Evans.

Membership in learned societies

December 2015 to April 2022 Member of the National Council of the Human Nutrition Society of Italy (SINU).

2019 to 2022 Contributed to revising the document Dietary References Intakes for the Italian population (V revision).

2010 to 2012 Contributed to revising the document Dietary References Intakes for the Italian population (IV revision).

2012 to present Member of the International Association for Cereal Science and Technology

2007 to 2010 Member of the British Nutrition Society

2008-2009 Member of Expert Board "Beneficial Aspects of Cooking", Institute of Life Sciences (ILSI), Brussels (Belgium)

1994 to present Member of the Human Nutrition Society of Italy (SINU)

Editorial responsibilities

January 2013 to December 2018 Executive Editor for the Journal of Science of Food and Agriculture (John Wiley & Sons, Inc., publisher)

2004 to 2012 Associate Editor for the Journal of Science of Food and Agriculture (John Wiley & Sons, Inc., publisher)

Institutional responsibilities

April 2023 to present Member of the board of the PhD course of Food Science, University of Udine, Italy

June 2020 to present Member of the board of the PhD course of Food and Human Health, University of Udine, Italy

December 2017 to October 2019 Director of the School of Specialization in Nutrition Science at the University of Parma

January 2006 to May 2020 Member of the board of the PhD course of Food Science, University of Parma, Italy

2012 to present Mentor for 7 PhD students

Other scientific activities

- Invited to provide plenary lectures and oral communications to several international and national meetings related to the field of food science and nutrition.
- Acted as an opponent in several national and international Doctoral commissions
- Acted as a reviewer in some competitive funding requests for: i) The European Science Foundation; ii) Pufendorf Institute for Advanced Studies (Pufendorf IAS) at Lund University (Sweden); and ii) Netherlands Organisation for Scientific Research (The Netherlands).

National and international grants (as Principal Investigator)

2023-2026 Principal Investigator, Project about Innovation 2021 founded by the Ministry of Economic Development of Italy “FAME- Functionalization of Mediterranean food products responding to the nutritional needs of specific categories of consumers also through the use of food waste”. Involved in developing functional pasta and tomato products and in measuring the health effects of developed pastas in a human trial.

2010 to 2014 Principal Investigator, Project about New Technologies for “Made in Italy” Industria 2015 founded by the Ministry of Economic Development of Italy “Pass-World- “Pasta and health in the world”. Involved in measuring the health effects of developed pastas in two human studies.

Associated Investigator in several international and national grants:

2005-2007 Project UE IST-2005-027126 - Improving Knowledge and Decision Support for Healthy Lifestyles-

2004-2007 Project UE IST-2004-507019 - Personalized Information Platform for Life and Health Services-

2003-2006	Project UE QLK1-CT-2002-02453 - "Improving health through dietary phytoestrogens: a pan-European network on consumers' issue and opportunities for procedures-
2001-2003	Project UE IST-2001-33204, -Healthy Market-
20013-2014	PRIN 2010-11: Microorganisms in foods and in humans: study of the microbiota and the related metabolome as affected by omnivore, vegetarian or vegan diets (PRIN-2010WZ2NJN);
2006-2007	PRIN 2005: Consumption of Brassica vegetables and protection from oxidative stress: a human dietary intervention study
2005-2006	PRIN 2004: Intake and plasma levels of specific antioxidants in relation to dietary total antioxidant capacity (PRIN - 2004062128_003)
2002-2003	PRIN 2001: -Assessment of the dietary total antioxidant capacity and glycaemic load in type II diabetes and hyperinsulinaemia- (PRIN - 2001065732_002)
200-2002	PRIN 2000: -Nutritional value of carbohydrate fractions from buckwheat and oats- (PRIN-MM07155118_005)
2000-2003	CNR project "DIAFANA" - Database to estimate dietary intake of dietary antioxidants

National and international acknowledgments

2014, 2015 and 2017	Listed in the Thomson Reuters list of the highly cited researchers in the Agricultural Sciences category (http://highlycited.com)
May 2017	Commander, Order of the Merit of the Italian Republic
1998	Recipient of the "1998 Young Researcher Prize" by the Italian Human Nutrition Society (SINU) for her research on the antioxidant activity of extra virgin olive oil

Udine, January 7th 2025

Nicoletta Pellegrini