

BIO Prof Daniela Martini

Prof Daniela Martini is currently an Associate Professor in Human Nutrition at the University of Milan. She is also a member of the Scientific Committee of the Italian Society of Human Nutrition (SINU).

She previously joined the Human Nutrition Department at the University of Parma (Italy) as a Postdoctoral Senior Research Fellow (2015-2019). She completed a Master's degree in Human Nutrition at the University of Milan (2007) and a PhD in Food Science and Nutrition (2015) at the University Campus Bio-Medico of Rome. Her expertise includes the development and optimisation of strategies to facilitate the transition to healthy and sustainable diets, including aspects related to food regulation (mainly nutrition labelling and nutrition and health claims), and the evaluation of the role of foods and dietary models in modulating health markers in human intervention studies. She is the author of over 100 publications in peer-reviewed journals and a member of the Editorial Board of Nutrition Metabolism and Cardiovascular Disease and the International Journal of Food Sciences and Nutrition. She has also been invited to speak at numerous national and international scientific conferences, covering a broad range of topics in human nutrition, including the emerging and highly debated topic of ultra-processed foods.

She is also involved in several national and international research projects. Among them, she is also the Principal Investigator of the Project PROMENADE on the Mediterranean diet & UPF, funded by the Italian Minister of University and Research within the PRIN 2022 call.