

David J Mela PhD FAFN RNutr

Personal

Birthdate 25 September, 1958; Washington DC, USA
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Experience and education

1998-2019: Unilever R&D Vlaardingen; Vlaardingen, The Netherlands

2010-19: Senior Scientist, Health & Wellness Science & Technology group

Previous and co-running roles:

Project Leader, Weight management and energy metabolism

Skillbase Leader, 'Energy, weight control & performance'

Research Manager, Consumer Science Unit

1990-1998: BBSRC Institute of Food Research; Reading, UK

Head of Food Acceptance & Intake Section, Consumer Sciences Dept

Research focus: Biological and behavioural determinants of food acceptance, choice and intake

1985-1989: Monell Chemical Senses Center, Philadelphia, USA

Post-doc/Research Associate

Research focus: Sensory perception and psychophysics in relation to diet and nutrition

1979-1985: Nutrition Program, Pennsylvania State University, University Park PA, USA

PhD in Nutrition, Research Assistant and Instructor

PhD thesis: 'The effect of adiposity on plasma and hepatic lipoproteins in the rat'

1976-1979: The University of Vermont, Burlington VT, USA

BSc in Animal Science

Additional activities

- Member of Scientific Advisory Committee on Nutrition (SACN), Public Health England, 2005-present.
 - Member of SACN Carbohydrates Working Group 2008-2015, SACN Folic Acid Working Group 2016-2017, SACN Saturated Fats Working Group 2015-2019.
- International Life Sciences Institute (ILSI Europe) Task Force member/chair, 2001-2018
- Member, International Advisory Board for the Graduate School VLAG www.vlaggraduateschool.nl/, 2016-present
- Assessor/Panel member, UK Research Excellence Framework: REF 2014 and REF 2021

Publication record (See full CV for complete list)

- >100 refereed publications focused in areas of appetite and eating behaviour, energy metabolism/substrate utilization, food acceptance and sensory perception
- >40 additional chapters and trade publications, 2 edited and 1 co-authored books
- H-index 36

10 most recent refereed publications

- Boers HM et al. In press. The rate of glucose appearance is related to post-prandial glucose and insulin responses in adults – a systematic review and meta-analysis of stable isotope studies. *J Nutr*.
- Trautwein EA et al. 2018. Is gut microbiota a relevant and competitive dietary target for cardio-metabolic health? Proceedings of an expert workshop. *Trends Food Sci Technol* 81:146-154. doi.org/10.1016/j.tifs.2018.09.005
- Halford JCG et al. 2018. Systematic review of the evidence for sustained efficacy of dietary interventions for reducing appetite or energy intake. *Obesity Rev* 19:1329-1339. <https://onlinelibrary.wiley.com/doi/full/10.1111/obr.12712>
- Færch K et al. 2018. Relative contributions of preprandial and postprandial glucose exposures and glycaemic variability to HbA1c in individuals with and without diabetes. *Nutr Diab* 8:38 www.nature.com/articles/s41387-018-0047-8
- Poutanen KS et al. 2018. Recommendations for characterization and reporting of dietary fibers in nutrition research. *Am J Clin Nutr* 108:437-444. doi.org/10.1093/ajcn/nqy095
- Mela DJ, Woolner EM. 2018. Perspective: Total, added or free? What kind of sugars should we be talking about? *Adv Nutr* 9(2):63-69. doi.org/10.1093/advances/nmx020
- Buyken AE et al. 2018. Dietary carbohydrates: A review of international recommendations and the methods used to derive them. *Eur J Clin Nutr* 72:1625-1643. [doi:10.1038/s41430-017-0035-4](https://doi.org/10.1038/s41430-017-0035-4)
- Appleton KM et al. 2018. Sweet taste exposure and the subsequent acceptance and preference for sweet taste in the diet: systematic review of the published literature. *Am J Clin Nutr* 107(3):405–419. <https://academic.oup.com/ajcn/article-pdf/107/3/405/24377448/nqx031.pdf>
- Ruijgrok C et al. 2018. Size and shape of the association of glucose, HbA1c, insulin, and HOMA-IR with incident type 2 diabetes – the Hoorn Study. *Diabetologia* 61(1):93-100. [doi:10.1007/s00125-017-4452-7](https://doi.org/10.1007/s00125-017-4452-7)
- Wittekind A et al. 2018. A workshop on ‘Dietary sweetness – Is it an issue?’. *Int J Obesity* <https://www.nature.com/articles/ijo2017296.pdf>

10 most cited publications

- Blundell J et al. 2010. Appetite control: Methodological aspects of the evaluation of foods. *Obesity Rev* 11(3):251-270.
- Mela DJ. 2006. Eating for pleasure or just wanting to eat? Reconsidering sensory hedonic responses as a driver of obesity. *Appetite* 47(1): 10-17.
- Maljaars PWJ et al. 2008. Ileal brake: A sensible food target for appetite control. A review. *Physiol Behav* 95(3): 271-281.
- Mela DJ, Sacchetti DS. 1991. Sensory preferences for fats in foods: relationships to diet and body composition. *Am J Clin Nutr* 53:908-15.
- Mela DJ. 2001. Determinants of food choice: Relationships with obesity and weight control. *Obesity Research* 9(suppl 4): 249S-255S.
- Hoad CL et al. 2004. *In vivo* imaging of intragastric gelation and its effect on satiety in humans. *J Nutr* 134: 2293-2300.
- Roininen K et al. 2001. Differences in health and taste attitudes and reported behaviour among Finnish, Dutch and British consumers: A cross-national validation of the Health and Taste Attitude Scales (HTAS). *Appetite* 37:33-41.
- Mela DJ. 1999. Food choice and intake: The human factor. *Proc Nutr Soc* 58: 513-521.
- Aaron JI, Mela DJ, Evans RE. 1994. The influences of attitudes, beliefs and label information on perceptions of reduced-fat spread. *Appetite* 22: 25-37. Mela DJ. 1988.
- Wang M et al. 2010. Effects of catechin-enriched green tea on body composition. *Obesity* 18(4):773-9.