

## 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 and chair, 2001-2018
- Member, International Advisory Board for the Graduate School VLAG [www.vlaggraduateschool.nl/](http://www.vlaggraduateschool.nl/), 2016-present
- UK Research Excellence Framework: REF 2014 assessor and REF 2021 main panel member

### **Publications** (Scopus H-index 36)

#### **Refereed**

Boers HM, Alsema M, Mela DJ, Peters HPF, Vonk RJ, Priebe MA. 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, Peters HPF, Mela DJ, Edwards C, Herrema H, Fu J, Geldof M, Albers R. 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.  
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- Færch K, Alssema M, Mela DJ, Borg R, Vistisen D. 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](http://www.nature.com/articles/s41387-018-0047-8)
- Poutanen KS, Fiszman S, Marsaux CFM, Pentikäinen SP, Steinert RE, Mela DJ. 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](https://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](https://doi.org/10.1093/advances/nmx020)
- Buyken AE, Mela DJ, Dussort P, Johnson IT, Macdonald IA, Stowell JD Brouns FJPH. 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, Tuorila H, Bertenshaw E, de Graaf C, Mela DJ. 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, Dekker JM, Beulens JW, Brouwer IA, Coupé VM, Heymans MW, Sijtsma FP, Mela DJ, Zock PL, Olthof MR, Alssema M. 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, Higgins K, McGale L, Schwartz C, Stamataki NS, Beauchamp GK, Bonnema A, Dussort P, Gibson S, de Graaf C, Halford JCG, Marsaux CFM, Mattes RD, McLaughlin J, Mela DJ, Nicklaus S, Rogers PJ, Macdonald IA. 2018. A workshop on 'Dietary sweetness – Is it an issue?'. *Int J Obesity* <https://www.nature.com/articles/ijo2017296.pdf>
- Boers HM, van Dijk TH, Hiemstra H, Hoogenraad A-R, Mela DJ, Peters HPF, Vonk RJ, Priebe MG. 2017. The effect of fibre additions to flatbread flour mixes on glucose kinetics: a randomized controlled trial. *Br J Nutr* 118(10):777-787. [doi: 10.1017/S0007114517002781](https://doi.org/10.1017/S0007114517002781)
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- Peters HPF, Verhoef P, Mela DJ, Schrauwen P, Rosendaal FR, Schrauwen-Hinderling V, Byrne CD, Pfeiffer AFH, Risérus U. 2017. Liver fat: A relevant target for dietary intervention? Summary of a Unilever Workshop. *J Nutr Sci* 6:e15. [doi:10.1017/jns.2017.13](https://doi.org/10.1017/jns.2017.13)
- Boers HM, MacAulay K, Murray P, Dobriyal R, Mela DJ, Vente-Spreeuwenberg MAM. 2017. Efficacy of fibre additions to flatbread flour mixes for reducing post-meal glucose and insulin responses in healthy Indian subjects. *Br J Nutr* 117:386-394.  
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- Boers HM, MacAulay K, Murray P, Seijen ten Hoorn J, Hoogenraad A-R, Peters HPF, Vente-Spreeuwenberg MAM, Mela DJ. 2016. Efficacy of different fibers and flour mixes in South-Asian flatbreads for reducing post-prandial glucose responses in healthy adults. *Eur J Nutr* doi: 10.1007/s00394-016-1242-9.
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- content, in healthy adults. *Appetite* 97:64–71. doi: 10.1016/j.appet.2015.11.023
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- short-term regulation of food intake in a realistic setting. *Physiology and Behavior* 75: 83-90.
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- Stubenitsky K, Mela DJ. 2000. Consumer perceptions of starchy foods. *Br J Nutr* 83, 277-285.
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- Stubenitsky K, Aaron JI, Catt SL, Mela DJ. 1999. Effect of information and extended use on the acceptance of reduced-fat products. *Food Qual Pref* 10, 367-376.
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### **Books written and edited**

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- Mela DJ, Rogers PJ. 1998. Food, eating & obesity: The psychobiological basis of appetite and weight control. London: Chapman & Hall. ISBN 0-412-71920-7.
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### **Non-refereed**

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