**David J Mela PhD FAfN RNutr**

Retired / independent advisor in nutrition science

***Personal***

Nationality UK

Contact Hofstraat 18, 5554 EB Valkenswaard, The Netherlands

 +31 6 2909 2318; djmela@djmela.eu

Website <https://djmela.eu/>

***Experience***

**2019-present:** Retired / advisor and consultant, Nutrition Science and Research

**1998-June 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 PA, 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***

* Scientific Advisory Committee on Nutrition (SACN), Public Health England, 2005-present
* SACN Carbohydrates Working Group 2008-2015, Folic Acid Working Group 2016-2017, Saturated Fats Working Group 2015-2019; Representative to Advisory Committee on Novel Foods and Processes 2019-2021; SACN Framework Subgroup 2021-present
* International Advisory Board for the Graduate School VLAG ([www.vlaggraduateschool.nl/](http://www.vlaggraduateschool.nl/), Wageningen University & Research), 2016-present
* UK Research Excellence Framework: REF 2014 assessor, REF 2021 main panel member 2018-2021
* Scientific Industry Advisory Board, EU Horizon 2020 project SWEET, 2018-present
* Editorial Boards: *International Journal of Obesity* 2019-present; *Nutrients* 2021-present
* International Life Sciences Institute (ILSI Europe) Task Force member and chair, 2001-2018
* Grant and project reviewer for EU and national research council funding bodies

***Publications*** *(Scopus H-index 40)*

**Refereed**

Normand M, Ritz C, Mela D, Raben A. 2021. Low-energy sweeteners and body weight: a citation network analysis. BMJ Nutr Prevent Hlth 2021; bmjnph-2020-000210. <http://dx.doi.org/10.1136/bmjnph-2020-000210>.

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Mela DJ, Cao X-Z, Dobriyal R, Fowler MI, Li L, Manoj J, Mulder TJP, Murray PG, Peters HPF, Vermeer MA, Zhang Z. 2020. The effect of 8 plant extracts and combinations on post-prandial blood glucose and insulin responses in healthy adults: A randomized controlled trial. Nutr Metab 17:51; <https://doi.org/10.1186/s12986-020-00471-x>.

Feskens E, Brennan L, Dussort P, Flourakis M, Lindner LME, Mela D, Rabbani N, Rathmann W, Respondek F, Stehouwer C, Theis S, Thornalley P, Vinoy S. 2020. Potential markers of dietary glycemic exposures for sustained dietary interventions in populations without diabetes. Adv Nutr 11:1221-1236. <https://doi.org/10.1093/advances/nmaa058>.

Roberts CA, Giesbrecht T, Fallon N, Thomas A, Mela DJ, Kirkham TC. 2020. A systematic review and ALE meta-analysis of fMRI studies on sweet taste in humans. J Nutr 150:1619-1630. <https://doi.org/10.1093/jn/nxaa071>.

Mela DJ. 2020. A proposed simple method for objectively quantifying free sugars in foods and beverages. Eur J Clin Nutr 74:1366-1368. <https://doi.org/10.1038/s41430-020-0575-x>.

Mela DJ, McLaughlin J, Rogers PJ. 2020. Perspective: Standards for research and reporting on low-energy (“artificial”) sweeteners. Adv Nutr 11:484-491. <https://doi.org/10.1093/advances/nmz137>.

Kdekian A, Alssema M, van der Beek EM, Greyling A, Vermeer MA, Mela DJ, Trautwein EA. 2020 (ePub 2019). Impact of isocaloric carbohydrate for fat exchanges on postprandial glucose, insulin, triglycerides and free fatty acid responses- a systematic review and meta-analysis. Eur J Clin Nutr 74(1):1-8. <https://doi.org/10.1038/s41430-019-0534-6>

Boers HM, Alssema M, Mela DJ, Peters HPF, Vonk RJ, Priebe MA. 2019. 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 149(11):1896-1903. <https://doi.org/10.1093/jn/nxz150>

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. [doi.org/10.1016/j.tifs.2018.09.005](https://doi.org/10.1016/j.tifs.2018.09.005)

Halford JCG, Masic U, Marsaux CFM, Jones AJ, Lluch A, Marciani L, Mars M, Vinoy S, Westerterp-Plantenga M, Mela DJ. 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, 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)

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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)

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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

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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

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Peters HPF, Ravestein P, van der Hijden HTWM, Boers HM, Mela DJ. 2011. The effect of carbohydrate digestibility on appetite and its relationship to postprandial blood glucose and insulin levels. Eur J Clin Nutr 65(1):47-54.

Wang M, Wen Y, Du Y, Yan X, Guo H W, Rycroft J, Boon N, Kovacs EMR, Mela DJ. 2010. Effects of catechin-enriched green tea on body composition. Obesity 18(4):773-9.

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Gregersen NT, Bitz C, Krog-Mikkelsen I, Hels O, Kovacs EMR, Rycroft JA, Frandsen E, Mela DJ, Astrup A. 2009. Effect of moderate intakes of different tea catechins and caffeine on acute measures of energy metabolism under sedentary conditions. Br J Nutr 18:1-8

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Stubenitsky K, Aaron JI, Catt SL, Mela DJ. 2000. The influence of recipe modification and nutritional information on restaurant food acceptance and macronutrient intakes. Public Health Nutr 3: 201-209.

Zandstra EH, de Graaf C, Mela DJ, van Staveren WA. 2000. Short and long-term effects of changes in pleasantness on food intake. Appetite 34: 253-260.

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