**David J Mela PhD FAfN RNutr**

Retired / independent advisor in nutrition science and research

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***Experience***

**2019-present:** Retired / advisor and consultant

**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 (past 3 yr)***

* 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
* Wageningen University & Research Graduate School VLAG, International Advisory Board 2016-present
* EU Horizon 2020 project SWEET, Science and Industry Advisory Board 2018-present
* Project RESTRUCTURE, Wageningen University and Research and Top Institute Food and Nutrition, Steering Committee 2022-present
* BBSRC Diet and Health Open Innovation Research Club, Consumer Lab Executive Committee 2023-present
* Editorial Boards: *International Journal of Obesity* 2019-present; *Nutrients* 2021-present
* Grant and project reviewer for EU and national research council funding bodies
* Consultant to commercial food and ingredient companies

***Publications*** *(Google Scholar H-index 55)*

**Refereed**

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Mela DJ. 2022. Is There an Academic Bias against Low-Energy Sweeteners? Nutrients 14(7):1428. <https://doi.org/10.3390/nu14071428>.

Mela DJ, Cao X-Z, Govindaiah S, Hiemstra H, Kalathil R, Lin L, Manoj J, Mi T, Verhoeven CHJ. 2023. Dose-response efficacy of mulberry fruit extract for reducing post-prandial blood glucose and insulin responses: randomised trial evidence in healthy adults. Br J Nutr 129(5):771-778. <https://doi.org/10.1017/S0007114522000824>.

Normand M, Ritz C, Mela D, Raben A. 2021. Low-energy sweeteners and body weight: a citation network analysis. BMJ Nutr Prev Health 4(1):319-332. <http://dx.doi.org/10.1136/bmjnph-2020-000210>.

Greyling A, Appleton KM, Raben A, Mela DJ. 2020. Acute glycemic and insulinemic effects of low-energy sweeteners: a systematic review and meta-analysis of randomized controlled trials. Am J Clin Nutr 12(4):1002-1014. <https://doi.org/10.1093/ajcn/nqaa167>.

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>.

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