**David J Mela PhD FAfN RNutr**

Retired / independent advisor in nutrition science and research

Contact / website: <https://djmela.eu/>

***Experience***

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

**1998- June 2019: Unilever R&D, The Netherlands**

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

Other 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/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

**1985: Nutrition Program, Pennsylvania State University, University Park PA, USA**

PhD in Nutrition; 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)***

* UK Scientific Advisory Committee on Nutrition (SACN), 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, International Advisory Board for the Graduate School VLAG 2016-present
* UK Research Excellence Framework: REF 2021 main panel member 2018-2021
* 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

***Publication record*** (See full CV for complete list)

* >110 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 55 (Google Scholar)

**10 most recent refereed publications**

Mela DJ. 2024. Conflicts of interest in nutrition: Categorical thinking and the stigma of commercial collaboration. Curr Dev Nutr <https://doi.org/10.1016/j.cdnut.2024.104413>.

Mela DJ et al. 2024. Effect of low-dose mulberry fruit extract on postprandial glucose and insulin responses: A randomized pilot trial in individuals with type 2 diabetes. Nutrients 16(14):2177.<https://www.mdpi.com/2072-6643/16/14/2177>

Mela DJ, Risso D. 2024. Does sweetness exposure drive ‘sweet tooth’? Br J Nutr 131:1934-1944. <https://doi.org/10.1017/S0007114524000485>

Boers HM et al. 2023. Effect of mulberry fruit extract on glucose fluxes after a wheat porridge meal: a dual isotope study in healthy human subjects. Eur J Clin Nutr 77:741–747. <https://doi.org/10.1038/s41430-023-01282-y>

Mela DJ et al. 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>.

Mela DJ. 2022. Is there an academic bias against low-energy sweeteners? Nutrients 14(7):1428. <https://doi.org/10.3390/nu14071428>.

Normand M et al. 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 et al. 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 et al. 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 et al. 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>.

**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.

Rogers PJ et al. 2016 (ePub 2015). Does low-energy sweetener consumption affect energy intake and body weight? A systematic review, including meta-analyses, of the evidence from human and animal studies. Int J Obesity 40:381-394.

Mela DJ. 2001. Determinants of food choice: Relationships with obesity and weight control. Obesity Research 9(suppl 4):249S-255S.

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, Sacchetti DS. 1991. Sensory preferences for fats in foods: relationships to diet and body composition. Am J Clin Nutr 53:908-15.

Hoad CL et al. 2004. *In vivo* imaging of intragastric gelation and its effect on satiety in humans. J Nutr 134:2293-2300.

Mela DJ. 1999. Food choice and intake: The human factor. Proc Nutr Soc 58:513-521.

Wang M et al. 2010. Effects of catechin-enriched green tea on body composition. Obesity 18(4):773-9.