

Valentina Ponzo

Education

She graduated in Dietetic at University of Torino in 2009, and got a Master degree in Food and Human Nutrition Science (2011) and a PhD in Medical Pathophysiology (2020), both at the University of Torino.

She worked as a Dietitian at:

-“Città della Salute e della Scienza” Hospital of Torino, S.Anna hospital, Dietetic and Clinical Nutrition (2021-2022)

-“Città della Salute e della Scienza” Hospital of Torino, Diabetic Clinic (2016-2021)

-ASL Alessandria, SIAN (2013-2014)

In 2022 she became in Research Technician at Department of Medical Sciences (University of Torino).

Bibliometric parameters:

She is the author of more than 40 publications in international journals, which received 1.222 citations, resulting in an *h*-index equal to 15 (source www.scopus.com, visited in February 2023).

Area of expertise

The organization of lifestyle intervention trials, in particular diet programs in patients with obesity, the metabolic syndrome, and diabetes mellitus. The study of the role of foods and nutrients on chronic and dysmetabolic diseases. Systematic reviews and meta-analyses on topics related to metabolism, food, and nutrition science.

Torino, 24 February 2022