

Dr. SARA DIANA GARDUÑO DIAZ

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ACADEMIC BACKGROUND

POSTGRADUATE: Ph.D. in Food Science and Nutrition. School of Food Science and Nutrition, University of Leeds. Leeds, UK (2009- 2012).

UNIVERSITY: Bachelor in Nutrition (Hons). Faculty of Nutrition, Universidad Veracruzana. Xalapa, México (2004-2008).

PROFESSIONAL EXPERIENCE

- Head of Product, Natural Mojo. Germany. August 2019-January 2021.
- Head of Research and Development, ONO Labs. Germany. January 2018-June 2019.
- Membership Secretary, World Public Health Nutrition Association. July 2017-present.
- Senior Nutrition Consultant & Owner, Your Choice Nutrition. Kuwait. February 2015-present.
- Editorial Board Member: Journal of Obesity and Weight management, E Cronicon Nutrition, Research in Health Science, Insights in Nutrition and Dietetics. May 2015-present.
- Executive Editor, Nourish Network. January 2016-December 2016.
- Assistant Editor, World Nutrition (Journal of the World Public Health Nutrition Association). International. August 2014-January 2016.
- Business Development Manager, Linkage MENA. Kuwait. August 2015-February 2016.
- Assistant Professor, American University of the Middle East. Kuwait. September 2012-January 2015.
- Research fellow for the CHANCE EU-funded project, University of Leeds, UK. December 2011-August 2012.
- Researcher for the EuroFIR EU-funded project, University of Leeds, UK. January 2009-November 2011.
- Dietitian/nutritionist. Consultorio de Nutrición. Unidad de Ciencias Médicas. México. January 2007-December 2008.

GRANTS, FELLOWSHIPS AND PROFESSIONAL AFFILIATIONS

- Member of the European Society of Neurogastroenterology & Motility (2017-2020).
- Grant from the Public Authority for Sports. (2016). Kuwait
- Consultant for Global Health, Environmental and Management Consulting (2016-ongoing). UK
- Mefazec and Ounati speaker and workshop facilitator (2016-ongoing). Kuwait
- Member of the World Public Health Nutrition Association (2014-ongoing). International
- Member of Professionals in Nutrition for Exercise & Sport (2014-ongoing). USA.
- Member of the Academy of Nutrition and Dietetics. (2013-ongoing). USA.
- Affiliate of the American Overseas Dietetic Association. (2013-ongoing). USA
- Reviewer for the British Journal of Nutrition, Journal of the Academy of Nutrition and Dietetics, Global Health Action, Food & Nutrition Research, International Journal of Medicine and Public Health (2011-ongoing).
- CONACYT scholar (2009-2012). Mexico.
- CHANCE research fellow (2011-2012). United Kingdom.
- BBSRC research award (2010). United Kingdom/India.

RESEARCH PUBLICATIONS & BOOKS

- Bringing Sustainable Food Production Practices to the Forefront. *E Cronicon Nutrition* 2021, 16.3: 01-02. **Garduño-Díaz** SD and Huth F.
- Personalized Food: from Home Cooking to the Food Industry. Delve Publishers 2021. **Garduño-Díaz** SD.
- Validation of a questionnaire for the evaluation of clinical competencies in nutrition. *International Journal of New Education* 2020 2(2), ISSN-e 2605-193. Bretón de la Loza MM, Guerrero Ceh JG, Zúñiga Hernández OY, Cervantes Ramírez LT, **Garduño-Díaz** SD, Carranco Gómez S, Terrazas Meraz MA.
- Geriatric Nutrition. Delve Publishers 2020. **Garduño-Díaz** SD.
- Applied Human Nutrition for Food Scientist and Home Economists. Delve Publishers 2020. **Garduño-Díaz** SD.
- Food Processing Biochemistry and Agriculture. Delve Publishers 2020. **Garduño-Díaz** SD.
- Sustainable Food Systems. Delve Publishers 2020. **Garduño-Díaz** SD.
- Food, nutrition and health in the UK. In Nutritional and Health Aspects of Food in Western Europe. 2019. Editors: Susanne Braun Christina Zübert Dimitrios Argyropoulos Francisco Javier Casado Hebrard. Elsevier Academic Press. **Garduño-Díaz** SD and Khokhar S.
- Functional foods: a market potential in need of evidence. *African Journal of Food Science and Technology* 2019 10(1), 11-12 doi. dx.doi.org/10.14303/ajfst.2019.003. **Garduño-Díaz** SD.
- Nutrient-nutrient interactions. *CPQ Nutrition* 2019 3(3), 01-03. **Garduño-Díaz** SD.
- Food Lipids: chemistry, nutrition and biotechnology. Delve Publishers 2019. **Garduño-Díaz** SD.
- Development of a plant-based dietary supplement to address life-cycle needs of the European female population. *Nutrition and Food Technology* 2018, 4(1). **Garduño-Díaz** SD, Milcheva R, Xu C.
- Investigation of Variations in the Human Urine Metabolome Amongst European Populations. An Exploratory Search for Biomarkers of People at Risk of Poverty. *Molecular Nutrition & Food Research* 2018: 1800216. Trimigno A, Khakimo B, Savorani F, Tenori L, Hendrixson V, Čivilis A, Glibetic M, Gurinovic M, Pentikäinen S, Sallinen J, **Garduño-Díaz** SD, Pasqui F, Khokhar S, Luchinat C, Bordoni A, Capozzi F, Engelsens SB.
- Functional Foods. Delve Publishers 2018. **Garduño-Díaz** SD.
- Probiotics and Prebiotics in Food, Nutrition and Health. Delve Publishers 2018. **Garduño-Díaz** SD.
- The normalization of conflicts of interest in the USA and their potential impact on public health nutrition. *World Nutrition* 2017, 8(1) doi.org/10.26596/wn.201781123-127. Aksnes B, Alvim M and

Garduño-Diaz SD.

- The gut-brain connection: feeding your brain. *E Cronicon Nutrition* 2016, 5.6: 965-966. **Garduño Diaz SD**
- Traditional diets: wisdom worth preserving. *E Cronicon Nutrition* 2016, 4.5: 965-966. **Garduño Diaz SD**
- Food waste reduction and low calorie diets as a step towards food security in the MENA. *Insights in Nutrition and Dietetics* 2016, 1:1. **Garduño-Diaz SD.**
- Development of whole-person care models in the GCC. *E Cronicon Nutrition* 2016, ECO 01: 01- 02. **Garduño-Diaz SD**
- Nutritional recommendations for bodybuilding and Ramadan: intermittent fasting for strength training. *E Cronicon Nutrition* 2016, 4.2: 852-856. **Garduño-Diaz SD**
- Diet-related behavior modification following bariatric surgery. *E Cronicon Nutrition* 2016, 3.4: 673-675. **Garduño-Diaz SD**
- Past, present and future: here is what we see. *World Nutrition* 2016, 7(1-2): 34-69. Aksnes B, Fardet A, Bhurtyal A, Castillo C, Schuftan C, Cannon G, Kent G, Sattamini I, Vivero Pol J, Alvim M, Wahlqvist M, Yambi O, Zazueta P, Patel R, **Garduño-Diaz SD**, Khambadkone S, Vandevijvere S, de Sa T.
- A step to sustenance. *World Nutrition* 2016, 7(1-2): 7-26. **Garduño-Diaz SD.**
- Low birth weight in Kuwait-an opportunity for nutrition interventions. *E Cronicon Nutrition* 2015, 3.1: 511-512. **Garduño-Diaz SD**
- Global Nutrition Report. Development as fighting for freedom. *World Nutrition* 2015, 6(11-12): 767-769. Aksnes B, Sattamini I, Alvim M and **Garduño-Diaz SD.**
- Sustainable? Not likely. *World Nutrition* 2015, 6(11-12): 872-884. **Garduño-Diaz SD.**
- Middle Eastern ethnic cuisine. *E Cronicon Nutrition* 2015, 2.3: 369-371. **Garduño-Diaz SD**
- Addictive behavior of dietary intake among young adults in Kuwait. *E Cronicon Nutrition* 2015, 2.3: 348-350. **Garduño-Diaz SD** and Abu-Ghazaleh H.
- Dietary patterns and food culture in the Middle East. *E Cronicon Nutrition* 2015, 2.2: 318-327. **Garduño-Diaz SD.**
- Teaching children about nutrition: development of the vegetable and fruit education activity (VFEA). *Research Journal of Specific Education* 2015, 38: 417-433. Husain W, Ashkanani F, **Garduño-Diaz SD**, and Khokhar S.

- Good news for shrimp eaters in the Gulf. *World Nutrition* 2015, 6(6): 542-543. **Garduño-Diaz SD**.
- Traditional food systems in the Middle East under threat. *World Nutrition* 2015, 6(2): 225-227. **Garduño-Diaz SD**.
- Food Security in the Middle East and North Africa. *International Journal of Biological, Veterinary, Agricultural and Food Engineering* 2015, 9(1): 47-50. **Garduño-Diaz SD** and Garduño-Diaz PY.
- Nutrition. Visions for this century. *World Nutrition* 2014, 5(12): 1067-1084. Yambi O, Fardet A, **Garduño-Diaz SD**, Patel R and Wahlqvist ML.
- Food supplies. Green shoots in Kuwait. *World Nutrition* 2014, 5(12): 1128-1130. **Garduño-Diaz SD**.
- Eating habits and nutrient intake of migrant South Asians in the UK. *Public Health* 2014, DOI 10.1016/j.puhe.2014.07.007. **Garduño-Diaz SD** and Khokhar S.
- The Food System/NOVA. Theory and reality in the Arab world. *World Nutrition* 2014, 5(10): 906-908. **Garduño-Diaz SD**.
- The evolution of sports nutrition: a historical perspective and contemporary practices. *International Journal of Medical and Public Health Science Research* 2014, 2(2): 5-15. **Garduño-Diaz SD** and Garduño-Diaz PY.
- Climate. Nutrition. The Big Picture. *World Nutrition* 2014, 5(9): 797-800. **Garduño-Diaz SD**.
- Components of an obesogenic environment in Kuwait. *Journal of Nutritional Therapeutics* 2014, 3(2): 35-46. **Garduño-Diaz SD** and Garduño-Diaz PY.
- Meeting challenges related to the dietary assessment of ethnic minority populations. *Journal of Human Nutrition and Dietetics* 2013, DOI 10.1111/jhn.12153. **Garduño-Diaz SD**, Husain W, Ashkanani F and Khokhar S.
- Diet, ethnicity and metabolic syndrome. Lambert Academic Publishing. ISBN 978-3-659- 44443-2 2013. **Garduño-Diaz SD**.
- Assessment and comparison of diet quality and physical activity of African-Caribbean, South Asian and Caucasian groups in the UK. *International Journal of Food Science, Nutrition and Dietetics* 2013, 2:501. **Garduño-Diaz SD** and Khokhar S.
- Application of ethnic food composition data for understanding the diet and nutrition of South Asians in the UK. *Food Chemistry* 2013,140: 436-442. Khokhar S, Ashkanani F, **Garduño-Diaz SD** and Husain W.
- Prevalence, risk factors and complications associated with type 2 diabetes in South Asians. *Diabetes Metabolism Research Reviews* 2013, 28:6-24. **Garduño-Diaz SD** and Khokhar S.
- Mineral composition of commonly-consumed ethnic foods in Europe. *Food & Nutrition Research*

2012, 56: 17665. Khokhar S, **Garduño-Diaz** SD, Marletta L, Shahar DR, Ireland JD, Jansen- van der Vliet M and de Henauw S.

-South Asian dietary patterns and their association to metabolic syndrome risk factors. *Journal of Human Nutrition and Dietetics* 2012. DOI 10.1111/j. 1365-277X.2012.01284.x. **Garduño-Diaz** SD and Khokhar S.

ADDITIONAL QUALIFICATIONS

- Handling of SPSS, WindDiet, CompEat and Microsoft Office software, as well as familiarity with search engines and search strings for systematic reviews.
- Trained to lead focus-group discussions and face-to-face dietary assessment interviews (24HR, FFQ, food records and portion size evaluation).
- Trained in anthropometry and biological sample collection for nutritional assessment evaluation.
- Languages: Spanish, English, French and German.

RESEARCH INTERESTS

My line of research revolves around the external factors that influence eating habits, and novel food products for more sustainable eating practices. I am interested in the dietary patterns of diverse population groups and understanding the way these are established, how they evolve and the consequences they carry for health.

ORCID ID: orcid.org/0000-0002-6954-7560

COURSES AND TRAINING

- Counseling mothers and families about breastfeeding and breastfeeding concerns. Abbott Nutrition Health Institute. January 2017.
- Impact of Maternal Nutrition on Children's Health. Abbott Nutrition Health Institute. April 2016.
- Demystifying Inflammatory Bowel Disease: Implementation of Nutrition Management. Abbott Nutrition Health Institute. January 2016.
- Empowering Clinicians to Overcome Everyday Nutritional Challenges Facing Children with Autism. Abbott Nutrition Health Institute. November 2015.
- Application training on Bod Pod. CosMed. March 2015.
- Diploma in Sports Nutrition. International Olympic Committee. January 2014.
- Cancer and the ABCs of lean body mass: optimal nutrition interventions. Abbott Nutrition Health Institute. December 2014.
- Living Well with Cancer: the Power of Nutrition. Abbott Nutrition Health Institute. September 2013.
- Prebiotics and the Intestinal Microbiota-Implications for Human Health. Abbott Nutrition Health Institute. July 2013.

PRESENTATIONS AT INTERNATIONAL EVENTS

Title of Presentation	Event	Venue	Date
Functional foods in the food industry.	<i>Invited speaker, Autonomous University of the State of Morelos.</i>	Morelos, Mexico	February, 2021
Supplement megadosage	<i>3rd International Conference on Diet & Nutrition</i>	Berlin, Germany	June, 2019
Development of a plant-based dietary supplement to address life-cycle needs of the European female population.	<i>21st Euro-Global Summit on Food and Beverages.</i>	Berlin, Germany	March 2018
Development of a plant-based dietary supplement to address critical micronutrient needs of women of child bearing age in Europe.	<i>20th International Conference on Food Science, Food Safety Policy and Management System.</i>	Prague, Czech Republic	March 2018
Nutrition for the elderly	<i>Mexican Association for Education and Development</i>	Cuernavaca, Mexico	July 2017
University life and food: feed your brain	<i>Intra University Awareness Tour for GUST, ACK, and BoxHill Universities</i>	Mishref, Kuwait	October 2016
Sports Nutrition	<i>The Public Authority for Sports' Sports Nutrition Conference</i>	Khaldiya, Kuwait	September 2016
Mapping the food culture of the Middle East through dietary patterns	<i>Second Kuwait International Conference on Life Sciences</i>	Shuwaikh, Kuwait	April 2016
Factors that determine an obesogenic environment in Kuwait	<i>Invited Lecturer at Kuwait Institute for Scientific Research</i>	Kuwait City, Kuwait	September 2015
Food Security in the Middle East and North Africa	<i>ICFSN 2015 : International Conference on Food Security and Nutrition</i>	Istanbul, Turkey	January 2015
Components of an Obesogenic Environment in Kuwait	<i>3rd World Congress of Public Health Nutrition</i>	Las Palmas, Spain	November 2014
Ordering food online: the habits of Kuwait's residents	<i>20th International Congress of Nutrition</i>	Granada, Spain	September 2013
Nutrient intake assessment of migrant populations using country of origin vs. host country recommendations: implication for public health policies	<i>4th Conference on Migrant and Ethnic Minority Health in Europe</i>	Milan, Italy	June 2012
Consumption of ethnic foods in Europe	<i>6th Central European Congress on Food</i>	Novi Sad, Serbia	May 2012
The impact of micronutrients on cardiovascular disease risk	<i>4 ème édition de la Journée Scientifique de Nutrition de Sup'Santé</i>	Casablanca, Morocco	May 2012

L'évolution des recommandation en nutrition	<i>Invited lecturer, Ecole Supérieure Privée de Nutrition et du Paramédical</i>	Casablanca, Morocco	October 2011
Dietary implications for health	<i>Mathematics and Physical Sciences Post-Graduate Researcher of the Year Conference</i>	Leeds, UK	October 2011
South Asian dietary patterns identified using ethnic food composition data	<i>9th International Food Data Conference</i>	Norwich, UK	September 2011
Length of residency and non communicable diseases in the UK's South Asian community: obesity, diabetes and heart disease	<i>2nd International Congress of Abdominal Obesity</i>	Buenos Aires, Argentina	February 2011
The impact of diet on health	<i>1st Leeds Post Graduate Research Conference</i>	Leeds, UK	November 2010
Diet quality and physical activity index: comparison between ethnic groups in the UK	<i>Meeting for the India Partnering Award BBSRC</i>	Mysore, India	October 2010
Nutrition transition in the UK: the case of South Asians	<i>II World Congress of Public Health Nutrition and I Latin American Congress of Community Nutrition.</i>	Oporto, Portugal	September 2010
Fruit and vegetable consumption among British Indians in the UK	<i>EGEA VI Conference</i>	Brussels, Belgium	June 2010

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- Counseling mothers and families about breastfeeding and breastfeeding concerns. Abbott Nutrition Health Institute. January 2017
- Impact of Maternal Nutrition on Children's Health. Abbott Nutrition Health Institute. April 2016
- Demystifying Inflammatory Bowel Disease: Implementation of Nutrition Management. Abbott Nutrition Health Institute. January 2016
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- Living Well with Cancer: the Power of Nutrition. Abbott Nutrition Health Institute. September 2013
- Probiotics and the Intestinal Microbiota-Implications for Human Health. Abbott Nutrition Health Institute. July 2013

REFERENCES

Dr. Santosh Khokhar
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Food4Nutrition
Leeds, UK
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Dr. Stefania Chillo Project
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