



Joana Rebelo

Nutritionist

I have a Degree in Nutrition Science and a Master's Degree in Health Education. I am currently doing my PhD in Food Science at the University of Parma, where my research focuses on personalized nutrition and the role of plant bioactives - particularly (poly)phenols - in cardiometabolic health.

My academic and research path combines nutritional epidemiology, health promotion, and clinical nutrition, with a strong focus on translating scientific evidence into practical, personalized dietary strategies. I am particularly interested in the development of sustainable, plant-based dietary approaches that promote health while improving adherence through consideration of sensory properties and real-life eating behaviors.

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About me

I define myself as a committed, curious, organized and sociable person.

I dedicate myself with total commitment to the proposed challenges, always seeking to acquire new knowledge.

Expertise

- Personalised Nutrition
- Scientific Research
- Health Education
- Public Speaking
- Project Management

Language

Portuguese	Native
English	Advanced
Italian	Advanced
Spanish	Basic

Personal skills

Violinist	8th grade
Driving license	B1

Education

PhD Candidate - XXIX cycle PhD Course in Food Science

Level in EQF: EQF level 8

PhD topic: Study of the association between phenolic metabotypes and cardiometabolic health in response to chronic intake of (poly)phenols

PhD tutor: Dr. Pedro Mena, University of Parma

Human Nutrition Unit, Department of Food and Drugs, University of Parma, Italy. 2023-present

"Doctor Europaeus" certification (ongoing)

Development and integration of data for the PhD project using statistical pipelines and predictive mathematical models, under the supervision of Dr. Mattea Müller and Dr. Helena U. Zacharias. The main focus was on investigating the role of the gut microbiota in the improvement of cardiometabolic health in response to a nutritional intervention rich in (poly)phenols.

Clinical Data Science Group, Peter L. Reichertz Institute of the Medical Informatics (PLRI), at the Hannover Medical School, Hannover, Germany. 2026

Master's Degree in Health Education

Level in EQF: EQF level 7

Final grade: 18/20

Faculty of Medicine and Faculty of Psychology and Education Sciences, University of Porto, Portugal. 2021-2023

Erasmus + Internship

Scientific research in public health and health education, under the supervision of Dr. Francesca Scazzina, Dr. Alice Rosi (UNIPR) and Dr. Joana Araújo (ISPUP). I was mainly involved in the Med4Youth study where I was responsible for the management and analysis of the project's database, for the elaboration of the project reports, and I was also in charge of the contact with the patients, to ensure their engagement and to manage the appointments. I also collaborated in the Giocampus and Sonmed projects.

Thesis entitled "Impact of the use of an educational Web-Application on nutritional knowledge and food consumption in children and adolescents with overweight or obesity"

Thesis grade: 19/20

Human Nutrition Unit, Department of Food and Drugs, University of Parma, Italy. 2022-2023

Oral Communications

“A multi-omics approach to tackle obesity at individual level with plant-based diets (OBI-WAN-DIET)”

Best Oral Presentation Award

ONFOODS Spoke 4 Final Event
Milan, Italy. 2026

“Cardiometabolic Health Responses to Chronic Intake of (Poly)phenols: the PRE-CARE-DIET study”

IV PhD Seminar on Functional Foods,
Bioactives and Human Health, RCC Harvard
Online. 2026

“Workflow for optimisation of personalised (poly)phenol-enriched diets within the PRE-CARE-DIET study”

Junior Grant

XXXII International Conference on
Polyphenols (ICP)
Turku, Finland. 2025

“Eat at school or out of school? Food consumption of students in secondary education in a private school”

XIII IJUP Youth Research Meeting
Porto, Portugal. 2020

“Stimulation of Research in the field of food: The case of the SEI Project”

I Journeys on Nutrition and Social Economy
Águeda, Portugal. 2019

Scientific Posters

“Workflow for the optimisation of personalised, sustainable, plant-based, (poly)phenol-rich diets”

NuGO week
Dublin, Ireland. 2025

Education (cont.)

○ Internship for the Portuguese Order of Nutritionists

In Júlio Dinis Private School, I was responsible for managing the food service, training the food handlers, and ensuring compliance with safety conditions. I created a nutrition department responsible for creating food education projects. In Vila Nova de Gaia Twon Hall, I was part of a team responsible for managing the municipality's nutrition projects, as well as the quality control of the food service in the municipality's public schools.
Júlio Dinis Private School and Vila Nova de Gaia Twon Hall, Porto, Portugal. 2019-2020

○ Degree in Nutrition Sciences

Level in EQF: EQF level 6
Final grade: 16/20
Faculty of Nutrition and Food Sciences, University of Porto, Portugal. 2015-2019

○ Curricular Internship in Public Health, Catering and Management of the Food Service, Food Safety and Research

Thesis entitled “Food Consumption of Students in Secondary Education”
Thesis grade: 19/20
Júlio Dinis Private School and Faculty of Nutrition and Food Sciences, University of Porto, Portugal. 2019

○ Erasmus + Program

Faculty of Pharmacy, University of Granada, Spain. 2017-2018

Professional Experience

○ Co-advisor of Curricular Internship and Thesis at UNIPR

Guidance and advice on working in the areas of human and personalized nutrition. Support in the development of a scientific dissertation.

Theses presented in 2026

“Effetti di un intervento dietetico personalizzato sulla funzionalità intestinale e parametri antropometrici dei volontari dello studio PRE-CARE-DIET” - Federica Corbo
“Intervento nutrizionale personalizzato arricchito in (poli)fenoli per soggetti a rischio cardiometabolico: prescrizione dietetica e valutazione dell'aderenza” - Giorgia Casu
“Cambiamento delle abitudini alimentari e delle misure antropometriche di soggetti a rischio cardiometabolico con un intervento arricchito in (poli)fenoli” - Alessio Spezio
“Methodological approaches to measure gut transit time in nutritional intervention studies” - Luca Spaggiari

Theses presented in 2025

“Studio PRE-CARE-DIET: Elaborazione di diete personalizzate arricchite di (poli)fenoli per soggetti a rischio cardiometabolico” - Natalia Trunfio
“Studio PRE-CARE-DIET: elaborazione di diete personalizzate e valutazione preliminare dell'aderenza alla dieta” - Greta Gandini
“Valutazione delle abitudini alimentari e della funzionalità intestinale dei volontari dello studio PRE-CARE-DIET prima e dopo l'intervento dietetico” - Matilde Bertoldin
“Valutazione del rischio cardiometabolico e dello stato infiammatorio nei partecipanti allo studio PRE-CARE-DIET” - Chiara Pinelli
“Profilo lipidico e glucidico nei soggetti partecipanti allo studio PRE-CARE-DIET: risultati preliminari” - Noemi Dottore

Theses presented in 2024

“Elaborazione di diete personalizzate e ricche in (poli)fenoli nell'ambito dello studio PRE-CARE-DIET” - Francesca Brancato

Scientific Posters (cont.)

“Study of the association between phenolic metabolites and cardiometabolic health in response to chronic intake of (poly)phenols”

29th Workshop on the Developments in the Italian PhD research on Food Science, Technology and Biotechnology
Teramo, Italy. 2025

“Study of the association between phenolic metabolites and cardiometabolic health in response to chronic intake of (poly)phenols”

28th Workshop on the Developments in the Italian PhD research on Food Science, Technology and Biotechnology
Catania, Italy. 2024

“Precision nutrition to improve cardiometabolic health with dietary (poly)phenols (PRE-CARE-DIET): Study Protocol”

XLIV SINU National Congress
Piacenza, Italy. 2024

“Impact of the use of an educational web-application on nutritional knowledge and food consumption in children and adolescents with overweight or obesity”

XLIV SINU National Congress
Piacenza, Italy. 2024

“Tackling Youth Obesity: Preliminary results of the MED4Youth Study in Italy”

XLIII SINU National Congress
Arezzo, Italy. 2023

“Food consumption of students in a public and a private school”

XIX APN Congress of Food and Nutrition –
Porto, Portugal. 2020

“Characterization of food consumption of students at school and outside school”

XIX APN Congress of Food and Nutrition –
Porto, Portugal. 2020

Professional Experience (cont.)

Theses presented in 2024 (cont.)

"Contenuto (poli)fenolico delle diete personalizzate fornite ai volontari dello studio PRE-CARE-DIET" - Corinne Mondino

"Variazione della qualità nutrizionale e dei (poli)fenoli nelle diete dei volontari dello studio PRE-CARE-DIET" - Michela Bruschi

"Profilo lipidico e glucidico dei partecipanti allo studio PRECARE-DIET: dati preliminari" - Marco Bellese

"Valutazione del rischio cardiometabolico e associazione con i livelli di proteina C-reattiva nell'ambito dello studio PRE-CARE-DIET" - Jacopo Boschetti

"Valutazione della composizione corporea in associazione ai fattori di rischio cardiometabolico nell'ambito dello studio PRE-CARE-DIET" - Chiara D'Eramo

"Valutazione dei metaboliti fenolici all'interno dello studio PRE-CARE-DIET" - Alessandro Promenzio

"Frequenze di consumo alimentare in soggetti con rischio cardiometabolico nell'ambito dello studio PRE-CARE-DIET" - Alessia Di Giovanni

"Valutazione della qualità nutrizionale di soggetti a rischio cardiometabolico: risultati preliminari dello studio PRE-CARE-DIET" - Chiara Ricci

Presentations/Workshops

Workshop “Cook with ESN: Sustainable Bites”

Social Affairs Committee, Erasmus Student Network (ESN ASSI PARMA). Parma, Italy. 2025

Workshop “Healthy and Uncomplicated Eating”

Social Affairs Committee, Erasmus Student Network (ESN ASSI PARMA). Parma, Italy. 2025

Workshop “Healthy and Uncomplicated Diet”

National Meeting of Chemical Engineering Students, FEUP. Porto, Portugal. 2022

Participation in Television Program: “Boca de Leão” Rubric

Filhos & Cadilhos Program, Porto Canal. Porto, Portugal. 2021
http://portocanal.sapo.pt/um_video/kqBzN5IbKuIVboAprl05

Webinar “Healthy Eating and Sport”

Seminar series: Dimensions of the well-being of university students, FEUP. Porto, Portugal. 2020

Webinar “Healthy Eating for School Success”

Chemtalk – Chemical Engineering Student Group, FEUP. Porto, Portugal. 2020

Nutritionist

Júnio Dinis Private School: 2020 - 2022

Responsible for managing the food service, defining school menus, training employees, ensuring compliance with food hygiene and safety standards.

Responsible for the nutrition office, creation of food education projects to be integrated in the students' subjects and creation of the "Food Class" for disabled students. Personalized nutritional counseling to students.

Fitness UP Gym: 2020 - 2021

Personalized nutritional counseling for the gym's clients. Development of nutritional education activities.

Co-advisor of a Curricular Internship of the Degree in Nutrition Sciences at FCNAUP

Guidance and advice on working in the areas of health education, catering and management of the food service, and food safety. Support in the development of a scientific dissertation and an internship report for graduation completion.

Thesis presented in 2021

"Evaluation of the impact of salt reduction in soup waste in institutionalized elderly" - Mariana Ferreira

Volunteering

ESN Volunteer

Collaboration with the University of Parma to welcome, guide, and integrate international students who undertake a period of study or an internship at the university under the Erasmus+ program.

I was involved in the organization of various cultural, social and sporting events, as well as trips and mentoring moments, in order to create a pleasant and welcoming environment for these students.

ESN ASSI PARMA section, Parma, Italy. 2023-2025

Mentor in the "Erasmus Mentoring" Program

Faculty of Food Sciences of the University of Porto, Portugal. 2027-2019

Member of the Course Committee of the 1st, 2nd and 4th year of the Degree in Nutrition Sciences

Faculty of Food Sciences of the University of Porto, Portugal. 2025-2019

Tutor at the Junior University "Summer in Project: Journey to the World of Food"

Faculty of Food Sciences of the University of Porto, Portugal. 2018

Hoobies and Interests

Argentine tango

Vogliã di Tango School, Parma, Italy. 2025-present

Choralist

Associazione Résonance Music School, Parma, Italy. 2024-present
Ensemble Vocal Pro Música (EVPm), Porto, Portugal 2012-2017

Music Conservatory: 8th Grade Violin Course

Curso de Música Silva Monteiro Music School, Porto, Portugal. 2005-2015

Entertainer/Violinist

Música com Bebés & Papás" Project, Porto, Portugal. 2023

Doctoral Schools

- Training activity "Virtual Exchange between PhD students in Healthcare Biotechnology (University of Miguel Hernandez) and Food Science (University of Parma) about HPLC-MS/MS"

Online. 2025

Austral Summer Course "UIK: Precision nutrition and nutriomics"

Online. 2025

D3 Spring School 2024 "Data-Driven Deliciousness: The Intersection of Machine Learning and Nutrition"

Seminarhof Drawehn - Schnega, Germany. 2024

Other Education

PhD Courses

"A Primer on Experimental Study Design" (7.5 hours - NWU. 2026)

"Practical Biostatistics" (6 hours - UNIPR. 2026)

"Multivariate Analysis with R" (12 hours - UNIPR. 2026)

"A Primer on Statistical Modelling" (4.5 hours - NWU. 2026)

"Novel Foods and Emerging Trends in Consumer Behavior" (6 hours - UNIPR. 2025)

"Research Methods in Consumer Studies: Applications for Healthy and Sustainable Behavior" (6 hours - UNIPR. 2025)

"Presenting and writing research activities" (12 hours - UNIPR. 2024)

"Multivariate statistical analysis" (12 hours - UNIPR. 2023)

- Course: "I am in an appointment with a vegetarian... now what?" Everything a nutritionist should know

26 hours - Academia Clínica do Dragão. 2022

- Nutrition Course: Facts, Myths and Controversies

8 hours - Bwizer. 2021

- Course: Pediatric Age from Pre-conception to Late Adolescence M2: Nutrition from 2 to 18 years

12 hours - Associação Portuguesa de Nutrição. 2021

- Course: Pediatric Age from Pre-conception to Late Adolescence M1: Nutrition in the first 1100 days of life

12 hours - Associação Portuguesa de Nutrição. 2021

- Course: Advanced Nutrition in Sports

40 hours - Bwizer. 2020

- Trainers' Teaching Aptitude Certificate

40 hours - Instituto do Emprego e Formação Profissional. 2020

- Course: Food Allergy at School (3rd edition)

12 hours - Academia UP. 2018