



# Lenyrcia de Cassya Lopes Neri

PhD-Research Fellow

Registered Dietitian (Brazilian and Italian registration)

## EDUCATION AND TRAINING

- Since November 2022 **Research Fellow**  
**University of Pavia, Italy** - Department of Public Health, Experimental Medicine and Forensics  
Conducting research activities on the Ketogenic Diet Therapies at the University of Pavia, Italy.
- May 2020 – August 2023 (3 years) **PhD in Pediatrics**  
**University of São Paulo** - Institute of Pediatrics - Brazil  
**Thesis:** "Creation and validation of ketogenic diet therapy adherence questionnaire: Keto-check"  
**Supervisor:** Prof. Erasmo Barbante Casella.  
The thesis will present the creation and validation of the questionnaire on adherence to the ketogenic diet.
- August 2019 **International Observer Program**  
**Children's Hospital of Philadelphia, USA** - Department of Ketogenic Diet Therapy  
**Project:** Observation of the functioning of the ketogenic kitchen inside the "Children's Hospital of Philadelphia".  
**Role:** observational internship.
- February 2014 – March 2017 (3 years) **Master of Sciences**  
**University of São Paulo** - Institute of Tropical Medicine - Brazil  
**Thesis:** "Systematic review of the literature on the use of probiotics in cystic fibrosis and profile of the nutritional status of patients followed at the Instituto da Criança HCFMUSP"  
**Supervisor:** Prof. Luiz Vicente Ribeiro Ferreira da Silva Filho.
- October 2016 **Specialist in Dietetics in the Clinical Nutrition area**  
**The Brazilian Nutrition Association**  
*(Title conferred on merit)*  
Title conferred through proof of merit of professional performance in the areas of assistance, teaching and research in clinical nutrition.
- March 2008 - April 2009 (1 year) **Postgraduate Diploma in Exercise Physiology**  
**Federal University of São Paulo** – Paulista School of Medicine - Brazil  
**Thesis:** "Relationships between physical activity and exercises, weight loss and weight maintenance".
- January 2002 – February 2007 (5 years) **Degree in Human Nutrition (Bachelor's Degree)**  
University of São Paulo – Faculty of Public Health – Brazil

## PROFESSIONAL EXPERIENCE

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Registered under no. 21808 of the register of the health profession of Dietitian, in Brazil, Regional 3, from 03/15/2007.

Registered under no. 108 of the register of the health profession of Dietitian, in Italy, from 14/02/2023.

Since November 2022

**Research grant** at the Department of Public Health, Experimental and Forensic Medicine – University of Pavia.

**Research in:** Adherence to ketogenic diet therapies: barriers and facilitators, ketogenic therapies and migraine in adolescents, home culinary skills questionnaire, ketogenic diet therapies and psychiatric diseases, endometriosis and dietary intervention, and other topics.

Since September 2023

Consultant Dietitian at Ketogenic Diet Treatment Team at **Fondazione Mondino IRCCS Ricerca e Cura nelle Neuroscienze**, Pavia, Italy

October 2009 – August  
2022  
(13 years 10 months)

**Dietitian at Brazilian Hospital:** "Hospital das Clinicas da Faculdade de Medicina da Universidade de Sao Paulo"

- Nutritionist responsible for the **Ketogenic Diet Outpatient Clinic:**
- Outpatient pediatric patient care, nutritional status assessments, food history, clinical case discussion with the medical team, and dietary nutritional guidance.
- In shifts (weekends and holidays), visits to hospitalized patients with nutritional indications appropriate to the pathological condition, clinical, biochemical, anthropometric data, and food history of the patient; guidance and supervision of the distribution and administration of diets; guidelines for discharge and/or referral for continuity of outpatient treatment;
- Creation and execution of technical protocols of Nutrition Service;
- Promotion of actions and interactions with other professionals in the health area.

February 2007 – October  
2009  
(2 years 8 months)

**Dietitian of several companies, such as "Unilever", "Novartis", "Congas"**

Activities carried out:

- Outpatient assistance to the worker, where she assesses the nutritional status of patients, development of personalized and balanced dietary schemes, check-ups, assessment of body composition (through plicometry and bioimpedancemetry).

## TEACHING ACTIVITY

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Since September 2022

Teaching as a contract professor for the Master's Degree Course in Agri-Food Sustainability at University of Pavia, Pavia, Italy for foreign students. Discipline: Integrated course of nutrition and human health, coordination by Prof. Anna Tagliabue.

February 2010 –  
September 2022

Specialization in "Clinical Nutrition" at **GANEP** (Support group for enteral and parenteral nutrition) **Sao Paulo, Brazil**  
For graduates in Dietetics, Medicine.

**Topics:** Breastfeeding, nutrition in children and adolescents, nutritional evaluation, Nutrition in paediatrics, Nutritional screening in paediatrics – infants and children, premature babies, Cystic Fibrosis: nutritional aspects, childhood obesity.

- February 2009 – September 2022 Specialization in "Clinical Nutrition" at **São Camilo University , São Paulo, Brazil**  
For Dietetics graduates  
**Topics:** Nutrition in Pediatrics - Breastfeeding, nutrition in children and adolescents, nutritional assessment in paediatrics, Nutritional screening in paediatrics - infants and children, premature babies: the nutritional challenge, Cystic Fibrosis: nutritional aspects, childhood obesity, enteral and parenteral nutrition therapy, home diet therapy.
- January 2009 – September 2022 Tutor of the Degree Course in Dietetics at the Hospital "Hospital das Clinicas da Faculdade de Medicina da Universidade de Sao Paulo" Sao Paulo, Brazil - University of Sao Paulo
- June 2022 (12 hours) Lecturer in the seminar "Arguments of pediatric nutrition in health and in illness" University of Pavia  
Degree Course in Dietetics – Dietetic in early childhood and developmental age.  
Presentation titles: Breastfeeding, nutrition in children and adolescents, nutritional assessment in paediatrics, Nutritional screening in paediatrics - infants and children, premature babies: the nutritional challenge, Cystic Fibrosis: nutritional aspects, childhood obesity.  
Cycle of 3 lessons of 4 hours each

## RESEARCH ACTIVITY

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From September 2023

International research programme at the Department of Public Health, Experimental Medicine and Forensics University of Pavia, Italy

- Nutritional Health Assistance for Adapting Food Culture to the Mediterranean Pattern for International Students at the University of Pavia (MeditEAT)
- Validation of a questionnaire to assess the home cooking skills of nutrition professionals and the general population (HCSQ-ITA)

Role: responsible for volunteer recruitment, data collection management and protocol writing.

Role: responsible for volunteer recruitment, data collection management and protocol writing.

From January to July 2022

International research program at the Department of Public Health, Experimental and Forensic Medicine University of Pavia, Italy

- Research project "Evaluation of strategies for improving adherence to the ketogenic diet – iKetocheck". Project duration 12 months  
Approved by the Ethics Committee of the San Matteo Polyclinic of Pavia. In collaboration with the Mondino Foundation.  
Role: responsible for recruiting volunteers, managing data collection and drafting the protocol."
- Research project "Ketosis and migraine: systematic review of literature".  
Duration of the study 1 year. Registered on PROSPERO under number CRD42022330626.  
Role: responsible for protocol writing, data collection and analysis management
- Research project "Adherence to ketogenic diet: systematic review of literature".  
Duration of the study 1 year. Registered on PROSPERO under number CRD42022330608.  
Role: responsible for protocol writing, data collection and analysis management

- February 2014 – March 2017 Project “Systematic review of the literature on the use of probiotics and synbiotics in cystic fibrosis and nutritional profile of patients followed at the Instituto da Criança HCFMUSP” in collaboration with the Institute of Tropical Medicine, University of São Paulo, Brazil; approved by the Ethics Committee of the University of São Paulo. (master's project) Role: responsible for protocol writing, data collection and analysis management
- March 2003 – March 2007 University research project at the Faculdade de Saúde Pública, University of São Paulo, Brazil, Department of Nutrition and Public Health (with grant) Project: "Effects of physical activity in pregnancy on newborns" Supervisor: Professor. Dr. Maria Helena D'Aquino Benicio
- March 2001 - April 2002 University research project at the Institute of Biomedical Sciences – University of São Paulo - Department of Physiology. Project: “Iodo-receptor mRNA expression in rats” Supervisor: Professor. Dr. Maria Tereza Nunes.

#### AWARDS AND TITLES ACHIEVED

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##### Awards

- 2006 Academic merit of 2006 graduates, Faculdade de Saúde Pública - USP.
- 2005 Honorable mention for participation in the 13th SIICUSP, Unversidade de São Paulo.
- 2001 1st place in the competition for scientific posterity with the topic: “Produzir ou não alimentos transgênicos?” V SIMPONUTRI - Centro Universitário São Camilo.

##### Titles

- 2019 to 2022 Member of the advisory council of the Regional Health of São Paulo – Working group on the ketogenic diet
- 2017 to 2022 Member of the advisory council of the Regional Health of São Paulo – Cystic fibrosis diet working group
- 2014-2019 Conselho Regional de Nutricionistas (regular register of dietitians) – Technical advisory member.

PUBLICATIONS AND  
EDITORIAL ACTIVITY

## ARTICLES

Steinhaus C, Amantea SL, Ferreira CT, Fischer GB, Pinto L, Maróstica PJC, Bardini JFP, Gurmini J, Lago BM, Servidoni MF, **Neri LCL**, et al. (2024) Retrospective Study Pre and Post Gastrostomy in Pediatric Patients with Cystic Fibrosis: Brazilian Multicenter Study. *Int J Nurs Health Care Res* 7: 1557. DOI: <https://doi.org/10.29011/2688-9501.101557>. (IF=4,5)

**Neri LCL**, Mariotti F, Guglielmetti M, Fiorini S, Tagliabue A, Ferraris C. Dropout in cognitive behavioral treatment in adults living with overweight and obesity: a systematic review. *Front Nutr*. 2024 May 9;11:1250683. doi: 10.3389/fnut.2024.1250683. (IF=6.1)

**Lopes Neri LC**, Guglielmetti M, Fiorini S, Pasca L, Zanaboni MP, de Giorgis V, Tagliabue A, Ferraris C. Adherence to ketogenic dietary therapies in epilepsy: A systematic review of literature. *Nutr Res*. 2024 Mar 21;126:67-87. doi: 10.1016/j.nutres.2024.03.009. Epub ahead of print. PMID: 38631175. (IF=4.5)

Ana Laura Benevenuto Amorim, Ester Ferreira Rodrigues, Elizandra Lopes Sussi and **Lenyrcia de Cassya Lopes Neri**. Carbohydrate restriction during lactation: a systematic review. *Nutr Res*. 2024 Feb 29;125:91-100. doi: 10.1016/j.nutres.2024.02.007. (IF=4.5)

**Neri Lenyrcia de Cassya Lopes**, Guglielmetti M, Fiorini S, Quintiero F, Tagliabue A, Ferraris C. Nutritional counseling in childhood and adolescence: a systematic review. *Front Nutr*. 2024 Feb 1;11:1270048. doi: 10.3389/fnut.2024.1270048. (IF=5.0)

Simona Fiorini; **Lenyrcia De Cassya Lopes Neri**; Monica Guglielmetti; Elisa Pedrolini; Anna Tagliabue; Paula A. Quatromoni; Cinzia Ferraris. Nutritional counseling in athletes: a systematic review. *Frontiers in Nutrition*. 2023-11-20. doi: 10.3389/fnut.2023.1250567 (IF=6.59)

**Neri, Lenyrcia de Cassya Lopes**, Ferraris C, Catalano G, Guglielmetti M, Pasca L, Pezzotti E, Carpani A and Tagliabue A (2023) Ketosis and migraine: a systematic review of the literature and meta-analysis. *Front. Nutr*. 10:1204700. doi: 10.3389/fnut.2023.1204700. (IF=6.59)

**Lenyrcia de Cassya Lopes Neri**; Alexandre Archanjo Ferraro; Monica Guglielmetti; Simona Fiorini; Letícia Pereira de Brito Sampaio; Anna Tagliabue; Cinzia Ferraris. Factor Analysis of the Brazilian Questionnaire on Adherence to Ketogenic Dietary Therapy: Keto-Check. *Nutrients*. 2023-08-22 doi: 10.3390/nu15173673. (IF=6.71)

Letícia Pereira de Brito Sampaio; Adélia Maria de Miranda Henriques-Souza; Katia Lin; **Lenyrcia de Cassya Lopes Neri**; Luciana Midori Inuzuka; Ludmila Inácio de Lima Uchôa et al. Ketogenic therapy in childhood and adolescence: recommendations of the Brazilian experts group. *Arquivos de Neuro-Psiquiatria*. 2023-06. doi: 10.1055/s-0043-1768676 (IF=2.04)

**Lenyrcia de Cassya Lopes Neri**; Monica Guglielmetti; Valentina De Giorgis; Ludovica Pasca; Martina Paola Zanaboni; Claudia Trentani; Elena Ballante; Serena Grumi; Cinzia Ferraris; Anna Tagliabue et al. Validation of an Italian Questionnaire of Adherence to the Ketogenic Dietary Therapies: iKetoCheck Foods. 2023 Aug 26;12(17):3214. doi: 10.3390/foods12173214. (IF=5.56)

Cinzia Ferraris, Monica Guglielmetti, **Lenyrcia de Cassya Lopes Neri**, Sabika Allehdan, Jamila Mohammed Mohsin Albasara, Hajar Hussain Fareed Alawadhi, Claudia Trentani, Simone Perna, Anna Tagliabue. A Review of Ketogenic Dietary Therapies for Epilepsy and Neurological Diseases: A Proposal to Implement an

Adapted Model to Include Healthy Mediterranean Products. *Foods*, 2023 Apr 22;12(9):1743. doi: 10.3390/foods12091743. (IF=5.56)

Escaldelaia, FMD, da Silva Filho, LVRF, **Neri, Lenyrcia de Cassya Lopes**, Bergamaschi, DP. Quality of anthropometric data measured in children and adolescents with cystic fibrosis: a scoping review. *Rev Paul Pediatr*. 2023;41:e2021333. (IF= 1.08)

**Neri, Lenyrcia de Cassya Lopes Neri**; Sampaio, Validation of ketogenic diet adherence questionnaire: Keto-check. *Arq. Neuropsychiatrist*. 2022;80(8):794–801. (IF=1.42)

**Neri, Lenyrcia De Cassya Lopes** ; Simon, Miriam Isabel Souza Dos Santos; Ambrósio, Valéria Laguna Salomão ; Barbosa, Eliana; Garcia, Monique Ferreira; Mauri, Juliana Ferreira; Guirau, Renata Rodrigues; Neves, Mirella Aparecida; Cunha, Carolina De Azevedo Pedrosa; Nogueira, Marcelo Coelho; Alves, Anna Carolina Di Creddo; Gurmini, Jocemara; Servidoni, Maria De Fatima; Epiphanius, Matias; Athanatius, Rodrigo. Brazilian Guidelines for Nutrition in Cystic Fibrosis. *EINSTEIN (SÃO PAULO)*, v. 20, p. 1-17, 2022. (IF = 0.83)

**Neri, Lenyrcia De Cassya Lopes** ; Vieira, Rafaela Rodrigues; Pugliese, Camila. Food changes and patient life habits with cystic fibrosis in the COVID-19 pandemic. *Revista de Divulgação Científica Sena Aires*, v. 10, p. 148-155, 2021.

Silvino, Rayssa Caroline De Almeida Silva; Trida, Vanessa Camargo; Castro, Amparito Del Rocío Vintimilla ; **Neri, Lenyrcia De Cassya Lopes** . Construction and validation of the neonatal nutritional risk screening tool. *Journal Paulista De Pediatria (ONLINE)*, v. 39, p. e2020026, 2021. (IF = 1.08)

**Neri, Lenyrcia De Cassya Lopes** ; Vieira, Rafaela Rodrigues; Santana, Sabrina Moura Mercham De ; Sampaio, Letícia Pereira De Brito . Pilot project of implantation of a cetogenic shell for the treatment of refractory epilepsy. *Revista de Divulgação Científica Sena Aires*, v. 10, p. 156-164, 2021.

**Neri, Lenyrcia De Cassya Lopes** ; Vieira, RR Adhesion to the use of nutritional supplements by children and adolescents with cystic fibrosis. *Visão Acadêmica (Online)*, v. 21, p. 174-185, 2020.

**Neri, Lenyrcia De Cassya Lopes** ; Taminato, Monica; Silva Filho, Luiz Vicente Ribeiro Ferreira Da . Systematic Review of Probiotics for Cystic Fibrosis Patients. *Journal Of Pediatric Gastroenterology And Nutrition*, v. 68, p. 394-399, 2019. (IF = 2.55)

**Neri, Lenyrcia De Cassya Lopes** ; Bergamaschi, Denise Pimentel; Silva Filho, Luiz Vicente Ribeiro Ferreira Da . Validation of the nutritional profile in patients with cystic fibrosis in accordance with the age range. *Revista Paulista De Pediatria (Impressed)*, v. 37, p. 58-64, 2018. (IF = 1.07)

Gandolfo, AS; Bastos, DV ; Makluf, BAJ; Savoldelli, RD; **Neri, LCL** ; Manna, TD; Damiani, D.; Ferraro, A.A. Efficacy of photographic educational materials for carbohydrate counting training of adolescents with diabetes mellitus. *Nutrition Hospitalaria*, v. 29, p. 344-349, 2014. (IF = 1.07)

Takito, MY; Benicio, MHD ; **Neri, L. C. L.** . Physical activity of pregnant women and birth defects: systemic review. *Revista De Saude Publica*, v. 43, p. 1059-1069, 2009. (IF = 0.98)

Takito, MY ; **Neri, LCL** ; Benicio, M.H.D. Validation and reproducibility guarantee of the physical fitness questionnaire for pregnant women. *Brazilian Journal of Medicine do Export*, v. 14, p. 132-138, 2008. (IF = 0.64)

**BOOKS** **Lopes Neri, Lenyia de Cassya;** Adde, FV ; Pugliese, C. . Abordagem nutricional na criança e no adolescente com fibrose cística. In: Artur Figueiredo Delgado; Ary Lopes Cardoso; Patrícia Zamberlan; Rosana Tumas. (Org.). Nutrologia. 3ed.Barueri: Manole, 2024, v. 12, p. 155-161.

**Neri, Lenyia** . Dietoterapia Nas Doenças Pediátricas (Diet Therapy in Pediatric Diseases). 1. Ed. Rio De Janeiro: Rubio, 2021. V. 1. 384p. (Editor Curator)

**Neri, LCL** Comer E Correr: Transformação De Uma Sedentária Em Maratonista. 1st. Ed. Amazon, 2019. V. 1. 100p. **E.book.** (Editor Curator)

Nascimento, AG; Mattar, LBF; **Neri, LCL** ; Yonamine, GH; Silva, APA. Nutritional education in pediatrics. 1st. Ed. Manole, 2018. V. 01. 264p. (Editor Curator)

**Neri, L. C. L** .; Mattar, LBF; Yonamine, GH; Silva, APA; Nascimento, AG. Childhood obesity. 1st. Ed. Manole, 2017. V. 01. 152p. (Editor Curator)

Sonia Tucunduva Philippi, Carolina Vieira de Mello Barros Pimentel, Marcia Cristina Teixeira Martins. Nutrição and vegetarian alimentação: tendency and style of life. Chapter of **Neri, Lenyia,** Pimentel, Carolina, Escobar, Ana: Vegetarianismo na infancia. 1 Ed. 2022. 728p. (chapter authors)

Gandolfo, AS; Reis, APA; Zamberlam, P.; Feferbaum, R. Pediatric clinical nutrition in algorithms. Chapter of **Neri, Lenyia** : Cystic fibrosis. Ed. 1. 2022. 419p. (chapter authors)

Carneiro-Sampaio, M.; Moura, SPD; Lanzuolo, J. Abc Da Saúde: Infante Juvenil. Chapter of **Neri, Lenyia** : Nutrition by pregnant women. 1. Ed. Barueri: Manole, 2016. V. 1. (chapter authors)

Romaldini, CC; Feferbaum, R.; Diet therapy Na Gastroenterologia Pediátrica Chapter of: Adde, FV ; **Neri, L. C. L.** Nutrition in Cystic Fibrosis.. 1ª. Ed. São Paulo: Atheneu, 2015. V. 2. 300p. (chapter authors)

Pinto-E-Silva, MEM ; Yonamine, GH; Atz, MCBC V. Dietetic technique applied to diet therapy. Chapter of **Neri, Lenyia** , High Protein Diets. 1. Ed. São Paulo: Manole, 2014. V. 1. 200p. (chapter authors)

Silva, APA; Zamberlan, P.; Nascimento, AG; Manual De Dietas E Condutas Nutricionais Em Pediatria. Chapter by: **Neri, L.C. L.** Nutrition in cystic fibrosis. 1. Ed. São Paulo: Atheneu, 2014. See 1. 476p. (chapter authors)

Feferbaum, R.; Silva, APA; Mark, D.; Nutrition Enteral In Pediatrics; Chapter of **Neri, L. C. L.** ; Leite, AGZ; Romaldini, CC; Asanome, DZ; Yonamine, GH; Gil, L.P.; Souza, MSFE; April, MM; Mataloun, MMGB; Santos, OR; Lima, PA; Zamberlan, P.; Guimaraes, SM; Trida, VC. Carbohydrate modules; fiber modules, fat modules and protein modules.1. Ed. São Caetano Do Sul: Yendis, 2012. V. 1. 441p. (chapter authors)

#### REVIEWER ON SCIENTIFIC JOURNALS

2023 to today Nutrients

2022 to today Frontiers - Pediatric Obesity

2022 to today Nutrition and Health

AND OTHERS IN MDPI, Elsevier, Wiley

## CONFERENCES

## Speaker

- June 2024 KETONETWORKING: WORKSHOP FOR DIETITIANS SPECIALIZED IN KETOGENIC DIET THERAPIES – Milan, Italy  
Presentation: Knowledge and adherence to patient KD: how to study it and possible improvement strategies
- May 2024 Ketogenic Dietitians Research Network AGM – London, UK.  
Presentation: Research trends in ketogenic diets
- November 2023 Terapia Cetogénica en Epilepsia Farmacoresistente – online course, Academia Latinoamericana de Epilepsia (ALADE, ILAE)  
Presentation: Individualized calculation of nutrients and micronutrients
- June 2023 GANEPÃO Congress – São Paulo, Brasile (online).  
Presentation: The influence of nutrition on the formation of the fetus
- 27 September – 01 October 2022 CONUCA Brasileiro Online de Nutrição da criança e do adolescente Congress – São Paulo, Brazil (online).  
*Presentation title: Special topics in pediatrics*
- June 2022 ECM course Clinical application of ketogenic therapy: theoretical-practical course. Fifth edition: of the classic ketogenic semi-fasting diet. University of Pavia  
*Presentation Title: Adherence to treatment*
- June 2022 GANEPÃO Congress – São Paulo, Brazil (online).  
*Presentations: 100 years of the ketogenic diet for epilepsy; Impact of COVID-19 on nutritional status and growth; Effects of iron deficiency in children and adolescents and strategies to improve iron absorption*
- May 2022 Workshop GdS Diet therapy and LICE - the relationship between knowledge - belief and adherence to the ketogenic diet: perspectives and comparison - Postal, Italy.  
*Presentation: Delphi Result: Diet Adherence Questionnaire*
- 2016 Congress Brasileiro de Nutrição (CONBRAN) - Brazil.  
*Presentation: Prebióticos, probióticos and simbióticos: O que há de novo?.*
- 2015 Congress Brasileiro de Fibrose Cística – Brazil.  
*Presentations: ( 1) Análise nutricional dos pacientes com FC: dados do Registro Brasileiro. (2) Nutritional characterization of patients with cystic fibrosis at the institute of children HCFMUSP (3) Altered glyucose tolerance test: how to continue with companionship?.*
- 2014 4th International Sympósio de Nutrologia Pediátrica – Brazil.  
*Presentation title: Characteristics of patients in the nutrition education program in the infant obesity group of the Instituto da Criança HCFMUSP.*
- 2014 VIII Congress Paulista de doenças digestive – Brazil.  
*Presentations: (1) Nutrition post bariatric surgery in teenagers (2) Prevention of diseases and physical activity.*



<b>Participant</b> January/February 2023	Ateneo Winter School in “Global Health and wellbeing. Measuring progress towards the United Nations Sustainable Development Goal 3” (4 ECTS)
October 2022	SINU Lombardy + Piedmont Regional Conference. Plant-based foods: beyond a fad. Milan – Italy.
June 2022 (4 hours)	Classic residential training: Nutrition and integration in sports: to each his own!” Lardirago Castle – Pavia – Italy.
April 13 to May 25, 2022 (24 hours)	Transversal PhD Course "Eating Disorder Prevention & Treatment in athletes" University of Pavia – Italy.
August 2020	Keto-University – Danone Nutricia – 2020 (Canada and USA – Online Webinar).
June 2019	Keto-University – Danone Nutricia – 2019 Buenos Aires – Argentina.

## PERSONAL SKILLS

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Native language **Portuguese**

Other languages

**Italian** Advanced  
**Spanish** Intermediate  
**English** Advanced (C1 – C2)

**Communication skills** I have over 14 years of work experience in Brazil, where I also had the opportunity to speak at many conferences. These experiences have allowed me to build good interpersonal skills by working directly with patients, giving oral presentations, and collaborating with other professionals in multidisciplinary teams.

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**IT skills** Software knowledge:

- Main Microsoft tools (Excel, Word, Power Point);
  - Programs for developing Brazilian (DietBox, NutWin) and Italian (Dieta Ragionata) diet plans;
  - Programs for pediatric nutritional assessment (Anthro and Anthro plus);
  - Statistical analysis programs (SPSS, Stata, JASP).
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**Technical skills** I have developed exceptional skills in the use of tools for body composition assessment (skin fat caliper and bio-impedance measurement), food education strategy development, and individualized dietary schemes thanks to my work at the Brazilian hospital and my more than 14 years of private clinic.

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