

PERSONAL INFORMATION

Surname, First name: **BRESCIANI Letizia**

Researcher unique identifiers: Orcid ID: **0000-0002-7768-4987**;

Scopus Author ID: **55932190200**

Date of birth: [REDACTED]

Nationality: Italian

Affiliation: Department of Food and Drug, University of Parma (Parma, Italy)

Address: [REDACTED]

Tel [REDACTED]

Email: [REDACTED]

URL for websites: University of Parma (<https://personale.unipr.it/it/ugovdocenti/person/110568>), Google Scholar (<https://scholar.google.com/citations?user=qJpy0oR8Hb0C&hl=it>)

AREA OF EXPERTISE

Dr. Letizia Bresciani's is an Assistant Professor in human nutrition at the University of Parma, Italy. She holds a Ph.D. in Food Science and Technology at the Food and Drug department at the University of Parma (2013-2016). She was a post-doctoral Research Fellow at the Human Nutrition Unit (2016-2021) of Food and Drug department at the University of Parma and she became Assistant Professor in 2021.

Dr. Bresciani's research focuses on identification and characterization of phytochemicals, mainly (poly)phenols, in plant-based foods, and their human metabolism, bioavailability and bioactivity *in vivo* and *in vitro*, with a particular interest in inter-individual variability related to microbial catabolite production, in order to identify possible metabolic phenotypes (metabotypes). She acquired a large experience in liquid chromatography coupled with mass spectrometry, setting up standardized analytical methods to identify and quantify native plant phytochemicals, phytochemical and (poly)phenol human metabolites and microbial catabolites. Recently, she is working with mass spectrometry imaging to detect *in situ* distribution of bioactive compounds in targeted animal organs and tissues. She has also expertise in phytochemical dietary intake assessment.

Work experience

From 01/10/2021 to date	Assistant Professor (RTD-b) (SSD MED/49 - Scienze Tecniche Dietetiche Applicate) University of Parma - Human Nutrition Unit, Department of Food and Drug Via Volturmo 39 – Building C, 43125 Parma (PR), Italy.
From 01/05/2020 to 30/09/2021	Post- Doctoral Research Fellow (SSD MED/49 - Scienze Tecniche Dietetiche Applicate) University of Parma - Human Nutrition Unit, Department of Veterinary Science Via Volturmo 39 – Building C, 43125 Parma (PR), Italy. “Sviluppo di una piattaforma per l'analisi di biomarker di consumo di alimenti”
From 16/01/2016 to 30/04/2020	Post-Doctoral Research Fellow (SSD MED/49 - Scienze Tecniche Dietetiche Applicate) University of Parma - Human Nutrition Unit, Department of Veterinary Science Via Volturmo 39 – Building C, 43125 Parma (PR), Italy. “Polyphenol profile characterization in food matrices, human metabolism, bioavailability and bioactivity of polyphenols, management of <i>in vivo</i> studies”
From 01/01/2013 to 31/12/2015	Pre-Doctoral Researcher (SSD MED/49 - Scienze Tecniche Dietetiche Applicate) Doctoral School in Food Science and Technology University of Parma - Human Nutrition Unit, Department of Food Science Via Volturmo 39 – Building C, 43125 Parma (PR), Italy.
From 01/01/2012 to 31/10/2012	Quality assurance employee ITALIA ALIMENTARI S.p.A (Food company) Via Marconi 3, 46040, Gazoldo degli Ippoliti (MN) http://www.italiaalimentari.it/

Quality control, no-compliance management, technical product sheet, product labelling, customer and supplier audit, HACCP, ISO 9001, BRC, IFS certification

From 10/01/2011
to 27/01/2011

Stage as quality assurance employee

CLECA S.p.A (Food company)
Viale Dante n°30, 46010, San Martino dall'Argine (MN)
<http://www.cleca.com/>
▪ Quality control, HACCP

Education and training

From 01/01/2013
to 31/12/2015

PhD Course in Food Science and Technology

University of Parma
Human Nutrition Unit, Department of Food Science.
Supervisor: Prof. Daniele Del Rio.
Thesis: "Advances in (poly) phenol research: novel sources, bioavailability, bioaccumulation and bioactivity"

From 01/10/2009
to 15/12/2011

Master degree in Food Science and Technology

University of Parma
Dep. of Food Science, Parma (PR), Italy.
Supervisor: Prof. Daniele Del Rio.
Thesis: " Polyphenol influence on intestinal fiber fermentation: an *in vivo* study"
Final mark: 110/110 con lode

From 01/10/2006
to 29/10/2009

Bachelor degree in Food Science and Technology

University of Parma
Dep. of Food Science, Parma (PR), Italy.
Supervisor: Prof. Claudia Folli.
Thesis: " Investigation of the possible role of enzymatic activator on lipid transfer protein activity"
Final mark: 110/110 con lode

From September 2000
to June 2005

Linguistic high school

Mantova (MN)
LICEO GINNASIO "VIRGILIO" - SPERIMENTAZIONE LINGUISTICA CM 27
▪ English, French, German
Final mark: 93/100

Personal skills

Mother tongue(s)

Italian

Other language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	C1	C1	B2	B2	C1
French	B2	B2	B2	B2	B2
German	A2				

Communication skills	Excellent communication skills gained through oral and poster presentation during national and international conferences or workshop. Good teaching skills gained through University classes performed within the human nutrition courses
Organisational / managerial skills	Excellent coordination and management skills gained through (co)tutoring of several MCs and BSc students Excellent coordination skills gained through the management of volunteers for <i>in vivo</i> studies Excellent coordination and management skills of important amount of biological samples gained through several national and international collaboration with other Universities and industrial research groups
Job-related skills	Ultra high performance liquid chromatography coupled with mass spectrometry (uHPLC/MS) Mass spectrometry imaging Bio-Plex Pro™ Spectrophotometer
Other skills	<ul style="list-style-type: none">▪ Microsoft Office >Package (Word, Excel, Power Point)▪ IBM Statistical Package for Social Sciences (SPSS) and R▪ Xcalibur (software HPLC/MS), MassLynx Mass Spectrometry Software▪ DietoSystem (software for dietary plan)

I authorise the use of my personal data in compliance with Legislative Decree 196/03.

Parma, 28th May 2024



Other information

Bibliometric values

Total publications: 55 (Scopus)
Number of publications in the last five years: 32 (Scopus)
Total citations: 1,627 (Scopus)
h-index: 24

Peer-reviewed publications – Last 5 years

1. Favari, C., Rinaldi de Alvarenga, J.F., Sánchez-Martínez, L., Tosi, N., Mignogna, C., Cremonini, E., Manach, C., **Bresciani, L.**, Del Rio, D., Mena, P. Factors driving the inter-individual variability in the metabolism and bioavailability of (poly) phenolic metabolites: A systematic review of human studies. *Redox Biology*, 2024, 71, 103095.
2. Clifford, M. N., Ludwig, I. A., Pereira-Caro, G., Zeraik, L., Borges, G., Almutairi, T.M., Dobani, S., **Bresciani, L.**, Mena, P., Gill, C., Crozier, A. Exploring and disentangling the production of potentially bioactive phenolic catabolites from dietary (poly)phenols, phenylalanine, tyrosine and catecholamines. *Redox Biology*, 2024, 71, 103068.
3. Baron G., Altomare A., Della Vedova L., Gado F., Quagliano O., Casati S., Tosi N., **Bresciani L.**, Del Rio D., Roda G., D'Amato A., Lammi C., et al. Unraveling the parahormetic mechanism underlying the health-protecting effects of grapeseed procyanidins. *Redox Biology*, 2024, 69, 102981.
4. Tosi, N., Favari, C., **Bresciani, L.**, Flanagan, E., Hornberger, M., Narbad, A., Del Rio, D., Vauzour, D., Mena, P. Unravelling phenolic metabolotypes in the frame of the COMBAT study, a randomized, controlled trial with cranberry supplementation. *Food Research International*, 2023, 172, 113187.
5. Muralidharan, J., Romain, C., **Bresciani, L.**, Mena, P., Angelino, D., Del Rio, D., Chung, L. H., Alcaraz, P.E., Cases, J. Nutrikinetics and urinary excretion of phenolic compounds after a 16-week supplementation with a flavanone-rich ingredient. *Food and Function*, 2023, 14, 10506 – 10519
6. Di Pede, G., Mena, P., **Bresciani, L.**, Achour, M., Lamuela-Raventós, R.M., Estruch, R., Landberg, R., Kulling, S., Wishart, D., Rodriguez-Mateos, A., Clifford, M., Crozier, A. A Systematic Review and Comprehensive Evaluation of Human Intervention Studies to Unravel the Bioavailability of Hydroxycinnamic Acids. *Antioxid Redox Signal*, 2023, doi: 10.1089/ars.2023.0254. Online ahead of print.
7. Di Pede, G., Mena, P., **Bresciani, L.**, Achour, M., Lamuela-Raventós, R.M., Estruch, R., Landberg, R., Kulling, S.E., Wishart, D., Rodriguez-Mateos, A., Crozier, A., Manach, C., Del Rio, D. Revisiting the bioavailability of flavan-3-ols in humans: A systematic review and comprehensive data analysis. *Molecular Aspects of Medicine*, 2023, 89, 101146.
8. Pereira-Caro, G., Cáceres-Jimenez, S., **Bresciani, L.**, Mena, P., Almutairi, T.M., Dobani, S., Pourshahidi, L. K., Gill, C.I.R., Moreno Rojas, J.M., Clifford, M.N., Crozier, A. Excretion by subjects on a low (poly) phenol diet of phenolic gut microbiota catabolites sequestered in tissues or associated with catecholamines and surplus amino acids. *International Journal of Food Sciences and Nutrition*, 2023, 74, 532 – 543.
9. Leni, G., Romanini, E., Bertuzzi, T., Abate, A., **Bresciani, L.**, Lambri, M., Dall'Asta, M., Gabrielli, M. Italian Grape Ale Beers Obtained with Malvasia di Candia Aromatica Grape Variety: Evolution of Phenolic Compounds during Fermentation. *Foods*, 2023, 12(6), 1196
10. Di Pede, G., Mena, P., **Bresciani, L.**, Almutairi, T.M., Del Rio, D., Clifford, M.N. Human colonic catabolism of dietary flavan-3-ol bioactives. *Molecular Aspects of Medicine*, 2023, 89, 101107
11. Castañer, O., Tresserra-Rimbau, A., **Bresciani, L.**, Casas, R. Editorial: Women in nutritional epidemiology. *Frontiers in Nutrition*, 2023, 103, 1147856
12. Romain, C., **Bresciani, L.**, Muralidharan, J., Mena, P., Chung, L.H., Alcaraz, P.E., Del Rio, D., Cases, J. Exposure to (Poly)phenol Metabolites after a Fruit and Vegetable Supplement Intake: A Double-Blind, Cross-Over,

Randomized Trial. *Nutrients*, 2022, 14(22), 4913. Corresponding Author

13. Calani, L., **Bresciani, L.**, Rodolfi, M., Del Rio, D., Petrucci, R., Faraloni, C., Ganino, T. Characterization of the (Poly)Phenolic Fraction of Fig Peel: Comparison among Twelve Cultivars Harvested in Tuscany. *Plants*, 2022, 11(22), 3073. Corresponding Author
14. Di Pede, G., **Bresciani, L.**, Brighenti, F., Clifford, M.N., Crozier, A., Del Rio, D., Mena, P. In vitro faecal fermentation of monomeric and oligomeric flavan-3-ols: Catabolic pathways and stoichiometry (2022) *Mol Nutr Food Res*. 2022 Feb 2;e2101090. DOI: 10.1002/mnfr.202101090. Corresponding Author
15. P Mena, C Favari, A Acharjee, S Chernbumroong, **L Bresciani**, C Curti, F Brighenti, C Heiss, A Rodriguez-Mateos, D Del Rio. Metabotypes of flavan-3-ol colonic metabolites after cranberry intake: elucidation and statistical approaches. *Eur J Nutr*. 2022 Apr;61(3):1299-131.
16. P Mena, **L Bresciani**, M Tassotti, A Rosi, D Martini, M Antonini, A Dei Cas, R Bonadonna, F Brighenti, D Del Rio. Effect of different patterns of consumption of coffee and a cocoa-based product containing coffee on the nutrkinetics and urinary excretion of phenolic compounds. *Am J Clin Nutr*. 2021, 114(6):2107-2118.
17. Costabile, G., Vitale, M., Della Pepa, G., Cipriano, P., Vetrani, C., Testa, R., Mena, P., **Bresciani, L.**, Tassotti, M., Calani, L., Del Rio, D., Brighenti, F., Napoli, R., Rivelles, A.A., Riccardi, G., Giacco, R. A wheat aleurone-rich diet improves oxidative stress but does not influence glucose metabolism in overweight/obese individuals: results from a randomized controlled trial (2021) *Nutrition, Metabolism and Cardiovascular Diseases*. *Nutr Metab Cardiovasc Dis*. 2022, 32(3):715-726.
18. **Bresciani, L.**, Di Pede, G., Favari, C., Calani, L., Francinelli, V., Riva, A., et al. In vitro (poly) phenol catabolism of unformulated-and phytosome-formulated cranberry (*Vaccinium macrocarpon*) extracts. *Food Research International*, 2021, 141, 110137
19. Dodi, R., **Bresciani, L.**, Biasini, B., Cossu, M., Scazzina, F., Taddei, F., D'egidio, M.G., Dall'asta, M., Martini, D. Traditional and non-conventional pasta-making processes: Effect on in vitro starch digestibility, *Foods*, 2021, 10(5), 921.
20. Costabile, G., Vetrani, C., Bozzetto, L., Giacco, R., **Bresciani, L.**, Del Rio, D., Vitale, M., Della Pepa, G., Brighenti, F., Riccardi, G., Rivelles, A.A., Annuzzi, G. Plasma TMAO increase after healthy diets: results from two randomized controlled trials with dietary fish, polyphenols, and whole grain cereals, *The American Journal of Clinical Nutrition*, 2021, 114(4):1342-1350.
21. Low, D. Y., Micheau, P., Koistinen, V. M., Hanhineva, K., Abrankó, L., Rodriguez-Mateos, A., da Silva, A. B., van Poucke, C., Almeida, C., Andres-Lacueva, C., Rai, D. K., Capanoglu, E., Tomás Barberán, F. A., Mattivi, F., Schmidt, G., Gürdeniz, G., Valentová, K., **Bresciani, L.**, Petrásková, L., Dragsted, L. O., Philo, M., Ulaszewska, M., Mena, P., González-Domínguez, R., García-Villalba, R., Kamiloglu, S., de Pascual-Teresa, S., Durand, S., Wiczowski, W., Bronze, M. R., Stanstrup, J., & Manach, C. Data sharing in PredRet for accurate prediction of retention time: Application to plant food bioactive compounds, *Food Chemistry*, 2021, 357, 129757.
22. D Martini, A Rosi, M Tassotti, M Antonini, M Dall'Asta, **L Bresciani**, et al. Effect of coffee and cocoa-based confectionery containing coffee on markers of cardiometabolic health: Results from the pocket-4-life project. *European Journal of Nutrition*, 2021, 60 (3), 1453-1463
23. G Di Pede, **L Bresciani**, L Calani, G Petrangolini, A Riva, P Allegrini, et al. The human microbial metabolism of quercetin in different formulations: an in vitro evaluation. *Foods*, 2020, 9 (8), 1121
24. P Mena, **L Bresciani**. Dietary fibre modifies gut microbiota: what's the role of (poly) phenols? *International Journal of Food Sciences and Nutrition*, 2020, 71 (7), 783-784
25. **L Bresciani**, M Tassotti, A Rosi, D Martini, M Antonini, A Dei Cas, et al. Absorption, Pharmacokinetics, and Urinary Excretion of Pyridines After Consumption of Coffee and Cocoa-Based Products Containing Coffee in a Repeated Dose, Crossover Human Intervention Study. *Molecular Nutrition & Food Research*, 2020, 64 (18), 2000489
26. F Castello, MS Fernández-Pachón, I Cerrillo, B Escudero-López, Á Ortega, A Rosi, **L Bresciani**, D Del Rio, P

- Mena. Absorption, metabolism, and excretion of orange juice (poly) phenols in humans: The effect of a controlled alcoholic fermentation. *Archives of Biochemistry and Biophysics*, 2020, 695, 108627
27. G Pereira-Caro, S Gaillet, JL Ordóñez, P Mena, **L Bresciani**, KA Bindon, et al. Bioavailability of red wine and grape seed proanthocyanidins in rats. *Food & function*, 2020, 11 (5), 3986-4001
 28. F Danesi, L Calani, V Valli, **L Bresciani**, D Del Rio, A Bordoni. (Poly) phenolic Content and Profile and Antioxidant Capacity of Whole-Grain Cookies are Better Estimated by Simulated Digestion than Chemical Extraction. *Molecules*, 2020, 25 (12), 2792
 29. **Bresciani L.**, Favari C., Calani L., Francinelli V., Riva A., Petrangolini G., Allegrini P., Mena P., Del Rio D. The Effect of Formulation of Curcuminoids on Their Metabolism by Human Colonic Microbiota. *Molecules* (2020), 25 (4), 940
 30. Dinu M, Pagliai G, Angelino D, Rosi A, Dall'Asta M, **Bresciani L**, Ferraris C, Guglielmetti M, Godos J, Del Bo' C, Nucci D, Meroni E, Landini L, Martini D, Sofi F. Effects of Popular Diets on Anthropometric and Cardiometabolic Parameters: An Umbrella Review of Meta-Analyses of Randomized Controlled Trials. *Adv Nutr.* 2020 Jul 1;11(4):815-833.
 31. Spaggiari M., Riccia A., Calani L., **Bresciani L.**, Neviani E., Dall'Asta C., Lazzi C., Galaverna G. Solid state lactic acid fermentation: A strategy to improve wheat bran functionality. *LWT* (2020), 118, 108668
 32. **Bresciani L**, Angelino D, Vivas EI, Kerby RL, García-Viguera C, Del Rio D, Rey FE1, Mena P. Differential Catabolism of an Anthocyanin-Rich Elderberry Extract by Three Gut Microbiota Bacterial Species. *J Agric Food Chem.* 2020, 68(7):1837-1843.

Peer-reviewed publications (before 2020)

33. Martini D, Chiavaroli L, González-Sarrías A, **Bresciani L**, Palma-Duran SA, Dall'Asta M, Deligiannidou GE, Massaro M, Scoditti E, Combet E, Maksimova V, Urpi-Sarda M, Kontogiorgis CA, Andrés-Lacueva C, Gibney ER, Del Rio D, Morand C, Garcia-Aloy M, Rodriguez-Mateos A, Mena P. Impact of Foods and Dietary Supplements Containing Hydroxycinnamic Acids on Cardiometabolic Biomarkers: A Systematic Review to Explore Inter-Individual Variability. *Nutrients*. 2019;11(8). pii: E1805.
34. Mocciaro G, **Bresciani L**, Tsiountsioura M, DanielaMartini, PedroMena, MelanieCharrone, FurioBrighenti, StefanoBentley, MattHarvey, DavidCollins, DanieleDel Rio, SumantraRay. Dietary absorption profile, bioavailability of (poly)phenolic compounds, and acute modulation of vascular/endothelial function by hazelnut skin drink. *Journal of Functional Foods*, Volume 63, December 2019, 103576
35. Frascari, D., Rubertelli, G., Arous, F., Ragini, A., **Bresciani, L.**, Arzu, A., Pinelli, D. Valorisation of olive mill wastewater by phenolic compounds adsorption: development and application of a procedure for adsorbent selection. (2018) *Chem Eng J.* 360, pp.124-138.
36. Mena, P., **Bresciani, L.**, Brindani, N., Ludwig, I.A., Pereira-Caro, G., Angelino, D., Llorach, R., Calani, L., Brighenti, F., Clifford, M.N., Gill, C.I.R., Crozier, A., Curti, C., Del Rio, D. Phenyl-γ-valerolactones and phenylvaleric acids, the main colonic metabolites of flavan-3-ols: synthesis, analysis, bioavailability, and bioactivity. (2018) *Nat Prod Rep.* doi: 10.1039/c8np00062j. [Epub ahead of print].
37. **Bresciani, L.**, Dall'Asta, M., Favari, C., Calani, L., Del Rio, D., Brighenti, F. An in vitro exploratory study of dietary strategies based on polyphenol-rich beverages, fruit juices and oils to control trimethylamine production in the colon. (2018) *Food Funct.* 9, pp. 6470-6483.
38. Boukid F., Dall'Asta M., **Bresciani L.**, Mena P., Del Rio D., Calani L., Sayar R., Weon Y., Yacoubi S., Mejri M. Phenolic profile and antioxidant capacity of landraces, old and modern Tunisian durum wheat. *European Food Research and Technology* (2019), 245, pp 73–82
39. Castello, F., Costabile, G., **Bresciani, L.**, Tassotti, M., Naviglio, D., Luongo, D., Ciciola, P., Vitale, M., Vetrani, C., Galaverna, G., Brighenti, F., Giacco, R., Del Rio, D., Mena, P. Bioavailability and pharmacokinetic profile of grape

pomace phenolic compounds in humans. (2018) Arch Biochem Biophys. 15, pp. 646:1-9.

40. Savi, M., Bocchi, L., **Bresciani, L.**, Falco, A., Quaini, F., Mena, P., Brighenti, F., Crozier, A., Stilli, D., Del Rio, D. Trimethylamine-N-Oxide (TMAO)-Induced Impairment of Cardiomyocyte Function and the Protective Role of Urolithin B-Glucuronide. (2018) Molecules. 23(3). pii: E549.
 41. Juániz, I., Ludwig, I.A., **Bresciani, L.**, Dall'Asta, M., Mena, P., Del Rio, D., Cid, C., de Peña, M.-P. Bioaccessibility of (poly)phenolic compounds of raw and cooked cardoon (*Cynara cardunculus* L.) after simulated gastrointestinal digestion and fermentation by human colonic microbiota. (2017) J Funct Foods, 32, pp. 195-207.
 42. **Bresciani, L.**, Martini, D., Mena, P., Tassotti, M., Calani, L., Brigati, G., Brighenti, F., Holasek, S., Malliga, D.-E., Lamprecht, M., Del Rio, D. Absorption profile of (Poly)phenolic compounds after consumption of three food supplements containing 36 different fruits, vegetables, and berries. (2017) Nutrients, 9 (3), art. no. 194.
- Bresciani, L.** Advances in (poly)phenol research: novel sources, bioavailability, bioaccumulation and bioactivity. Doctoral Thesis.
43. Juániz, I., Ludwig, I.A., **Bresciani, L.**, Dall'Asta, M., Mena, P., Del Rio, D., Cid, C., de Peña, M.-P. Catabolism of raw and cooked green pepper (*Capsicum annuum*) (poly)phenolic compounds after simulated gastrointestinal digestion and faecal fermentation. (2016) J Funct Foods, 27, pp. 201-213.
 44. Savi, M., Bocchi, L., Sala, R., Frati, C., Lagrasta, C., Madeddu, D., Falco, A., Pollino, S., **Bresciani, L.**, Miragoli, M., Zaniboni, M., Quaini, F., Del Rio, D., Stilli, D. Parenchymal and stromal cells contribute to pro-inflammatory myocardial environment at early stages of diabetes: Protective role of resveratrol. (2016) Nutrients, 8 (11), art. no. 729.
 45. **Bresciani, L.**, Scazzina, F., Leonardi, R., Dall'Aglio, E., Newell, M., Dall'Asta, M., Melegari, C., Ray, S., Brighenti, F., Del Rio, D. Bioavailability and metabolism of phenolic compounds from wholegrain wheat and aleurone-rich wheat bread. (2016) Mol Nutr Food Res, 60 (11), pp. 2343-2354.
 46. Ounnas, F., Privé, F., Salen, P., Gaci, N., Tottey, W., Calani, L., **Bresciani, L.**, López-Gutiérrez, N., Hazane-Puch, F., Laporte, F., Brugère, J.-F., Del Rio, D., Demeilliers, C., De Lorgeril, M. Whole rye consumption improves blood and liver n-3 fatty acid profile and gut microbiota composition in rats. (2016) PLoS ONE, 11 (2), art. no. e0148118.
 47. Dall'Asta, M., **Bresciani, L.**, Calani, L., Cossu, M., Martini, D., Melegari, C., Del Rio, D., Pellegrini, N., Brighenti, F., Scazzina, F. In vitro bioaccessibility of phenolic acids from a commercial aleurone-enriched bread compared to a whole grain bread. (2016) Nutrients, 8 (1).
 48. Ludwig, I.A., Mena, P., Calani, L., Borges, G., Pereira-Caro, G., **Bresciani, L.**, Del Rio, D., Lean, M.E.J., Crozier, A. New insights into the bioavailability of red raspberry anthocyanins and ellagitannins. (2015) Free Radic Biol Med, 89, pp. 758-769.
 49. **Bresciani, L.**, Calani, L., Cossu, M., Mena, P., Sayegh, M., Ray, S., Del Rio, D. (Poly)phenolic characterization of three food supplements containing 36 different fruits, vegetables and berries. (2015) PharmaNutrition, 3 (2), pp. 11-19.
 50. Tan, S., Calani, L., **Bresciani, L.**, Dall'asta, M., Faccini, A., Augustin, M.A., Gras, S.L., Del Rio, D. The degradation of curcuminoids in a human faecal fermentation model. (2015) Int J Food Sci Nutr, 66 (7), pp. 790-796.
 51. Nieman, K., M., Sanoshy, K., D., **Bresciani, L.**, Schild, A., L., Kelley, K., M., Lawless, A., L., Ceddia, M., A., Maki, K., C., Del Rio, D., Herrlinger K., A. Tolerance, bioavailability, and potential cognitive health implications of a distinct aqueous spearmint extract. (2015) Functional Foods in Health and Disease, 5 (5), PP. 165-187.
 52. **Bresciani, L.**, Calani, L., Bruni, R., Brighenti, F., Del Rio, D. Phenolic composition, caffeine content and antioxidant capacity of coffee silverskin. (2014) Food Res Int, 61, pp. 196-201.
 53. Romain, C., **Bresciani, L.**, Gaillet, S., Feillet-Coudray, C., Calani, L., Bonafos, B., Vidé, J., Rugani, N., Ramos, J., Rio, D.D., Cristol, J.-P., Rouanet, J.-M. Moderate chronic administration of Vineatrol-enriched red

wines improves metabolic, oxidative, and inflammatory markers in hamsters fed a high-fat diet. (2014) Mol Nutr Food Res, 58 (6), pp. 1212-1225.

54. **Bresciani, L.**, Calani, L., Bocchi, L., Delucchi, F., Savi, M., Ray, S., Brighenti, F., Stilli, D., Del Rio, D. Bioaccumulation of resveratrol metabolites in myocardial tissue is dose-time dependent and related to cardiac hemodynamics in diabetic rats. (2014) Nutr Metab Cardiovasc Dis, 24 (4), pp. 408-415.
55. Calani, L., Ounnas, F., Salen, P., Demeilliers, C., **Bresciani, L.**, Scazzina, F., Brighenti, F., Melegari, C., Crozier, A., De Lorgeril, M., Del Rio, D. Bioavailability and metabolism of hydroxycinnamates in rats fed with durum wheat aleurone fractions. (2014) Food Funct, 5 (8), pp. 1738-1746.

Book chapters

56. Di Pede, G., Favari, C., **Bresciani, L.**, Almutairi, T.M., Del Rio, D., and Crozier, A. Occurrence, Bioavailability and Metabolism of Berry (Poly)phenols, in "Berries and Berry Bioactive Compounds in Promoting Health". Editors: Dorothy Klimis-Zacas, Ana Rodriguez-Mateos. (2022)
57. **Bresciani L.** e Del Rio D. Il microbiota che trasforma i componenti della dieta, in "Evoluzione Biologica e i grandi problemi della Biologia – il microbiota, il secondo genoma degli eucarioti", Roma 2020, Bardi Edizioni
58. D Martini, J Godos, **L Bresciani**, G Grosso. Nut Consumption and Noncommunicable Diseases: Evidence From Epidemiological Studies. Nuts and Seeds in Health and Disease Prevention, 2020, 441-452

Invited speaker to national and international conferences

- 2024: Invited speaker at XLIV CONGRESSO NAZIONALE SINU 2024, PIACENZA 4-6 giugno 2024: Lecture Title: Valutazione del metabolismo e della bioattività dei composti bioattivi: nuove sfide analitiche.
- 2023: Invited Speaker at 4th International Conference on FOOD BIOACTIVES & HEALTH (18-21 September, Prague, Czech Republic). Lecture Title: "New analytical challenges to evaluate (poly)phenol metabolism and bioactivity"
- 2022: Invited Speaker at 3rd International Conference on FOOD BIOACTIVES & HEALTH (Parma). Lecture Title: "The evolution of approaches and methods in the study of phenolic compound bioavailability" (21-24 June 2022, Parma, Italy)
- 2021: Invited speaker at NutriMi 2021 (Milano). Lecture Title: "(Poly)fenoli: vecchie credenze e nuove realtà"

Other conference related activities

- 2023: Chair for the session "(Poly)Phenols III., Bioavailability, Absorption, Distribution, Metabolism & Excretion" at 4th International Conference on FOOD BIOACTIVES & HEALTH (18-21 September 2023, Prague, Czech Republic).
- 2022: Chair of the SINU Young Symposium "ALIMENTI DI ORIGINE ANIMALE TRA MITI E REALTÀ" at XLII CONGRESSO NAZIONALE della Società Italiana di Nutrizione Umana (SINU) (Napoli)
- 2019: Chair of the Poster Session at XL CONGRESSO NAZIONALE della Società Italiana di Nutrizione Umana (SINU) – (Genova)
- 2019: Chair of the Oral Communication at XL Congresso Nazionale della Società Italiana di Nutrizione Umana (SINU) – (Genova)

Organisation of scientific meetings

- Member of the organizing committee of the 3rd International Conference on Food Bioactives & Health, FBHC2020/22 (21-24 June 2022, Parma, Italy).

Scientific Committee Member

- Scientific committee for the 11th International Conference on Polyphenols and Health (Boston, Massachusetts, October 16-19, 2024)

Fundings

- August 2023: "AcorN: a forgotten resource to be rediscOvered and valorizEd in the production of good and healThY foods. (NOVELTY)" - Funding: PNRR-M4C2- 11.1-Avviso MUR n. 1409 del 14-9-2022-PRIN 2022PNRR - Settore LS9 - Codice Progetto P2022N57PN_002 - Codice CUP D53D23022000001 Finanziato dall'Unione Europea – NextGenerationEU
- July 2023: "Discovering the role of SEASOnal dietary choices on Mediterranean diet adherence and effect on human microbiota (4-SEASOMed)" – Funding: PNRR - Missione 4 "Istruzione e Ricerca" - Componente 2 - Investimento 1.1 "Fondo per il Programma Nazionale di Ricerca e Progetti di Rilevante Interesse Nazionale (PRIN)" - PRIN 2022 - Settore ERC LS4 PRIN: PROGETTI DI RICERCA DI RILEVANTE INTERESSE NAZIONALE – Bando 2022
- March 2023: "(Poly)PHenol FUNctional Catabolite production through plant-based by-product Lactic Acid Bacteria fermentation - PHUNC-by-LAB" - Funding: Bando di Ateneo per la Ricerca 2022 - Azione B

Teaching activities and Institutional appointments:

From a.y. 2021/2022: Lecturer, SSD MED/49 courses:

- Human diet and nutrition (a.y. 2023/2024)
- Nutrition labels and nutritional quality of foods: practical activities (a.y. 2023/2024)
- Nutrition labels and nutritional quality of foods (a.y. 2023/2024)
- Functional foods and for special medical purposes (a.y. 2021/2022 – 2022/2023)
- Fundamentals of applied nutrition and evaluation of the nutritional status: practical activities (a.y. 2021/2022 – 2022/2023)
- Healthy and functional foods (a.y. 2022/2023)

From 2016 to 2021: Subject expert - "Cultore della materia" SSD MED/49 e SSD BIO/09 for:

- Applied Human Nutrition
- Human Nutrition
- Human Nutrition and Dietetics
- Nutrition and Health
- Dietetics
- Evaluation of the nutritional quality of food
- Healthy and Functional Foods
- Risk characterization and exposure assessment in food, Exposure assessment and risk/benefit evaluation

- From 2024: Member of the Departmental Quality Assurance Committee
- From 2024: Member of self-assessment group for Bachelor Degree Course in Food Science and Technology
- From 2021 to 2023: Member of Joint Committee of students and faculty members for Master Degree Course in Human Nutrition Sciences
- From 2022: Member of the Committee of the Ph.D. program in Food Science

Student and PhD student Supervisor, thesis Committee

- Since 2021 –Member for three PhD international Thesis Commission
- Since 2023 - External evaluator of three international PhD Thesis.

“Characterisation of dietary fibre, bioactive compounds and prebiotic effect of plant food by-products for their valorisation as high added-value ingredients”;
 “Effect of cooking and in vitro gastrointestinal digestion on the stability, bioaccessibility, and bioactivities of phenolic compounds in dark purple eggplant and red-skinned onion”
 “Health effects of seasonal consumption of local phenolic-rich fruits”

- Supervisor of 1 PhD Student within the PhD Course in Food Science (39th Cycle)
- Co-Supervisor of 3 PhD students within the PhD Course in Food Science (38th and 36th Cycle)
- From 2021 – Member of Bachelor Degree Thesis Commission for “FOOD SCIENCE AND TECHNOLOGY” and “GASTRONOMIC SCIENCE” and Master Degree Thesis Commission for “FOOD SCIENCE AND TECHNOLOGY”, “HUMAN NUTRITION SCIENCES”, and “TRANSLATIONAL BIOMEDICAL SCIENCES”
- From 2021 – Supervisor of 31 Master degree Thesis in “Human nutrition sciences”, 1 Master degree Thesis in “Food Science and Technology”, 4 Bachelor Degree Thesis in “Gastronomic science”
- From 2013 - Assistant supervisor of 22 thesis for Master degree Courses in “FOOD SCIENCE AND TECHNOLOGY”, “TRANSLATIONAL BIOMEDICAL SCIENCES”, “Food Sciences for Innovation and Authenticity” Assistant Supervisor of 6 thesis for Bachelor Degree Courses in “FOOD SCIENCE AND TECHNOLOGY” and “GASTRONOMIC SCIENCE”

Editorial activity

- From September 2022: Member of the Advisory Board of Food and Function
- From April 2021: Editorial Board Member of PharmaNutrition
- Member of Topic Board of Molecules (MDPI)
- Guest editor for:
 - “Women in Nutritional Epidemiology: 2021”, Frontiers in Nutrition. November 2021-July 2022. IF. 6.576
- “(Poly)phenols: Metabolism and Health” Molecules (Ed. MDPI). October 2020-November 2021. IF: 3.267.
- “Polyphenols: Nutrition, Physiology, Metabolism and Health Benefits 2019” International Journal of Molecular Sciences (Ed MDPI). December 2018-August 2019. IF. 4.556.
- “Polyphenols: Nutrition, Physiology, Metabolism and Health Benefits” Journal of Molecular Sciences (Ed MDPI). May 2018-November 2018. IF. 4.556.

Professional Accreditation/Membership and other working group

- From 2024 - Member of the British Nutrition Society
- From 2020: Member of the Early Career Scientists involved in within the JPI project FOODPHYT “Food phytochemicals matter for cardiometabolic health”
- From 2020 to 2021: Early Career Scientist representative within FoodPhyt Project
- From 2020: Member of the International Working Group on HEALTH BENEFITS ASSESSMENT OF FOODS - TASK FORCE ‘HEALTH BENEFITS OF POLYPHENOL BY GUT MICROBIOME MODULATION’, promoted by ILSI Europe.
- From 2020: Member of the SINU Working Group on Fiber and Carbohydrate for the new LARN Revision.
- From 2020: Founding member of Italy and Mediterranean Europe Network of NNedPro (Need for Nutrition Education Project) Global Centre for Nutrition and Health

- From 2020: Member of the Italian Metabolomics Network (IMN)
- From 2021: Scientific Coordinator of a SINU Young working group within the study “Evaluation of the validity and reproducibility of a food frequency questionnaire for the assessment of phytochemical intake in the Italian population (FitoQ)”
- 2019: Member of the SINU Young working group for the evaluation of “Effects of Popular Diets on Anthropometric and Cardiometabolic Parameters: An Umbrella Review of Meta-Analyses of Randomized Controlled Trials”
- From 2017: Member of SINU (Società Italiana di Nutrizione Umana) Young group
- From 2013: Member of SINU - Società Italiana di Nutrizione Umana
- Mentor activity during the 2nd and the 3rd digital edition of the “Yakult Academy on Nutrition Communication” on online scientific communication through the social media.

National Scientific Habilitation ai sensi dell'art. 16 della Legge n. 240/2010

- National Scientific Habilitation Associate Professor (Abilitazione Scientifica Nazionale –ASN - per professori di seconda fascia), SC 06/D2, SSD MED/49. Validità dal 12/05/2021 al 12/05/2032
- National Scientific Habilitation Associate Professor (Abilitazione Scientifica Nazionale -ASN - per professori di seconda fascia), SC 05/D1, SSD BIO/09. Validità dal 23/07/2021 AL 23/07/2032