



PROFESSIONAL SUMMARY

- Accomplished nutritionist with multi-year experience, both national and international.
- Accomplished researcher in the field of both clinical and basic nutrition, with emphasis on cardiovascular, metabolic, and stress system fields.
- Extroverted and confident science communicator, both oral and written, making complex scientific concepts accessible to audiences of various backgrounds.
- Motivated team-worker with outstanding social and work skills, deeply interested in ethical and environmental care.

CURRENT POSITIONS

- Head of Nutritional department at LP Laboratoires Médicaux, Avenches, Switzerland.
- Consultant for Artemisia Onlus with emphasis on education and scientific involvement in CME courses and Symposia.
- Lecturer for 2nd level Master in Psychoneurobiology, Sapienza University of Rome, Rome, Italy.
- Lecturer for 1st level Master in Lymphedema and Lipedema Rehabilitation, Alma Mater University, Bologna, Italy.

WORK EXPERIENCES

- Nutritionist, Medical department, Chenot Palace Weggis, Switzerland.
- Fellow of the Medical Team at Artemisia Clinics in Rome, with commitment into the field of dietetics and autonomic nervous system response in relation to stress system, circadian rhythm, and nutritional behavior.
- Clinical Nutritionist at Ars Naturae Organic Farm in Rome, aimed to couple food wellness and healthy mindset(s).
- Post-doctoral fellow of the Unit of Endocrinology and Diabetes at Campus Bio-Medico University of Rome, committed to both basic and clinical research.
- Teaching and coaching duties provided to Food Science and Human Nutrition students.
- Mentoring activity for the American Society of Nutrition.
- Invited speaker for both national and international scientific congresses (e.g., ADA, IDF, and EASD), as well as CME courses and 2nd level Masters in the field of Medical Nutrition.

EDUCATION

2nd level Master in Psychoneurobiology

Feb 2019 to Jan 2020

Sapienza University of Rome, Italy

- Tailored Master to get insights regarding neuroscience and psychology, psychiatry and the main neuronal pathways, both from a cell and molecule-based perspective, regarding several human behaviors and related diseases. These include stress and adaptation syndrome, as well as chronic inflammation and autoimmune, gastrointestinal, cardiovascular and metabolic diseases, with a focus on clinical nutrition and behavioral features.
- Completion thesis based on psychoneurobiology and nutritional correlates.

International PhD in Integrated Biomedical Sciences – Endocrinology

Nov 2015 to Jul 2019

Campus Bio-Medico University of Rome, Italy

- Personalized curriculum in Endocrinology, with focus on the evaluation of multiple dietary interventions in type-2 diabetes and reactive hypoglycemia subjects.
- 6-month research internship in the field of cell culturing and molecular biology c/o ENEA Research Agency, Rome, Italy.
- Activity as peer-reviewer for international scientific journals in the field of nutrition and metabolic diseases – <https://publons.com/researcher/1334803/antonio-di-mauro/>
- Good Clinical Practices expertise c/o Catholic University in Rome
- Further refinement of interpersonal skills as fellow of Campus Bio-Medico University Students Council (PhD students' representative)

Master's Degree (MSc) in Food Science and Human Nutrition

Nov 2013 to Jul 2015

Campus Bio-Medico University of Rome, Italy

- Core studies focused on clinical nutrition
- Winner of SMP Erasmus Scholarship
- 3-month research internship c/o NIFES Research Center in Bergen, Norway
- Refinement of interpersonal skills as fellow of Campus Bio-Medico University Students Council (master students' representative)

Bachelor's Degree (BSc) in Food Science and Human Nutrition

Nov 2010 to Jul 2013

Campus Bio-Medico University of Rome, Italy

- Core studies focused on human biology, physiology, and nutrition.
- Winner of SMP Erasmus Scholarship
- 4-month research internship c/o The Wolfson Institute of Preventive Medicine, Bart's and The London School of Medicine and Dentistry, Queen Mary University of London, UK.

- Refinement of interpersonal skills as fellow of Campus Bio-Medico University Students Council (bachelor students' representative)

SCIENTIFIC PRODUCTION

- Tuccinardi D, **Di Mauro A**, Lattanzi G, Rossini G, Monte L, Beato I, Spiezia C, Bravo M, Watanabe M, Soare A, Kyanvash S, Armirotti A, Bertozzi S, Gastaldelli A, Pedone C, Khazrai YM, Pozzilli P and Manfrini S. An Extra Virgin Olive Oil-enriched Chocolate Spread Positively Modulates Insulin-Resistance Markers compared With a Palm Oil-enriched one in Healthy Young Adults: A Double-Blind, Cross-Over, Randomized Controlled Trial. *Diabetes Metab Res Rev* 2021 Aug25;e3492. DOI: 10.1002/dmrr.3492
- **Di Mauro A**, Tuccinardi D, Del Toro R, Monte L, Giorgino R, Rampa L, Rossini G, Kyanvash S, Soare A, Khazrai M, Piccoli A, Napoli N, Pozzilli P and Manfrini S. The Mediterranean Diet increases GLP-1 and Oxyntomodulin compared with a Vegetarian Dietary Pattern in Patients with Type-2 Diabetes: a Randomized Controlled Cross-Over Trial. *Diabetes Metab Res Rev* 2020 Sep 14;e3406. DOI: 10.1002/dmrr.3406
- **Di Mauro A**, Tuccinardi D, Del Toro R, Monte L, Giorgino R, Rampa L, Rossini G, Kyanvash S, Soare A, Khazrai M, Piccoli A, Napoli N, Pozzilli P and Manfrini S (abstract). A Mediterranean-pattern Meal Increases GLP-1 and Oxyntomodulin more than an Energy-matched High Fiber Plant-Based Meal in Type 2 Diabetes patients: A Crossover, Randomized, Controlled Inpatient Physiology Study. Oral presentation at the 80th American Diabetes Association (Virtual Session)
- **Di Mauro A**, Tuccinardi D, Del Toro R, Buzzetti R, Campagna G, Pozzilli F, Pianesi M and Pozzilli P (abstract). Use of Diabetes Risk Score in the evaluation of type-2 diabetes risk following Ma-Pi macrobiotic and other diets. 2017 IDF Annual Congress
- **Di Mauro A**, Tuccinardi D, Del Toro R, Gesuita R, Pozzilli F, Pianesi M and Pozzilli P (abstract). Comparison of macrobiotic and different dietary regimens in self-perception and quality of life through EQ-5D-3L questionnaire. 2017 IDF Annual Congress
- Soare A, Khazrai YM, Fontana L, Del Toro R, Lazzaro MC, Di Rosa C, Buldo A, Fioriti E, Maddaloni E, Angeletti S, **Di Mauro A**, Gesuita R, Skrami E, Tuccinardi D, Fallucca S, Pianesi M and Pozzilli P. Treatment of Reactive Hypoglycemia with the Macrobiotic Ma-Pi 2 Diet as Assessed by Continuous Glucose Monitoring: the MAHYP Randomized Crossover Trial. *Metab Clin Exp* 2017 Apr 69: 148-156. DOI: 10.1016/j.metabol.2017.01.023
- Strollo R, Soare A, Khazrai YM, **Di Mauro A**, Del Toro R, Fallucca S, Belluomo MG, Dugo L, Pozzilli P and Napoli N. Increased sclerostin and bone turnover after diet-induced weight loss in type-2 diabetes: a post hoc analysis of the MADIAB trial. *Endocrine* 2016 Nov 25. DOI: 10.1007/s12020-016-1171-7
- Soare A, Del Toro R, Khazrai YM, **Di Mauro A**, Fallucca S, Angeletti S, Skrami E, Gesuita R, Tuccinardi D, Manfrini S, Fallucca F, Pianesi m and Pozzilli P. A 6-month follow-up study of the

randomized controlled Ma-Pi macrobiotic dietary intervention (MADIAB trial) in type 2 diabetes. *Nutr Diabetes* 2016 Aug 15;6(8):e222. DOI: 10.1038/nutd.2016.29.

- **Di Mauro A**, Khazrai YM, Soare A, Fontana L, Del Toro R, Lazzaro MC, Di Rosa C, Buldo A, Fioriti E, Maddaloni E, Angeletti S, Gesuita R, Tuccinardi D, Fallucca S, and Pozzilli P (abstract). Treatment of reactive hypoglycemia with macrobiotic Ma-Pi 2 diet for prevention of type 2 diabetes: the MAHYP randomised crossover trial. *Diabetologia* (2016) 59 (Suppl 1):S335-S336. DOI: 10.1007/s00125-016-4046-9

- Strollo R, Soare A, Khazrai YM, **Di Mauro A**, Del Toro R, Fallucca S, Belluomo MG, Dugo L, Pozzilli P and Napoli N (abstract). The Effect of Diet-induced Weight Loss on Bone Turnover in Patients with Type 2 Diabetes. American Diabetes Association, 76th Scientific Session, June 13th, 2016.

ADDITIONAL INFORMATION

- Board License to provide nutritional consultations, ASCA Foundation, Switzerland.
- Board License to practice Clinical Nutrition. Tor Vergata University of Rome, Italy.
- Excellent use of technology tools such as Microsoft Office programs for both MAC OS and Windows; excellent use of nutritional programs such as Progeo, Metadieta, NutriAdmin, and Winfood; good use of SPSS, GraphPad, Wordpress, and social media platforms.

Languages

- Italian (mother tongue)
- English (proficient)
- Mandarin Chinese (basic)
- French (basic)

I hereby authorize the use of my Curriculum Vitae according to National and International Law.

August 1st, 2022