Degree projects (30, 45 and 60 credits)
Global Master's Programme in Nutrition Science (4NT22)

Degree Projects 30 credits

1.	Julia Backman	**"Targeting GLS Attenuates Inflammation in White Adipose Tissue"** Supervisor: Lynn Alaeddine, postdoctoral researcher, Department of Medicine, Karolinska Institutet	HT23
2.	Freja Stenbeck	**"Adherence to a smartphone-based dietary education among persons with type 2 diabetes"** Supervisor: Stephanie Bonn, PhD, Docent, Department of Medicine, Solna, Clinical Epidemiology Division, Karolinska Institutet	HT23
3.	Margaux Balduck	**"The effect of vulvovaginal candidiasis on the vaginal mucosal epithelium – a stable epithelial integrity and local immune environment"** Supervisor: Kristina Broliden, Professor, MD, Department of Medicine, Solna, Division of Infectious Diseases, Karolinska Institutet	VT24
4.	Noemi Bolzonella	**"Associations Between Added Sugar Intake and Cardiometabolic Risk Markers in a cross-sectional study of 10,357 Swedish participants"** Supervisor: Emily Sonestedt, Associate professor, Senior lecturer, Nutrition Epidemiology, Department of Clinical Sciences Malmö, Lund University	VT24
5.	Valeria Cecchini	**"The effect of an mHealth dietary intervention on ultra-processed food consumption in patients with type 2 diabetes: A randomised clinical trial"** Supervisor: Stephanie Bonn, Senior Research Specialist, Docent, Clinical Epidemiology Division, Department of Medicine, Solna, Karolinska Institutet	VT24
6.	Raphaela Preza da Silveira Costa	**"Influence of three different classes of algae on gut microbiota, a systematic review"** Supervisors: Stefania Giacomelo and Francisco Javier Vilaplana, KTH	VT24
7.	Xiaoqi Li	**"Effect of cholesterol and lactate metabolism on adipose tissue expansion and function"** Supervisors: Assoc. Prof. Carolina Hagberg and PhD stud. Min Cai, Department of Medicine, Solna, and CMM, Karolinska Institutet	HT24

8.	Isabelle Ruiz	**"Probiotic fermented beverage from plant-based ingredients"** Supervisors: Professor Francesca Patrigani, University of Bologna, Department of Agricultural and Food Sciences, Italy	HT24
9.	Rachel Ann Da Costa	**"The biological signature of dietary patterns in older adults"** Supervisors: Dr. Adrián Carballo Casla, Department of Neurobiology, Care Sciences, and Society, Karolinska Institutet	VT25
10.	Alika Aldershoff	**"Association between BMI and CSF biomarkers of ADRD – a registry-based cohort study"** Supervisor: Hong Xu, Assistant Professor, NVS, Karolinska Institutet	HT25
11.	Elza Buldere	**"Dietary changes during the SWITCH intervention: A 12-week study in Swedish adults"** Supervisor: Rikard Landberg, Chalmers University of Technology	HT25
12.	Ariana Cojocari	**"Protein Intake, Sarcopenia, and Cognitive Status in Memory-Clinic Patients: An Exploratory Cross-Sectional Study"** Supervisor: Rui Wang, Karolinska Institutet and GIH	HT25
13.	Tea Dovšak	**"The effect of the nutraceutical (-)-epicatechin on myosteatosis in patients with advanced chronic kidney disease"** Supervisor: Alice Baganha Sabatino, PhD, CLINTEC, Karolinska Institutet	HT25
14.	Vilma Jonsson	**"Perspectives on diet among individuals with primary sclerosing cholangitis: Insights from a thematic analysis of open-ended survey responses"** Supervisor: Catarina Lindqvist, MedH, Karolinska Institutet	HT25
15.	Alina Christina Kostaki	**"Environmental Impact of Adherence to the Nordic Nutrition Recommendations 2023"** Supervisors: Susanna Larsson, PhD, Associate Professor, and Stephanie Pitt, IMM, Karolinska Institutet	HT25
16.	Gallage Nadeesha Maduwanthi Perera	**"Determining Body Weight for Planning Individualized Nutrition Therapy to Individuals with Chronic Kidney Disease"** Supervisor: Carla Maria Avesani, Associate Professor, CLINTEC, Karolinska Institutet	HT25
17.	Léa Pisani	**"The Impact of Vitamin D Supplementation on Maternal and Infant Health Outcomes in Swedish Women: A Cohort Study"** Supervisor: Kari Johansson, Associate Professor, Karolinska Institutet	HT25
18.	Tam Lac	**"Evaluating the GLIM criteria for malnutrition diagnosis in Swedish patients with oesophageal cancer: a comparison with PG-SGA"** Supervisors: Pernilla Lagergren, Kalle Mällberg, MMK, Karolinska Institutet	VT26

19.	Emily Lindqvist	**"Leveraging artificial intelligence for novel dietary data collection in older adults"** Supervisors: Adrián Carballo Casla, PhD and Rachel Ann Da Costa, NVS, Karolinska Institutet	VT26
20.	Mirel Mesila	**"Defining a microbiome-based gut health index based on similarity to non-westernized populations"** Supervisors: Nele Taba, PhD and Oliver Aasmets, PhD, of Genomics, University of Tartu, Estonia	VT26

Degree Projects 45 credits

1.	Karolina Barton	**"Clinical outcomes of patients with SIBO and adherence to the carnivore diet: An analysis from a functional medicine perspective"** Supervisor: Peter Martin - MD, PhD, Founder & CEO of Funmed Clinics	23-24
2.	Gerasimos Mavrogiannakis	**"Validation of Food-sourced Compounds for Mitigating Hallmarks of Aging"** Supervisor: Hazel Xiaohui Ang, Post-doctoral researcher, Department of Biosciences and Nutrition, Karolinska Institutet	23-24
3.	Eyerusalem Abebe and Grigoria Papadimitropoulou	**"The Utility of Continuous Glucose Monitoring in Patients with Cancer – A Systematic Review and Meta-Analysis"** Supervisor: Poorna Anandavadivelan, Assistant Professor, Department of Neurobiology, Care Sciences and Society, Karolinska Institutet, Anna Hjort, Visiting researcher, Department of Life Sciences, Division of Food and Nutrition Science, Chalmers University of Technology,	24-25
4.	Tianxu Feng	**"Microglial synaptic pruning in the anorectic anx/anx mouse"** Supervisor: PhD, Docent Ida AK Nilsson, Department of Molecular Medicine and Surgery, Karolinska Institutet	24-25
5.	Apostolia Filippopoliti	**"Linking the consummatory reward of taste to the anticipatory reward of odours"** Supervisor: Putu Agus Khorisantono, Karolinska Institutet	24-25
6.	Janina Gold	**"The Relationship Between Habitual Fat Intake and Sleep Quality"** Supervisor: Soyoung Park, Prof. Dr, Department Decision Neuroscience and Nutrition (DNN), German Institute of Human Nutrition (DIfE), Germany	24-25
7.	Reina Ito	**"Study on the Pathophysiological Role of Dietary Advanced Glycation End Products (AGEs) in Age-Related Diseases"** Supervisor: Sho-ichi Yamagishi M.D., Ph.D, Professor, Department of Medicine, Showa University Graduate School of Medicine, Tokyo, Japan	24-25

8.	Laima Kampa	**"Longitudinal trends of dumping syndrome after oesophageal cancer surgery"** Supervisor: Prof. Pernilla Lagergren, Department of Molecular Medicine and Surgery, Karolinska Institutet, Karolinska University Hospital	24-25
9.	Maduhu Mashini	**"Evaluating nutrition care in Tanzania and Ghana: Assessing professional qualifications & accreditation, clinical nutrition practices, and implementation of international guidelines for optimal end-stage kidney disease management."** Supervisor: Alice Baganha Sabatino, PhD, Department of Clinical Science Intervention and Technology, Karolinska Institutet	24-25
10.	Fatemeh Mohseni	**"The gut microbiome as a potential risk factor for large neonates: a nested case-control study"** Supervisor: Luisa Warchavchik Hugerth, Dept. of Medical Biochemistry and Microbiology (IMBIM), Uppsala University	24-25
11.	Zsófi Bálint	**"Relationship of selected anthropometric indicators of central adiposity with cardiometabolic risk in a lower-middle-income country: a secondary analysis of data from a nationwide survey in Viet Nam"** Supervisor: Mohammad Redwanul Islam, IMM, Karolinska Institutet	25-26
12.	Giacomo Fontanive	**" Small plastic, big risks: investigating the effects of micro-nanoplastics (MNPs) on cardiovascular health"** Supervisor: Julia Sánchez-Ceinos, MedS, Karolinska Institutet	25-26
13.	Rahma Khaerunnisa	**" Exploring Differences in the Neuronal Innervation of Fat Deposits"** Supervisors: Alessandro Furlan, Assistant Professor and Robin Schürz, PhD student, Department of Neuroscience, Karolinska Institutet	25-26
14.	Zaklina Kupca	**"Effectiveness of mHealth dietary interventions on dietary intake in people with type 2 diabetes: A systematic review"** Supervisor: Stephanie Bonn, Associate Professor, MedH, Karolinska Institutet	25-26
15.	Tamara Miskufova	**"The Effects of Isothiocyanate-Rich Supplement Drink on Blood Glucose Control and Sleep in Elite Cyclists"** Supervisor: Filip J. Larsen, PhD, Docent, GIH	25-26
16	Léa Tireford	**"The effect of fermented dairy, compared with non-fermented dairy, on bowel habits and colonic fermentation in women with few weekly bowel movements"** Supervisor: Henrik Munch Roager, Associate Professor, University of Copenhagen, Denmark	25-26

Degree Projects 60 credits

1.	Amanda Ahlberg	**"Targeting metabolic vulnerabilities of senescent cells"** Supervisor: Federico Pietrocola, Principal Researcher, Department of Cell and Molecular Biology, Karolinska Institutet	23-24
2.	Neda Alizadeh-Khameneh	**"Influence of the environment on the polar metabolites of brewed coffee over time"** Supervisor: Antonio Checa, PhD, Senior Research Infrastructure Specialist, Institute of Environmental Medicine, Karolinska Institutet	23-24
3.	Julia Balewska	**"Unraveling the dynamic developmental trajectory of human myeloid cells in homeostasis and during NAFLD progression"** Supervisor: Ping Chen, Dr., Assistant Professor, Division of Clinical Chemistry, Department of Laboratory Medicine, Karolinska Institutet	23-24
5.	Gabriela Ciobotaru	**"Towards a food ingredient clinically proven to benefit gut health: Novel Rhamnogalacturonan I variants"** Supervisor: Ignacio Rangel, School of Medical Sciences, Örebro University	23-24
7.	Jia Hui Ding	**"Spinal Cord Injury and Metabolic Disease: Determining the Role of Inflammatory Cytokines"** Supervisor: Laurie J. Goodyear, Ph.D., Roeland Middelbeek, M.D, Section on Integrative Physiology and Metabolism, Joslin Diabetes Center, Harvard Medical School, USA	23-24
8.	Hurrium Hussain	**"Influence of the environment in the phenolic profile of brewed coffee over time"** Supervisor: Antonio Checa, PhD, Senior Research Infrastructure Specialist, Institute of Environmental Medicine, Karolinska Institutet	23-24
9.	Tade Adekunle Idowu	**"Loss of Zfp697 expression in mice causes a sexual dimorphic phenotype in response to diet-induced obesity"** Supervisor: Jorge L. Ruas, Department of Physiology and Pharmacology, Karolinska Institutet and Department of Pharmacology and Stanley and Judith Frankel Institute for Heart & Brain Health, University of Michigan Medical School, USA	23-24
10.	Radhika Devidas Jadhav	**"Association of fat mass percentage with asthma outcomes"** Supervisor: Hannu Kankaanranta, Professor, Department of Internal Medicine and Clinical Nutrition, Krefting Research Centre, Gothenburg University	23-24
11.	Aurora Emilia Kärhä	**"Effect of dasatinib and quercetin on mature adipocyte SASP, and adipocyte SASP effect on triple-negative breast cancer cell line MDA-MB-231 in obesity"** Supervisor: Esther Wan, PhD, Department of Cell and Molecular Biology, Karolinska Institutet	23-24

12.	Dimitra Loulaki	**"Fecal Carbon-To-Nitrogen Ratio and Links to Diet and Gut Microbial Metabolism"** Supervisor: Henrik Roager, Associate Professor, Department of Nutrition, Exercise and Sports, University of Copenhagen, Denmark	23-24
13.	Martina Pensa	**"Association between antioxidant vitamin intake and mental health in Swedish adolescents"** Supervisor: Björg Helgadóttir, The Swedish School of Health and Sport Sciences	23-24
14.	Choo Wen Rui	**"Parents' Food Literacy, Perceived Barriers and Enablers, and Healthy-eating Attitude Associated with Children's Adherence to the Mediterranean Diet: The DELICIOUS Project"** Supervisor: Giuseppe Grosso, University of Catania, Italy	23-24
15.	Alessandra Siclari	**"High-carbohydrate low-fat and high-fat low-carbohydrate energy-restricted diets combined with exercise training: effects on gastrointestinal appetite hormones, subjective appetite, body composition and energy intake in women with overweight and obesity"** Supervisor: Dr. Dalia Malkova, School of Medicine, Dentistry and Nursing, College of Medical, Veterinary and Life Sciences, University of Glasgow, UK	23-24
16.	Zuzanna Sobańska	**"Dietary intake and cognition in prodromal Alzheimer's Disease patients in a multidomain lifestyle intervention"** Supervisor: Shireen Sindi, PhD, Assistant Professor, Department of Neurobiology, Care Sciences and Society, Division of Clinical Geriatrics, Karolinska Institutet	23-24
17.	Livia Zhou	**"Establishment of microvascular endothelial cell assay for the identification of novel insulin sensitizers"** Supervisor: Yuanyuan Wu, Ph.D., Principal Scientist, Department of Discovery In Vitro Biology, Novo Nordisk, China	23-24
18.	Siqi Chang	**"The Role of Tryptophan Metabolism in Regulating Circadian Rhythms"** Supervisor: Paul Petrus, PhD, Department of Medicine, Huddinge, Karolinska Institutet	23-24
19.	Cecília Oliveira Esteves	**"Co-design of a mobile health intervention for management of hypertension in Australian adults"** Supervisor: Ralph Madison, Professor, School of Exercise & Nutrition Sciences, Deakin University, Australia	23-24
20.	Yvette Paula Achieng' Aroko	**"Balancing the Scales: Evaluating Nutrient Loss, Carbon Footprint and Economic Impacts of Edible Household Food Waste"** Supervisor: Mattias Eriksson, PhD, Associate Professor, Department of Energy and Technology, Swedish University of Agricultural Sciences	24-25

21.	Vera Bajeva	**"Awareness of bodily sensations and the sensory eating experience in the context of snacking behavior"** Supervisor: Dr Barbara Vad Andersen, Department of Food Science, Aarhus University, Denmark	24-25
22.	Desar Dauti	**"Investigating the role of BACH1 and antioxidants in the angiogenic activity of endothelial cells"** Supervisor: Martin O. Bergö, Professor, Department of Medicine Huddinge, Karolinska Institutet	24-25
23.	Yawen Fan	**"Comparative Analysis of Central Neuronal Networks Innervating the Pancreas and Liver"** Supervisor: Alessandro Furlan, Ph.D., Assistant Professor, Department of Neuroscience, Karolinska Institutet	24-25
24.	Jennifer Gransten	**"Intensity-Dependent Effects of Acute Aerobic Exercise on Physiological Stress Markers and Affective States"** Supervisor: Maria Ekblom, Department of Physical Activity and Health, Section for Health Science at Swedish School of Sport and Health Sciences	24-25
25.	Elisabeth Hagberg	**"Development of food products with seaweed for children"** Supervisor: Dr Pernilla Sandvik, Uppsala University	24-25
26.	Ingrid Hughes	**"Assessing the Feasibility of the REBECCA App: A Real-World Data Approach to Tracking Lifestyle and Well-Being in Breast Cancer Survivors"** Supervisor: Ioannis Ioakeimidis, IMPACT Research group, Department of Medicine, Huddinge, Karolinska Institutet	24-25
27.	Celina Joachim	**"Differences in habitual diet, transit time and colonic fermentation between women with daily and few weekly bowel movements"** Supervisor: Henrik Munch Roager, Associate Professor, Department of Nutrition, Exercise and Sports, University of Copenhagen, Denmark	24-25
28	Muriel Klonk	**"Associations between active school transportation with body composition, physical fitness, and cardiometabolic risk markers in Swedish 9-year-old children"** Supervisor: Christine Delisle Nyström, Docent, Assistant Professor, Department of Medicine, Karolinska Institutet	24-25
29.	Ioanna Mavrouli	**"Cross-Sectional Associations of Lifestyle Factors with MASLD Prevalence in Australia: Insights from the AusDiab Study"** Supervisor: Elena George, Deakin University, Australia	24-25
30.	Negar Zand Miralvand	**"Pilot Analysis of the Local Food Micro-Environment Using New Technologies in an Occupational and Educational Setting (FESKIS Project)"** Supervisor: Ioannis Ioakeimidis, PhD, Senior Researcher, IMPACT Group, Department of Medicine, Huddinge, Karolinska Institutet	24-25

31.	Sandra-Maria Pereira	**"Cross-sectional examination of 24-hour movement behaviours in Swedish pre-school aged children: Results from the SUNRISE study"** Supervisor: Christine Delisle Nyström, Docent, PhD, Assistant Professor, Department of Medicine, Huddinge, Karolinska Institutet	24-25
32.	Kylie Scher	**"Development of a Gas Chromatography Mass Spectrometry (GC-MS) Method to Assess the Fatty Acid Composition of Southern Victorian Marine Algae"** Supervisor: Dr Dan Dias, Deakin University, Australia	24-25
33.	Feifan Wang	**"A Retrospective Study of the Association between Amino Acid Metabolism, Nutritional Support, and Mortality in COVID-19 and Non-COVID ICU Patients"** Supervisor: Olav Rooyackers, Perioperative Medicine and Intensive Care, Karolinska University Hospital, and CLINTEC, Karolinska Institutet	24-25
34.	Ammar Ahmed	**"Social Connectedness and Its Association with Nutritional Status, Anxiety, and Depression Among Elderly People in Pakistan: A Cross-Sectional Study"** Supervisor: Haroon Jamshaid Qazi, PhD, University of Veterinary and Animal Sciences, Pakistan	25-26
35.	Anastasia Bonivento	**"Systemic inflammation as a moderator of the association between plant-based diet adherence and T2DM incidents: an insight from the AusDiab study"** Supervisor: Sze Yen Tan, Associate Professor, Deakin University, Australia	25-26
36.	Cameron Borg	**"Are We Really What We Eat? Isotopic Fractionation Beyond Δ"** Supervisors: Roman Zubarev and Hassan Gharibi, MBB, Karolinska Institutet	25-26
37.	Malin Dahlbäck	**"Dietary intake and dietary characteristics in female endurance athletes: a long-term follow-up study"** Supervisors: Anna Melin, Professor, Linnaeus University and Ylva Hellsten, Professor, University of Copenhagen	25-26
38.	Eva-Maria Huckemann	**"Upcycling of spent hops towards high-value compounds by bacterial fermentation"** Supervisor: Oliver Gericke, Carlsberg Research Laboratory; Denmark	25-26
39.	Mahya Karami	**"Elucidating the impact of dietary interventions on intestinal regeneration and tumor suppression"** Supervisors: Eduardo Villablanca and Bianca Kern, MedS, Karolinska Institutet	25-26
40.	Elif Ece Küçük	**"Implementation of the Nutrition Care Process among Scandinavian Dietitians: A Longitudinal Study in Sweden, Denmark, and Norway"** Supervisor: Elin Lövestam, Uppsala University	25-26

41.	Areti Oikonomou	**" Differences in Dietary Habits of Women at Risk for Breast Cancer, Breast Cancer Patients and Survivors in Four European Countries – A Study Within the pilot study of the MELIORA Project"** Supervisors: Yannis Manios, PhD, Professor, and Eva Karaglani, PhD, Harokopio University, Greece	25-26
42.	Tintin Eurenius Rääf	**"Exploring child health service nurses´ perceptions on the future implementation of a digital parental support intervention (Health4Life) in routine care: a qualitative study"** Supervisors: Christina Alexandrou, PhD, Maria Henström Engblom, Assistant Professor, Christine Delisle Nyström, Docent, Assistant Professor, MedH, Karolinska Institutet	25-26
43.	Zhengxiao Feng	**" Linking dietary preferences to the perception of ambivalent food odors"** Supervisors: Janina Seubert and Leonie Seidel, Department of Clinical Neuroscience, Karolinska Institutet	25-26