



## **Degree projects (30 credits) (3NT004)**

### Degree Projects spring 2019

1. Feben Javan Abraham      **“Short-chain fatty acid levels in the blood from dietary fibre and their effect on glucose metabolism: a systematic literature review”**  
Supervisor: Ulf Risérus PhD  
Department of Public Health and Caring Sciences, Clinical Nutrition and Metabolism, Uppsala University
2. Cecilie Alstad      **“*In vitro* modelling of human gut microbial metabolism: investigating diet induced variation as a potential source of adverse drug reactions”**  
Supervisor: Dr. Jonathan Swann, Marine Letertre  
Supervisor affiliation: Associate Professor in Microbiomics and Human Development, Division of Integrative Systems Medicine and Digestive Diseases, Imperial College London, UK; PhD student in the Department of Surgery and Cancer, Stratigrad Programme, Imperial College London, UK.  
Co-Supervisor: Maria Henström, Department of Biosciences and Nutrition, Karolinska Institutet
3. Wafa'a Al-Qasem      **“Targeting the Microbiota Can Influence the Course of Metabolic Diseases – A Systematic Literature Review”**  
Supervisor: Joseph Rafter  
Supervisor affiliation: Karolinska Institutet  
Co-supervisor: Magdalena Rosell, Department of Biosciences and Nutrition, Karolinska Institutet
4. Antigoni Beka      **“The effect of a Healthy Lifestyle on the prognosis of psychological distress”**  
Supervisor: Lena Holm  
Supervisor affiliation: Institute of Environmental Medicine (IMM)
5. Deema Buhulaiga      **“Investigate the type of foods or dietary composition advised in low- carbohydrate diets and low-fat diets in patients with type 2 diabetes: implications for effects on risk factors – A systematic literature review”**  
Supervisor: Ulf Risérus  
Supervisor affiliation: Associate professor of clinical nutrition and metabolism, Department of Public Health and Caring Sciences, Clinical Nutrition and Metabolism, Uppsala University.  
Co-supervisor: Magdalena Rosell, PhD, Department of Biosciences and Nutrition at Karolinska Institutet
6. Helén Eke      **“Validation of energy and macronutrient intakes of a web-based Food Frequency Questionnaire against a 4-day dietary record”**  
Supervisor: Stephanie Bonn, PhD, Nutritionist  
Clinical Epidemiology Division, Department of Medicine Solna, Karolinska Institutet

7. Serina Wehbe El Masri **“Proportion of Swedish preschoolers meeting the 24-Hour Movement Guidelines and the associations between physical activity, sedentary behaviour, and screen time with executive functions- SUNRISE Sweden a pilot study”**  
Supervisor: Christine Delisle Nyström, Phd, Post-doc  
Karolinska Institutet, Department of Biosciences and Nutrition  
Co-Supervisor: Marie Löf, Professor  
Karolinska Institutet, Department of Biosciences and Nutrition
  
8. Maj El Sharif **“Enzymes involved in altered lipid metabolism in skeletal muscles from individuals with type 2 diabetes”**  
Supervisor: Alexander Chibalin  
Supervisor affiliation: Karolinska Institutet, Department of Molecular medicine and surgery.
  
9. Sara Fagergren **“Associations between dietary quality, physical activity, and sedentary time in a national sample of Swedish adolescents separated by sex and age group – results from the cross-sectional study “Riksmaten Adolescents 2016/17”**  
Supervisor: Gisela Nyberg, Department of Public Health Science, Karolinska Institutet  
Co-supervisor: Andreas Fröberg, Department of Food and Nutrition, and Sport Science, University of Gothenburg
  
10. Sandra Dögg Guðnadóttir **“The role of Lactobacilli in *Helicobacter pylori* infection in a human gastric mucosoid culture”**  
Supervisor: Jing Wang  
Supervisor affiliation: The Centre for Translational Microbiome Research, Karolinska Institutet
  
11. Wen Han **“Inter-rater agreement of food photos from a mobile phone application aimed at childhood obesity”**  
Supervisor: Billy Langlet  
Supervisor affiliation: IMPACT research group, Dep. Biosciences and Nutrition, Karolinska Institutet
  
12. Kaisa Hofwimmer **“The role of interleukin 1  $\beta$  in adipose tissue remodeling”**  
Supervisor: Jurga Laurencikiene  
Supervisor affiliation: Lipid laboratory, Department of Medicine (MedH), Karolinska Institutet  
Co-supervisor: Beatriz Tavira  
Supervisor affiliation: Lipid laboratory, Department of Medicine (MedH), Karolinska Institutet
  
13. Suzanne Janzi **“The association between added sugar intake and risk of four cardiovascular diseases”**  
Supervisor: Emily Sonestedt, Associate professor/group leader  
Affiliation: Lund University, Department of Clinical Sciences Malmö  
Co-supervisor: Stina Ramne, Lund University, Department of Clinical Sciences Malmö and Magdalena Rosell, Karolinska Institutet, Department of Biosciences and Nutrition
  
14. Anas Kamleh **“Optimizing a Platform for Mass-Spectrometry Based Analysis of the Human Breast Milk Metabolom”**  
Supervisor: Antonio Checa Gomez  
Supervisor affiliation: Physiological Chemistry II, Department of Medical Biochemistry and Biophysics (MBB), Karolinska Institutet

15. Inas Karar  
**“The impact of mild-to-moderate and high intake of iodine, during pregnancy and childhood, on children’s cognitive abilities at 5 and 10 years of age”**  
Supervisor: Maria Kippler  
Supervisor affiliation: Assistant Professor at Karolinska Institutet, Institute of Environmental Medicine, Unit of Metal and Health  
Co-supervisor: Klara Gustin Mossegård, PhD student at Karolinska Institutet, Institute of Environmental Medicine, Unit of Metal and Health
16. Veli-Matti Lappi  
**“Comparing the healthiness and nutritional qualities of bread between supermarkets’ own and regular brands using the Health Star Rating system”**  
Supervisor: Karin Rådholm  
Supervisor affiliation: Division of Community Medicine, Primary Care, Department of Medicine and Health Sciences, Faculty of Health Sciences, Linköping University, Department of Local Care West, County Council of Östergötland, Linköping, Sweden  
Co-supervisor: Marie Löf  
Department of Biosciences and Nutrition, Karolinska Institutet
17. Antoine Mottas  
**“Measuring the healthiness of child-targeted cereals in Sweden”**  
Supervisor: Karin Rådholm, MD, PhD  
Supervisor affiliation: Division of Community Medicine, Primary Care, Department of Medicine and Health Sciences, Faculty of Health Sciences, Linköping University, Department of Local Care West, County Council of Östergötland, Linköping, Sweden  
Co-supervisor: Marie Löf, Department of Biosciences and Nutrition, Karolinska Institutet
18. Dionisia Palmstedt  
**“Change in daily steps over time in a population with prediabetes and type 2 diabetes participating in a physical activity intervention”**  
Supervisor: Jenny Rossen  
Co-supervisor: Eric Poortvliet, Department of Biosciences and Nutrition at Karolinska Institutet
19. Preet Kamal Phull  
**“Influence of Diet on Trimethylamine N-oxide (TMAO): Implication in a healthy microbiota”**  
Supervisor: Dr Ulf Riserus  
Supervisor affiliation: Associate professor of clinical nutrition and metabolism, Department of Health and Caring Sciences, Clinical Nutrition and Metabolism, Uppsala University.  
Co-supervisor: Magdalena Rosell, Department of Biosciences and Nutrition, Karolinska Institutet
20. Prusha Shwan  
Mohammed Salih  
**“Nutritional and Appetite Assessment in Inflammatory Bowel Disease in relation to Gastrointestinal Motility and Gut Hormone Profiles”**  
Supervisor: Professor Per M. Hellström  
Supervisor affiliation: MD PhD, AGAF , Department of Medical Sciences Gastroenterology and Hepatology, Uppsala University and Uppsala University Hospital  
Co-Supervisor: Maria Henström, Department of Biosciences and Nutrition, Karolinska institutet

21. Aleksandra Oravsky Sandström **“Outdoor food advertising in two neighborhoods with low vs high socioeconomic status: a cross-sectional study”**  
Supervisor: Ioannis Ioakimidis, IMPACT research group, Dep. Biosciences and Nutrition, Karolinska Institutet  
Co-supervisor: Petter Fagerberg, IMPACT research group, Dep. Biosciences and Nutrition, Karolinska Institutet
22. My Sjunnestrand **“Planting a seed: A qualitative study on child health care nurses perceptions of addressing overweight and obesity to parents”**  
Supervisor: Anna Ek, PhD, reg dietitian, Department of Clinical Science, Intervention and Technology (CLINTEC), Division of Peadiatrics, Karolinska Institutet  
Co supervisors: Paulina Nowicka, Professor in Food Studies, Nutrition and Dietetics, Uppsala University, Affiliated to CLINTEC, Division of Peadiatrics, Karolinska Institutet  
Karin Nordin, M.Sc. peadiatric nurse, CLINTEC, Division of Peadiatrics, Karolinska Institutet
23. Zauresh Toiboldina **“The estrogen-gut microbiome axis. Sex matters”**  
Supervisor: Marion Korach-André  
Supervisor affiliation: 1. Karolinska Institutet/AstraZeneca Integrated Cardio Metabolic Center (ICMC), Department of Medicine, Karolinska Institutet  
2. Metabolism Unit, Center for Endocrinology, Metabolism, and Diabetes, Department of Medicine, and Molecular Nutrition Unit, Karolinska Institutet
24. Martin Velichkov **“Adherence to a Mediterranean-Style Diet and Risk of Abdominal Aortic Aneurysm: Results from Two Swedish Prospective Cohort Studies”**  
Supervisors: Prof. Alicja Wolk and Prof. Agneta Åkesson  
Affiliation: Institute of Environmental Medicine, Karolinska Institutet
25. Rola Abu Zaiter **“Biomarkers of Red Meat Intake in Humans – A systematic Literature Review”**  
Supervisor: Ulf Risérus  
Supervisor affiliation: Associated Professor, Public Health and Caring Sciences, Clinical Nutrition and Metabolism, Uppsala University.  
Co- Supervisor: Magdalena Rosell, Department of Biosciences and Nutrition, Karolinska Institutet
26. Qian Zhao **“Coffee and tea consumption and the risk of frailty”**  
Supervisor: Juulia Jylhävä  
Supervisor affiliation: Department of Medical Epidemiology and Biostatistics, Karolinska Institutet  
Co-supervisor: Miriam Mosing  
Department of Medical Epidemiology and Biostatistics, Karolinska Institutet
27. Xin Zeng and Yemurai Chahuruva **“Comparison of sarcopenia prevalence in elderly individuals living in a municipal accommodation according to the criteria proposed by the European Working Group on Sarcopenia in Older People from 2010 and 2019”**  
Supervisor: Carla Maria Avesani  
Supervisor affiliation: Department of Clinical Science, Intervention and Technology (CLINTEC), Karolinska Institutet, Sweden and Nutrition Institute, Rio de Janeiro State University, Brazil.  
Co-supervisor: Malin Ljung, Enskede-Årsta-Vantörs stadsdelsförvaltning.

## Degree Projects spring 2020

28. Liyu Girma Aga      **“Explaining speed of eating using objective and subjective values: A cross-sectional laboratory study”**  
Supervisor: Billy Langlet, PhD, Department of Neurobiology, Care Sciences and Society, Karolinska Institutet  
Co-supervisor: Modjtaba Zandian, PhD, Department of Neurobiology, Care Sciences and Society, Karolinska Institutet
29. Daniela-Maria Andries      **“Iodine and selenium status and diet among breastfeeding women and their infants in a Swedish birth cohort”**  
Supervisor: Maria Kippler, Senior Researcher, Institute of Environmental Medicine, Karolinska Institutet  
Co-supervisor: Klara Gustin Mossegård, PhD student, Institute of Environmental Medicine, Karolinska Institutet
30. Nour Bahadi      **“Importance of serum zinc levels in patients with Indolent Systemic Mastocytosis”**  
Supervisor: Johanna Ungerstedt, MD, PhD, HERM, MedH, Karolinska Institutet
31. Núria Merino Carrasco      **“How self-sufficient can Sweden become under a sustainable food production scenario? - Estimations using ethnographic field work and geospatial data”**  
Supervisor: Ingo Fetzer, PhD, Stockholm Resilience Centre, Stockholm University
32. Samantha Christensen Echavez      **“The glycemic effect of dietary fiber in the treatment and management of diabetes”**  
Supervisor: Ulf Risérus, PhD, Department of Public Health and Caring Sciences, Clinical Nutrition and Metabolism Unit, Uppsala University
33. Niklas Forsberg      **“Indicators of RED-S, and sleep quality among Swedish and Danish endurance athletes.”**  
Supervisor: Anna Melin, RD, PhD, Department of Sport Sciences, Linnaeus University
34. Naima Hagström      **“Motivational Interviewing with Parents who have Multifaceted Problems; A Mixed Methods Study”**  
Supervisor: Åsa Norman, PhD, Department of Global Public Health, Department of Clinical Neuroscience, Karolinska Institutet  
Co-supervisor: Helena Lindqvist, PhD, Department of Global Public Health, Department of Clinical Neuroscience, Karolinska Institutet
35. Dino Ilicic      **“Influence of glycogen availability on muscle lactate levels during resistance exercise - a pilot study”**  
Supervisor: William Apró, The Swedish School of Sport and Health Sciences
36. Monique Ion      **“Association between sugar consumption patterns and cardiovascular disease in the Malmö Diet and Cancer cohort”**  
Supervisor: Emily Sonestedt, PhD, Department of Clinical Science, Lund University  
Co-supervisor: Kjell Olsson, PhD student, Department of Clinical Science, Lund University

37. J.J.A. (Anne) Krijger **“The psychometric value of a psychological distress score to determine stress in lactating mothers”**  
Supervisor: E.F.G. (Eva) van Meeteren-Naninck, PhD, SILS - Center for Neuroscience, University of Amsterdam
38. Nicholas Levak **“Dietary intake in patients with prodromal Alzheimer’s disease in a multimodal lifestyle intervention – the MIND-ADmini study”**  
Supervisor: Jenni Lehtisalo, PhD, University of Eastern Finland  
Co-supervisors: Gerd Faxén-Irving, PhD, and Charlotta Thunborg, PhD, Karolinska Institutet
39. Dhuha Majeed **“The impact of several eating behaviour variables on food intake, where it is better explained by objectively measured variables than subjectively measured variables. A cross-sectional study within repeated measures for reliability.”**  
Supervisor: Billy Langlet, PhD, Department of Neurobiology, Care Sciences and Society, Karolinska Institutet
40. Samira Mobarke **“Change in physical activity in patients with anorexia nervosa at the beginning of treatment – a pilot study”**  
Supervisor: Billy Langlet, PhD, Department of Neurobiology, Care Sciences and Society, Karolinska Institutet  
Co-supervisor: Modjtaba Zandian, PhD, Department of Neurobiology, Care Sciences and Society, Karolinska Institutet
41. Resthie Putri **“Elevated alanine aminotransferase and non-alcoholic fatty liver disease in children and adolescents with obesity”**  
Supervisor: Emilia Hagman, PhD, Department of Clinical Science, Intervention and Technology (CLINTEC), Division of Paediatrics, Karolinska Institutet
42. Tindra Samoilenko **“Reasons to why healthy mothers in Sweden choose not to breastfeed infants exclusively as recommended by WHO and factors affecting duration of exclusive breastfeeding – Systematic literature review”**  
Supervisor: Gerd Almqvist-Tangen, PhD, Department of Pediatrics at Institute of Clinical Science, Gothenburg University
43. Sviatlana Sukhanava **“Assessment of media supplementation on viability, metabolism and induction in primary human hepatocyte cultures.”**  
Supervisor: Ewa Ellis, PhD, Assistant Professor, Department of Clinical Science, Intervention and Technology (CLINTEC), Unit for Transplantation Surgery, Liver Cell Laboratory, Karolinska Institutet
44. Niina Sundin **“Metabolic Food Waste - The Climate Impact of Excess Food Intake in Sweden”**  
Supervisor: Marta Bianchi, RISE Research Institutes of Sweden, Department of Agriculture and Food Science
45. Valeria Valieva **“Genetic testing in risk assessment for Type 2 diabetes”**  
Supervisor: Paola Longati, PhD, Sales Director Sweden at Blueprint Genetics  
Co-supervisor: Magdalena Rosell, PhD, Department of Biosciences and Nutrition, Karolinska Institutet

## Degree Projects spring 2021

46. Hanna Baurén **“Associations of objectively measured sleep duration with body composition and physical fitness in Swedish 9-year-old children”**  
Supervisor: Christine Delisle Nyström, PhD, Department of Biosciences and Nutrition, Karolinska Institutet  
Co-supervisor: Marie Löf, PhD, Professor, Department of Health, Medicine and Caring Sciences, Linköping University and senior researcher, Department of Biosciences and Nutrition, Karolinska Institutet
47. Julia Bergevi **“A Systematic Review of Qualitative Studies Exploring User’s Perceptions About e- and mHealth Services Promoting Physical Activity and Healthy Diets”**  
Supervisor: Jenny Rossen, Postdoc, Department of Health Promoting Science, Sophiahemmet.  
Co-supervisor: Susanne Andermo, Postdoc, Department of Neurobiology, Care Science and Society, Karolinska Institutet
48. Annie Danielsson **“Growth in lead exposed children and nutrients affecting lead exposure: a systematic review”**  
Supervisor: Marie Vahter, Professor, IMM, Karolinska Institutet
49. Antony Darling and Juan Mesa Pinilla **“Policies to Shape Responsible Food Behaviors! – A Systematic Review of the Factors that Drive Political Commitment to Respond to Food Loss and Waste”**  
Supervisor: Susanna Kugelberg, Public Health Consultant  
Co-supervisor: Magdalena Rosell, Department of Biosciences and Nutrition, Karolinska Institutet
50. Friska Dhammawati **“Ultra-processed food consumption before and during the COVID-19 pandemic among Greek and Swedish students”**  
Supervisor: Ioannis Ioakimidis  
Researcher, Department of Biosciences and Nutrition, Karolinska Institutet
51. Justine Dukuzimana **“Coffee consumption and risk of developing rheumatoid arthritis: a Swedish population-based case-control study”**  
Supervisor: Daniela Di Giuseppe, Ph.D., Department of Medicine, Solna, Karolinska Institutet  
Co-supervisor: Helga Westerlind, Ph.D., Assistant professor, Department of Medicine, Solna, Karolinska Institutet
52. Matilda Ersson **“How to support primary child healthcare nurses in Sweden to promote healthy lifestyle behaviours from the start of life”**  
Supervisor: Christine Delisle Nyström, PhD, Department of Biosciences and Nutrition, Karolinska Institutet  
Co-supervisor: Maria Henström, PhD, Department of Biosciences and Nutrition, Karolinska Institutet
53. Andréa Flores **“Circulating saturated fatty acids as potential biomarkers for carbohydrate intake”**  
Supervisor: Ulf Risérus, Professor, Department of Public Health and Caring Science, Clinical Nutrition and Metabolism, Uppsala University  
Co-supervisor: Johanna Sandborg, PhD student at the Department of Biosciences and Nutrition, Karolinska Institutet

54. Robert Gatete **“Effect of visual stimulus on chewing behaviour in young adults”**  
Supervisor: Anastasios Grigoriadis, Assistant professor, Department of Dental Medicine, Karolinska Institutet  
Co-supervisor: Abhishek Kumar BDS, Department of Dental Medicine, Karolinska Institutet
55. Alkyoni Glympi **“The effect of virtual reality on hunger: A randomized crossover study”**  
Supervisor: Billy Langlet, PhD., Section of Clinical Geriatrics, Department of Neurobiology, Care Sciences and Society, Karolinska Institutet
56. Anna Hjort **“Short term glycemc variability and cardiometabolic risk in individuals without diabetes: a systematic review”**  
Supervisor: Fredrik Rosqvist, assoc. prof., Department of public health and caring sciences, Clinical nutrition and metabolism, Uppsala University  
Co supervisor: Christina Alexandrou, Nutritionist, PhD student, Department of Biosciences and Nutrition, Karolinska Institutet, Department of Health, Medicine and Caring Sciences, Linköping University
57. Mayar Ismail and Matilda Lindén **“Evaluating the Relevance of Nine Items from a Diagnostic Questionnaire for Anorexia Nervosa”**  
Supervisor: Modjtaba Zandian, Department of Neurobiology, Care Sciences and Society, Karolinska Institutet  
Co supervisor: Billy Langlet, Department of Neurobiology, Care Sciences and Society, Karolinska Institutet
58. Ulrika Jakobsson **“Associations between diet and perinatal depression in a Swedish sample”**  
Supervisor: Emma Fransson, Assistant professor, Department of Microbiology, Tumor and Cell Biology, Karolinska Institutet
59. Ge Jiang and Umme Rumman **“Dietary intake and glycemc markers in adults with type 1 diabetes: cross-sectional analysis using baseline parameters from the DANCE-study”**  
Supervisor: Anneli Björklund, PhD, MD, Department of Molecular Medicine and Surgery, Karolinska Institutet and Center for Diabetes, Academic Specialist Center, Stockholm  
Co supervisor: Afroditi Barouti, PhD student, reg. dietitian, Department of Molecular Medicine and Surgery, Karolinska Institutet and Center for Diabetes, Academic Specialist Center, Stockholm
60. Alexandra Johansson **“Nutrients induced RNA reprogramming in human monocytes”**  
Supervisor: Cecilia Morgantini, MD PhD, Clinical Scientist, Department of Medicine Huddinge, Center for Infectious Medicine, Karolinska Institutet
61. Melia Karampela **“Dietary intake and metabolic markers in adults with type 1 diabetes in Sweden: cross-sectional analysis using baseline parameters from the DANCE – study”**  
Supervisor: Anneli Björklund, PhD, MD, Department of Molecular Medicine and Surgery, Karolinska Institutet and Center for Diabetes, Academic Specialist Center, Stockholm  
Co supervisor: Afroditi Barouti, PhD student, reg. dietitian, Department of Molecular Medicine and Surgery, Karolinska Institutet and Center for Diabetes, Academic Specialist Center, Stockholm



62. Nour Kazak **“Virtual-reality and its effects on eating behavior”**  
Supervisor: Billy Langlet, Department of Neurobiology, Care Sciences and Society, Karolinska Institutet
63. Shuqi Kong **“Infantile Anemia and Risk of Neurodevelopmental Disorders”**  
Supervisor: Renee Gardner, Department of Global Public Health, Karolinska Institutet  
Co supervisors: Mengyu Fan and Shuyun Chen, Department of Global Public Health, Karolinska Institutet
64. Carolina Larrotta Ayala, **“Assessment of nutritional status of older adults on maintenance hemodialysis: A comparison with older adults without chronic kidney disease”**  
Supervisor: Carla Maria Avesani PhD, Department of Clinical Science, Intervention and Technology, Karolinska Institutet,
65. Annika Lindström **“Characterization of bread with bioprocessed brewers’ spent grain”**  
Supervisor: Annika Krona, RISE  
Co-supervisor: Eric Poortvliet, Department of Biosciences and Nutrition, Karolinska Institutet
66. Paulina Mendoza Del Aguila and Rahima Osman **“Eating behavior in Anorexia Nervosa”**  
Supervisor: Billy Langlet, Department of Neurobiology, Care Sciences and Society, Karolinska Institutet
67. Callum Regan and Hedda Walltott **“Investigation of associations between diet quality and health-related quality of life in a sample of Swedish adolescents”**  
Supervisor: Björg Helgadóttir, The Swedish School of Health and Sport Sciences (GIH)  
Co-supervisors: Karin Kjellenberg, The Swedish School of Health and Sport Sciences and Gisela Nyberg, Karolinska Institutet and The Swedish School of Health and Sport Sciences
68. Gianluca Renzi **“Role of Creatine Kinases in Human White Adipocyte Differentiation”**  
Supervisor: Niklas Mejhert, Department of Medicine, Huddinge, Karolinska Institutet  
Co-supervisors: Salwan Maqdasy and Mikael Rydén, Department of Medicine, Huddinge, Karolinska Institutet
69. Sofia Spolander **“A digital calorie game as a tool in pediatric obesity treatment – children and parents perceptions and acceptance”**  
Supervisor: Louise Lindberg, PhD, Department of Clinical Science, Intervention and Technology, Karolinska Institutet  
Co-supervisor: Pernilla Danielsson Liljeqvist, PhD, Department of Clinical Science, Intervention and Technology, Karolinska Institutet
70. Christina Söderström **“Effects of ketogenic diet on body weight and cardiometabolic risk factors in individuals with obesity and type 2 diabetes: a systematic review”**  
Supervisor: Ulf Risérus, Professor, Department of Public Health and Caring Science, Clinical Nutrition and Metabolism, Uppsala University

71. Leul Temesgen                    **“Nutrient intake and changes in body composition in 4 year old children”**  
Supervisor: Eric Poortvliet, Department of Biosciences and Nutrition, Karolinska Institutet
72. Annelie Turesson,                **“Associations of physical activity intensity and sedentary behavior with body composition and physical fitness in Swedish 9-year-old children”**  
Supervisor: Christine Delisle Nyström, PhD, Department of Biosciences and Nutrition, Karolinska Institutet  
Co-supervisor: Marie Löf, PhD, Professor, Department of Health, Medicine and Caring Sciences, Linköping University and senior researcher, Department of Biosciences and Nutrition, Karolinska Institutet
73. Athina Vasiliki Georgakou                    **“Dietary patterns in school-age and asthma up to young adulthood”**  
Supervisor: Emmanouela Sdona, MD, PhD, Institute of Environmental Medicine (IMM), Karolinska Institutet  
Co-supervisor: Anna Bergström, PhD, Associate Professor, Institute of Environmental Medicine (IMM), Karolinska Institutet
74. Beata Vekeriotaite                **“Investigating adipogenesis and browning potential of stromal vascular fraction”**  
Supervisor: Kirsty Spalding, PhD, Department of Cell and Molecular Biology, Karolinska Institutet  
Co-supervisor: Niels Krämer, PhD student, Department of Cell and Molecular Biology, Karolinska Institutet
76. Rebecca Zawadi Bagula        **“The impact of vegan diet on body weight and cardiometabolic risk factors: A systematic literature review”**  
Supervisor: Ulf Risérus, Professor, Department of Public Health and Caring Science, Clinical Nutrition and Metabolism, Uppsala University  
Co-supervisor: Magdalena Rosell, Docent, Department of Biosciences and Nutrition, Karolinska Institutet
77. Wen Zhong                         **“Lack of biallelic deleted ESR2 may indicate a role for ESR2 in lymphoma cell survival”**  
Supervisor: Sam Okret, Professor, Department of Biosciences and Nutrition, Karolinska Institutet

### Degree Projects autumn - spring 2021-2022

77. Marijke E. Grundeken            **“The effect of Ibrutinib, vitamin C, and vitamin D on the growth rate of *M. abscessus* in human primary macrophages”**  
Supervisor: Peter Bergman, Department of Laboratory medicine, Karolinska Institutet
78. Amelia Fhadilla                    **“Do dietary and sedentary behaviour mediate the association between mental health and overweight/obesity among adolescents in Indonesia?”**  
Supervisor: Professor Nawi Ng, MD, MPH, PhD. University of Gothenburg.  
Co-supervisor: Emmie Söderström, PhD student, Linköping University and Department of Biosciences and Nutrition, Karolinska Institutet

79. Zahra Ataei Kachouei **“Differences in the Use Characteristics of a Mobile App to Assess Dietary Behavior and Physical Activity Lifestyle Parameters in Two Different Age Groups of Breast Cancer Survivors: A Pilot Cross-Sectional Study”**  
Supervisor: Dr. Ioannis Ioakeimidis, Senior researchver, Department of Biosciences and Nutrition, Karolinska Institutet
80. Esra Rana Atak **“Whole grain intake and the risk of type 2 diabetes and Latent Autoimmune Diabetes in Adults (LADA)”**  
Supervisor: Bahareh Rasouli, Institute of Environmental Medicine (IMM), Karolinska Institutet
81. Miriam Bazic **“Attitude towards food and food approach among undergraduate and graduate students and possible relationship with eating disorders”**  
Supervisor: Dr.Monica Tarcea, Head of Department for Community Nutrition and Food safety, MD, PhD, Habil.  
Co-supervisors: George Emil Palade University of Medicine, Pharmacy, Science, and Technology of Targu Mures.  
 Maria Henström, PhD, Department of Biosciences and Nutrition, Karolinska Institutet
82. Rafaela Cajaiba Cruz Martioli **“Assessment of changes in plasma potassium after an intervention with a healthy plant based diet combined with potassium lowering medication in patients with chronic kidney disease”**  
Supervisor: Carla Maria Avesani PhD, Department of Clinical Science, Intervention and Technology, Karolinska Institutet
83. Sermin Dahlstedt **“Attention deficit hyperactivity disorder and abnormal eating behavior in treatment-seeking obese individuals – a systematic review and pilot study”**  
Supervisor: Joanna Uddén Hemmingsson, attending physician with PhD at the obesity clinic and endocrine center at Capio S:t Görans hospital, researcher in the department of endocrinology and diabetes at Karolinska Institutet
84. Maja Danielsson och Marina Hardiyanti **“Do the most popular dishes generate the most food waste in Swedish school lunches?”**  
Supervisor: Mattias Eriksson, PhD, Associate Professor, Department of Energy and Technology, SLU.  
Co-supervisors: Niina Sundin, Doctoral Student, Department of Energy and Technology, SLU  
 Christopher Malefors, Doctoral Student, Department of Energy and Technology, SLU  
 Matilda Errson, Research assistant, Department of Biosciences and Nutrition, Karolinska Institutet
85. Renee Dijkman **“Development of a sensory food stimulus battery for systemic dissociation of consummatory and anticipatory responses”**  
Supervisor: Dr. Janina Seubert, Researcher and Docent in Psychology, Department of Clinical Neuroscience, Psychology Division, Karolinska Institutet  
Co-supervisor: Androula Savva, PhD student, Department of Clinical Neuroscience, Psychology Division, Karolinska Institutet

86. Emma Esmiol **“Effects of Foods and Dietary Patterns on Plasma and Urine Trimethylamine-N-Oxide Concentrations in Randomized Trials: A Systematic Literature Review”**  
Supervisor: Ulf Risérus, Professor at Department of Public Health and Caring Sciences, Clinical Nutrition and Metabolism, Uppsala.  
Co-supervisor: Dr. Maria Henström, postdoc, Department of Biosciences and Nutrition, Karolinska Institutet
85. Michaela Ezelsdorfer Ramstedt **“Antioxidant Micronutrient Intake and Risk of Latent Autoimmune Diabetes in Adults (LADA) and Type 2 Diabetes”**  
Supervisor: Anna-Maria Lampousi, MSc, doctoral student, Institute of Environmental Medicine (IMM), Karolinska Institutet.  
Co-supervisor: Sofia Carlsson, docent, senior lecturer, Institute of Environmental Medicine (IMM), Karolinska Institutet.
86. Loes Jacqueline Mathias Geurts **“Are short-chain fatty acids associated with improved cardiometabolic health? A systematic literature review”**  
Supervisor: Ulf Risérus, Professor at Department of Public Health and Caring Sciences, Clinical Nutrition and Metabolism, Uppsala University  
Co-supervisor: Emmie Söderström, Nutritionist, PhD student at the Department of Health and Society, Linköping University.
87. Benedita Guedes Sttau Monteiro Deslandes **“The impact of a high-protein diet from animal versus non-animal sources on glucose control in type 2 diabetes – a randomised controlled trial.”**  
Supervisors: Professor Francis Stephens & Gráinne Whelehan, Nutritional Physiology Research Unit, University of Exeter  
Co-supervisor: Ellinor Nilsson, Department of Biosciences and Nutrition Karolinska Institutet
88. Lisa Hellerström **“The Anti-Inflammatory Diet Index 2022: Development of a New Questionnaire-Based Anti-Inflammatory Dietary Index as a Predictor of Low-Grade Inflammation in a Cohort of Swedish Men”**  
Supervisor: Alicja Wolk, Professor, Institute of Environmental Medicine, Karolinska Institutet  
Co-supervisor: Joanna Kaluza, Associate professor, Institute of Environmental Medicine, Karolinska Institutet
89. Karen Hurtado Soria **“Association between dietary patterns during pregnancy and the risk of preterm birth”**  
Supervisor: Emma Fransson, PhD, Assistant professor at the Centre for Translational Microbiome Research at CTMR, Department of molecular, tumor and cell biology, Karolinska Institutet
90. Ni Li **“Daily frequency in meeting the physical activity guidelines and cardiometabolic health in 9-year-old children”**  
Supervisors: Jairo Hidalgo Migueles, PhD, post-doc, Karolinska Institutet, Christine Delisle Nyström, Docent, Assistant professor, Department of Biosciences and Nutrition, KI, Marie Löf, PhD, Professor, Department of Biosciences and Nutrition, KI.

91. Lauryna Nelkine and Sepriani Limbong **“Children’s exposure to outdoor ultra-processed foods marketing: a pilot study in two cities of Sweden”**  
Supervisors: Ioannis Ioakeimidis, PhD, Senior Researcher, IMPACT group, Department of Biosciences and Nutrition, Karolinska Institutet, Petter Fagerberg, PhD, IMPACT group, Department of Biosciences and Nutrition, Karolinska Institutet
92. Muxue Liu **“Relapse risk factors of anorexia nervosa – A retrospective study”**  
Supervisor: Billy Langlet, Division of Clinic Geriatrics, NVS, Karolinska Institutet  
Co-supervisor: Modjtaba Zandian, Division of Clinic Geriatrics, NVS, Karolinska Institutet
93. Maria Lundgren **“Implementing objective measures of physical activity amongst Swedish children and adolescents: A feasibility Study within the Generation Pep Study”**  
Supervisor: Christine Delisle Nyström, Docent, Assistant professor, Department of Biosciences and Nutrition, KI.  
Co-supervisors: Hanna Tigerstrand, PhD, post doc, Department of Health, Medicine and Caring Sciences, Linköping University  
Marie Löf, PhD, Professor, Department of Biosciences and Nutrition, Karolinska Institutet
94. Grigorina Mitrofan **“Metabolic effects of physical activity in people with prediabetes enrolled in the Sophia Step Study”**  
Supervisor: Kristina Larsson, MSc, Department of Health Promoting Science, Sophiahemmet University  
Co-supervisors: Jenny Rossen, PhD, Department of Health Promoting Science, Sophiahemmet University.  
Professor, Maria Hagströmer, Karolinska Institutet, Department of Neurobiology, Care Sciences and Society & Sophiahemmet University
95. Robert Warmund Smetana **“Screening for autophagy-inducing food-compounds in a human cell model”**  
Supervisor: Christian Riedel, Ph.D., Department of Biosciences and Nutrition, Karolinska Institutet  
Co-supervisor: Hazel Xiaohui Ang, Ph.D., Department of Biosciences and Nutrition, Karolinska Institutet
96. Hannah Stigsdotter **“Antioxidants confer resistance to a KRAS<sup>G12C</sup> inhibitor in non-small cell lung cancer cells”**  
Supervisor: Professor Martin Bergö, Department of Biosciences and Nutrition, Karolinska Institutet
97. Mediana Tiffany **“Dietary Fiber Intake in School-Age and Markers of Obesity in Young Adulthood”**  
Supervisor: Emmanouela Sdona, MD, PhD, Postdoc Researcher, Institute of Environmental Medicine (IMM), Karolinska Institutet  
Co-supervisor: Anna Bergström, PhD, Associate Professor, Head of Unit Institute of Environmental Medicine (IMM), Karolinska Institutet
98. Ivan Vlassakev **“The Role of Glutamine Metabolism in Human White Adipose Tissue”**  
Supervisor: Salwan Maqdasy, Mejhert-Rydén’s lab, Department of Medicine, Huddinge, Karolinska Institutet

99. Aleksandra Zajac

**“Effects of protein based drinks on measures of appetite and satiety.”**

Supervisor: Prof. Louise Dye, Principal Investigator, School of Psychology, Faculty of Medicine and Health, Human Appetite Research Unit, University of Leeds, UK

100. Haoshen Zhou

**“A descriptive analysis of changes in diet over a decade by generation and gender and associations with urbanization”**

Supervisor: Professor Sanjay Kinra, London School of Hygiene and Tropical Medicine.

Co-supervisors: Dr. Judith Lieber, London School of Hygiene and Tropical Medicine

Christina Alexandrou, MSc, Karolinska Institutet

101. Pauline Lidén

**“Saga Stories in health talks within primary child healthcare: a qualitative study”**

Supervisor: Maria Henström, PhD, Assistant professor, Department of Biosciences and Nutrition, Karolinska Institutet

Co-supervisors: Christine Delisle Nyström, Docent, Assistant professor, Department of Biosciences and Nutrition, Karolinska Institutet, Marie Löf, Professor in nutrition, Department of Biosciences and Nutrition, Karolinska Institutet