

Curriculum Vitae

INFORMAZIONI PERSONALI

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AMBITI DI RICERCA

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The main research area concerns the interaction between nutrition and an individual's genetic features. In particular nutrigenomics aims to understand how the substances in our diet can influence gene expression and how genetic variations can impact the body's response to nutrients. Nutrigenomics analyzes how specific dietary components can modify gene activity, thereby affecting health and the risk of developing certain diseases. The ultimate goal is to tailor personalized diets based on an individual's genetic profile to promote optimal health outcomes.

On the other hand, DNA methylation is an epigenetic process that involves the chemical modification of DNA. It specifically entails the addition of methyl groups (consisting of one carbon and three hydrogen atoms) to certain nucleotides, particularly cytosines. DNA methylation can significantly impact gene expression without altering the DNA sequence itself. Both nutrigenomics and DNA methylation research are closely related, as they focus on the interplay between diet, genetics, and gene expression. These promising fields offer innovative perspectives for disease prevention and management by adopting personalized approaches to nutrition and health.