

Curriculum Vitae

Dr Sarah E. E. Berry.

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Research profile:

- Significant academic leader/co-ordinator for >30 human nutrition studies in cardio-metabolic health and personalised nutrition.
- Secured ~ 9m funding as PI (4m) or Co-I (5)
- My research encompasses the theme of diet and cardio-metabolic health, with specific focus on 1) personalised nutrition; 2) novel human research techniques and 3) food and fat structure. I have gained international reputation for my significant contribution and innovation in personalised nutrition research and its application at a large scale.

Employment history:

Position	Organisation and location	Dates
Reader in Nutritional Sciences	King's College London	Sept 2006-present (Reader 2020)
Post-doctoral researcher <i>Food Standards Agency funded project: A dose response study of the effects of increased fruit & vegetable intake on vascular function</i>	King's College London	Sept 2004 – Sept 2006

Qualifications:

Academic/other honour or qualification	Institution	Date
PhD in Nutrition. <i>Influence of triacylglycerol structure of stearic and palmitic acid rich fats on postprandial lipaemia</i>	King's College London	Dec 2004
MSc in Nutrition. <i>Human intervention study to investigate the acute effects of different forms of stearic acid rich triacylglycerols on postprandial lipaemia</i> (Distinction)	King's College London	Sept 2000
BSc (Hons) Physiology (2:1)	University of Sheffield	Jun 1998

Grants:

Title of award	Name of awarding body and dates	Amount awarded	Names of grant holders (Principal Investigator in Bold)
1. Inter-relationships between diet, lifestyle, symptoms and disease phenotypes across the stages of the menopausal transition	The British Menopause Society 2023-2024	107,577.25	Berry, S. , Hall, W., Steves C. (PI)
2. Glu-POT: Investigation into the cardiometabolic health effects of white potatoes, mediated by improved sleep quality, nocturnal glycemia, and endothelial function - three novel inter-related mechanisms	APRE Alliance for Potato Research & Education 2023-2026	124,746.00	Hall, W. , Berry, S. (joint PI)
3. Can almond nut consumption improve nocturnal glycaemic control in women diagnosed with gestational diabetes mellitus?	Almond Board of California 2022-2025	275,276.30	Flynn, A. , Berry, S., Dalrymple, K., Hall, W., Poston, L., Whelan, K. & White, S.
4. PREDICT 3	Zoe Ltd 2022-2024	£600,000.00	Berry S. (PI)
5. Almonds and their impact on immune optimization to viral infection: a randomized controlled trial of vaccination model of immune response	Almond Board of California 2021-2023	£271,477.94	Dimidi, E., Berry, S. , Hall, W., Perucha, E., Turcanu, V. & Whelan, K.
6. Taiwan Partnering Award: Artificial intelligence applications to identify regulatory genomic signatures of diet and lifestyle disease risk factors	BBSRC 2021-2023	£25,290.00	Bell J, Berry S.
7. Integrating machine learning and AI into nutrition research	Zoe Global Ltd 2019-2021	£54,346.00	Berry S. (PI)
8. Health effects of commercially relevant palmitic versus stearic acid rich interesterified fats.	Malaysian Health Ministry 2019-2024	£620,225.00	Berry S , Hall W. (PI)
9. Predicting inter-individual differences in biochemical and behavioural response to meals with different nutritional compositions using metabolomic and microbiome profiling.	Zoe Global Ltd 2019-2023	£1,318,880.00	Berry S, Spector T. (Co-PI)

Title of award	Name of awarding body and dates	Amount awarded	Names of grant holders (Principal Investigator in Bold)
10. Nutrition and the Epigenome. EU Healthy Diet for a Healthy Life Joint Programming Initiative	MRC/ BBSRC 2019-2020	£270,000.00	Bell J (KCL), Berry S (KCL), Waldenberger M (Munich), Heijmans B (Leidans), Ordovas J (Madrid), Butler-Browne G (Paris), Linseisen J (Munich).
11. Influence of the gut microbiome on inter-individual differences in blood pressure at fasting and in response to a combined glycaemic and lipaemic test meal challenge	Chronic Disease Research Foundation 2019-2022	£157,000.00	Menni C , Berry S .
12. Diet and Health seeding award	BBSRC 2019-2020	£95,600.00	Sharp P , Hall W , Latunde-Dada G, Berry S, Ellis P.
13. Developing ingredient-product compatibility to enable the design and commercialisation of healthier staple-food products.	BBSRC Super Follow on Fund 2018-2020	£768,313.00	Edwards C , Warren F, Berry S, Ellis P.
14. The health impact of industrial interesterification of dietary fats.	BBSRC DRINC 2016-2019	£526,898.00	Berry S , Hall W , Harding S, Chowienczyk P. (Co-PI)
15. Increasing micronutrient bioavailability from wheat.	BBSRC DRINC 2016-2020	£410,363.00	Sharp P , Berry S, Latunde-Dada, Y., Harding S. and Ellis, P.
16. Almonds and their impact on gastrointestinal physiology, microbiology and function: Phase 1.	Almond Board of California 2017-2019	£241,398	Whelan, K. , Rossi, M., Hall, W., Berry, S., Dimidi, E.
17. The impact of almond nut consumption on emerging markers of cardiovascular and metabolic disease.	Almond Board of California 2016-2019	£247,704.00	Berry, S. , Hall, W. , Harding, S., Chowienczyk, P., Ellis, P., Charles-Edwards, G., Grassby, T., Pot, G. (Co-PI)

Title of award	Name of awarding body and dates	Amount awarded	Names of grant holders (Principal Investigator in Bold)
18. Predicting inter-individual differences in biochemical and behavioural response to meals with different nutritional compositions using metabolomic and microbiome profiling.	Zoe Global Ltd 2018-2019	£695,870.00	Spector, T. , Berry S.
19. Parenting Leave Fund	Kings College London 2014-2015	£18,760.000	Berry S. (PI)
20. Integrated dietary intervention to reduce risk of cardiovascular disease.	Department of Health 2010-2013	£999,451.00	Sanders T. , Berry S., Campbell K., Chowienczyk P., & Hall W.
21. The role of plant cell walls in regulating starch and lipid bioaccessibility from plant foods: <i>In silico</i> , <i>in vitro</i> and <i>in vivo</i> studies	BBSRC DRINC 2010-2014	£394,663.00	Ellis P. , Butterworth P., Berry S., Sanderson J., Waldron K.
22. Studies of plant cell walls in relation to lipid bioaccessibility.	BBSRC training grant 2010-2014	£86,000.00	Ellis P. , Butterworth P., Berry S.
23. Studies of plant cell walls in relation to starch bioaccessibility and digestion	BBSRC training grant CASE award with Premier Foods 2010-2014	£19,600.00	Ellis P. , Berry S., Butterworth P.
24. The chronic effects of triacylglycerol structure of palm oil on glucose homeostasis, insulin secretion and sensitivity and lipid metabolism	The Malaysian Palm Oil Board 2011-2012	£276,239.00	Sanders, T. , & Berry, S.
25. The influence of lipid bioaccessibility on postprandial changes in inflammatory markers and gut hormones	Almond Board of California 2009-2009	£49,134.00	Berry, S. (PI)
26. Effects of almond products with high and low lipid bioaccessibility on postprandial changes in blood lipids and glucose, oxidative stress and vascular function	Almond Board of California 2008-2008	£7,951.00	Berry, S. (PI)

Publications:

Since 2020 alone I have published 42 original research papers with 1,358 citations; including 3 cited > 180 times each and 15 > 10 times; high citation percentiles (19 >80%; 10 >95% & 5 >99%); and high Field Weighted Citation Impact (FWCI; 21 at >1; 5 at >10 and 1 at 177). These have been published in high impact journals, including 2 in Nature Medicine (IF 87 (+ 1 review)), 5 in Am J Clin Nutr (IF 7; highest impact journal in nutrition discipline) and 2 in Gut (IF 23), all as senior, corresponding or first author. These are in addition to numerous other high impact publications (e.g. Diabetologia, Lancet Infectious Disease, Lancet Digital Health, Nature Food, Nature Communications).

Original research articles:

1. ***The secondary bile acid isoursodeoxycholate correlates with post-prandial lipemia, inflammation, and appetite and changes post-bariatric surgery.***
Louca P, Meijnikman AS, Nogal A, Asnicar F, Attaye I, Vijay A, Kouraki A, Visconti A, Wong K, **Berry SE**, Leeming ER, Mompeo O, Tettamanzi F, Baleanu AF, Falchi M, Hadjigeorgiou G, Wolf J, Acherman YIZ, Van de Laar AW, Gerdes VEA, Michelotti GA, Franks PW, Segata N, Mangino M, Spector TD, Bulsiewicz WJ, Nieuwdorp M, Valdes AM, Menni C. 2023 In: **Cell Rep Med**. 18;4(4):100993. DOI: 10.1016/j.xcrm.2023.100993. IF: 14.7.
2. ***The effect of exercise in a fasted state on plasma low-density lipoprotein cholesterol concentrations in males and females.*** Bradshaw L, Koumanov F, Berry S, Betts JA, Gonzalez 2023. **J. Exp Physiol**. 108(4):543-548. DOI: 10.1113/EP091005. IF:3.
3. ***Particle Size Distribution and Predicted Lipid Bioaccessibility of Almonds and the Effect of Almond Processing: A Randomised Mastication Study in Healthy Adults.*** Creedon, AC., Hung, ES., Dimidi, E., Grassby, T., **Berry, SE.**, Whelan, K,. 2023. In: **Nutrients** 15 (3), 489. DOI: [10.3390/nu15030489](https://doi.org/10.3390/nu15030489). IF: 6.7.
4. ***Enhanced secretion of satiety-promoting gut hormones in healthy humans after consumption of white bread enriched with cellular chickpea flour: A randomized crossover study.*** Bajka BH, Pinto AM, Perez-Moral N, Saha S, Ryden P, Ahn-Jarvis J, van der Schoot A, Bland C, Berry SE, Ellis PR, Edwards CH. 2023. In: **The American Journal of Clinical Nutrition**. 117(3):477-489. DOI: 10.1016/j.ajcnut.2022.12.008. IF: 7.0
5. ***Pooled analysis of epigenome-wide association studies of food consumption in KORA, TwinsUK and LLS.*** Hellbach F, Sinke L, Costeira R, Baumeister SE, Beekman M, Louca P, Leeming ER, Mompeo O, Berry S, Wilson R, Wawro N, Freuer D, Hauner H, Peters A, Winkelmann J, Koenig W, Meisinger C, Waldenberger M, Heijmans BT, Slagboom PE, Bell JT, Linseisen J. 2023. In: **European Journal of Nutrition** 62(3):1357-1375. DOI: 10.1007/s00394-022-03074-9.
6. ***Cardiometabolic health, diet, and the gut microbiome: a meta-omics perspective.***
Colomer V., Menni C., **Berry S.**, Valdes A., Spector T., Segata N. 2023. In: **Nature Medicine** 9(3):551-561. DOI: 10.1038/s41591-023-02260-4. IF: 87.2
7. ***How people wake up is associated with previous night's sleep together with physical activity and food intake***
Vallat R., **Berry S.E.**, Tsereteli N., Capdevila J., Al Khatib H., Valdes A.M., Delahanty L.M., Drew D.A., Chan A.T., Wolf J., Franks P.W., Spector T.D., Walker M.P, 19 Nov 2022. In: **Nature communications**. 13, 7116. DOI: 10.1038/s41467-022-34503-2. IF: 17.7.
8. ***Menopause is associated with postprandial metabolism, metabolic health and lifestyle: The ZOE PREDICT study***
Bermingham, K., Linenberg, I., Hall, W. L., Kadé, K., Franks, P. W., Davies, R., Wolf, J., Hadjigeorgiou, G., Asnicar, F., Segata, N., Manson, J. E., Newson, J. R., Delahanty, L. M., Ordovas, J. M, Chan, A. T., Spector,

T. D., Valdes, A. M., **Berry, S. E.**, 2022, In: *eBioMedicine*. 00:104303 **Senior and corresponding author.*
DOI: <https://doi.org/10.1016/j.ebiom.2022.104303>. IF: 11.2. Cited by: 1

9. **Postprandial Responses to a Standardised Meal in Hypertension: The Mediator Role of Visceral Fat Mass**
Louca, B., **Berry, S.**, Bermingham, K., Franks, P. W., Wolf, J., Spector, T., Valdes, A. M., Chowienczyk, P. & Menni, C., 2022, *Nutrients*. 14, 21, p. 4499. DOI: [10.3390/nu14214499](https://doi.org/10.3390/nu14214499). IF: 6.7.
10. **Reproducibility of sequential ambulatory blood pressure and pulse wave velocity measurements in normotensive and hypertensive individuals**
Keehn, L., Hall, W., **Berry, S.**, Sanders, T., Floyd, C. & Chowienczyk, P., 3 Oct 2022, (E-pub ahead of print) In: *Journal of Hypertension*. 40(12):2528-2537. DOI: [10.1097/HJH.0000000000003290](https://doi.org/10.1097/HJH.0000000000003290). IF: 4.8
11. **The Impact of Almonds and Almond Processing On Gastrointestinal Physiology, Luminal Microbiology and Gastrointestinal Symptoms: a Randomized Controlled Trial and Mastication Study**
Creedon, A. C., Dimidi, E., Hung, E. S., Rossi, M., Probert, C., Grassby, T., Miguens-Blanco, J., Marchesi, J. R., Scott, S. M., **Berry, S. E.** & Whelan, K., 2022. In: *The American journal of Clinical Nutrition*. 265. DOI: [10.1093/ajcn/nqac265](https://doi.org/10.1093/ajcn/nqac265). IF: 7.0
12. **The mental health burden of racial and ethnic minorities during the COVID-19 pandemic**
Nguyen, L. H., Anyane-Yeboah, A., Klaser, K., Merino, J., Drew, D. A., Ma, W., Mehta, R. S., Kim, D. Y., Warner, E. T., Joshi, A. D., Graham, M. S., Sudre, C. H., Thompson, E. J., May, A., Hu, C., Jørgensen, S., Selvachandran, S., **Berry, S. E.**, David, S. P., Martinez, M. E., Figueiredo, J. C., Murray, A. M., Sanders, A. R., Koenen, K. C., Wolf, J., Ourselin, S., Spector, T. D., Steves, C. J., Chan, A. T., 2022, In: *PLoS ONE*. 17(8):e0271661. DOI: [10.1371/journal.pone.0271661](https://doi.org/10.1371/journal.pone.0271661). IF: 3.7
13. **Validity of continuous glucose monitoring for categorizing glycemic responses to diet: Implications for use in personalized nutrition**
Merino, J., Linenberg, I., Bermingham, K. M., Ganesh, S., Bakker, E., Delahanty, L. M., Chan, A. T., Capdevila Pujol, J., Wolf, J., Al Khatib, H., Franks, P. W., Spector, T. D., Ordovas, J. M., **Berry, S. E.** & Valdes, A. M., 7 Jun 2022, In: *American Journal of Clinical Nutrition*. 115(6):1569-1576. **Joint senior and corresponding author.* DOI: [10.1093/ajcn/nqac026](https://doi.org/10.1093/ajcn/nqac026). IF: 7.0. Cited by: 2.
14. **Incremental Value of a Panel of Serum Metabolites for Predicting Risk of Atherosclerotic Cardiovascular Disease**
Nogal, A., Louca, P., Tran, T.Q.B., Bowyer, R.C., Christofidou, P., Steves, C.J., **Berry, S.E.**, Wong, K., Wolf, J., Franks, P.W., Mangino, M., Spector, T.D., Valdes, A.M., Padmanabhan, S., Menni, C. 12 Feb 2022, In: *Journal of the American Heart Association*, 11 (4), p. e024590. DOI: [0.1161/JAHA.121.024590](https://doi.org/10.1161/JAHA.121.024590). IF: 6.1
15. **Impact of insufficient sleep on dysregulated blood glucose control under standardised meal conditions**
Tsereteli, N., Vallat, R., Fernandez-Tajes, J., Delahanty, L.M., Ordovas, J.M., Drew, D.A., Valdes, A.M., Segata, N., Chan, A.T., Wolf, J., **Berry, S.E.**, Walker, M.P., Spector, T.D., Franks, P.W. Epub 30 Nov 2021. In: *Diabetologia*, 65 (2), pp. 356-365. DOI: [10.1007/s00125-021-05608-y](https://doi.org/10.1007/s00125-021-05608-y). IF: 10.5. Cited by: 5.
16. **Body mass index mediates the effect of the DASH diet on hypertension: Common metabolites underlying the association**
Louca, P., Nogal, A., Mompeo, O., Christofidou, P., Gibson, R., Spector, T.D., **Berry, S.E.**, Valdes, A.M., Mangino, M., Menni, C.. Epub 26 Oct 2021, In: *Journal of Human Nutrition and Dietetics*, 35 (1), pp. 214-222. DOI: [10.1111/jhn.12956](https://doi.org/10.1111/jhn.12956). IF: 3.0. Cited by: 3.
17. **Risk factors and disease profile of post-vaccination SARS-CoV-2 infection in UK users of the COVID Symptom Study app: a prospective, community-based, nested, case-control study**
Antonelli, M., Penfold, R.S., Merino, J., Sudre, C.H., Molteni, E., **Berry, S.**, Canas, L.S., Graham, M.S., Klaser, K., Modat, M., Murray, B., Kerfoot, E., Chen, L., Deng, J., Österdahl, M.F., Cheetham, N.J., Drew, D.A.,

Nguyen, L.H., Pujol, J.C., Hu, C., Selvachandran, S., Polidori, L., May, A., Wolf, J., Chan, A.T., Hammers, A., Duncan, E.L., Spector, T.D., Ourselin, S., Steves, C.J. (2022) **The Lancet Infectious Diseases**, 22 (1), pp. 43-55. DOI: [10.1016/S1473-3099\(21\)00460-6](https://doi.org/10.1016/S1473-3099(21)00460-6). IF: 71.4. Cited by: 225.

18. **Diet and lifestyle behaviour disruption related to the pandemic was varied and bidirectional among US and UK adults participating in the ZOE COVID Study**
Mazidi, M., Leeming, E.R., Merino, J., Nguyen, L.H., Selvachandran, S., Pujal, J.C., Maher, T., Kadé, K., Murray, B., Graham, M.S., Sudre, C.H., Wolf, J., Hu, C., Drew, D.A., Steves, C.J., Ourselin, S., Gardner, C., Spector, T.D., Chan, A.T., Franks, P.W., Gibson, R., **Berry, S.E.** (2021) **Nature Food**, 2 (12), pp. 957-969. **Senior and corresponding author.* DOI: [10.1038/s43016-021-00398-3](https://doi.org/10.1038/s43016-021-00398-3). IF: 20.4. Cited by: 3.
19. **High intake of vegetables is linked to lower white blood cell profile and the effect is mediated by the gut microbiome**
Menni, C., Louca, P., **Berry, S.E.**, Vijay, A., Astbury, S., Leeming, E.R., Gibson, R., Asnicar, F., Piccinno, G., Wolf, J., Davies, R., Mangino, M., Segata, N., Spector, T.D., Valdes, A.M. (2021) **BMC Medicine**, 19 (1), art. no. 37. DOI: [10.1186/s12916-021-01913-w](https://doi.org/10.1186/s12916-021-01913-w). IF: 8.8. Cited by: 20.
20. **PCSK9 Activity Is Potentiated Through HDL Binding**
Burnap, S.A., Sattler, K., Pechlaner, R., Duregotti, E., Lu, R., Theofilatos, K., Takov, K., Heusch, G., Tsimikas, S., Fernández-Hernando, C., **Berry, S.E.**, Hall, W.L., Notdurfter, M., Rungger, G., Paulweber, B., Willeit, J., Kiechl, S., Levkau, B., Mayr, M. (2021) **Circulation research**, 129 (11), pp. 1039-1053. DOI: [10.1161/CIRCRESAHA.121.319272](https://doi.org/10.1161/CIRCRESAHA.121.319272). IF: 17.37. Cited by: 5.
21. **Diet quality and risk and severity of COVID-19: a prospective cohort study**
Merino, J., Joshi, A.D., Nguyen, L.H., Leeming, E.R., Mazidi, M., Drew, D.A., Gibson, R., Graham, M.S., Lo, C.-H., Capdevila, J., Murray, B., Hu, C., Selvachandran, S., Hammers, A., Bhupathiraju, S.N., Sharma, S.V., Sudre, C., Astley, C.M., Chavarro, J.E., Kwon, S., Ma, W., Menni, C., Willett, W.C., Ourselin, S., Steves, C.J., Wolf, J., Franks, P.W., Spector, T.D., **Berry, S.**, Chan, A.T. (2021) **Gut**, 70 (11), pp. 2096-2104. **Senior (joint) author.* DOI: [10.1136/gutjnl-2021-325353](https://doi.org/10.1136/gutjnl-2021-325353). IF: 23.0. Cited by: 54.
22. **Differential associations between a priori diet quality scores and markers of cardiovascular health in women: Cross-sectional analyses from TwinsUK**
Mompeo, O., **Berry, S.E.**, Spector, T.D., Menni, C., Mangino, M., Gibson, R. (2021) **British Journal of Nutrition**, 126 (7), pp. 1017-1027. DOI: [10.1017/S000711452000495X](https://doi.org/10.1017/S000711452000495X). IF: 4.1. Cited by: 3.
23. **Meal-induced inflammation: postprandial insights from the Personalised REsponses to Dietary Composition Trial (PREDICT) study in 1000 participants**
Mazidi, M., Valdes, A.M., Ordovas, J.M., Hall, W.L., Pujol, J.C., Wolf, J., Hadjigeorgiou, G., Segata, N., Sattar, N., Koivula, R., Spector, T.D., Franks, P.W., **Berry, S.E.** (2021) **The American journal of clinical nutrition**, 114 (3), pp. 1028-1038. **Senior and corresponding author.* DOI: [10.1093/ajcn/nqab132](https://doi.org/10.1093/ajcn/nqab132). IF: 7.0. Cited by: 18.
24. **Early detection of COVID-19 in the UK using self-reported symptoms: a large-scale, prospective, epidemiological surveillance study**
Canas, L.S., Sudre, C.H., Capdevila Pujol, J., Polidori, L., Murray, B., Molteni, E., Graham, M.S., Klaser, K., Antonelli, M., **Berry, S.**, Davies, R., Nguyen, L.H., Drew, D.A., Wolf, J., Chan, A.T., Spector, T., Steves, C.J., Ourselin, S., Modat, M. (2021) **The Lancet Digital health**, 3 (9), pp. e587-e598. DOI: [10.1016/S2589-7500\(21\)00131-X](https://doi.org/10.1016/S2589-7500(21)00131-X). IF: 36.6. Cited by: 19.
25. **Gut microbiome diversity and composition is associated with hypertension in women**
Louca, P., Nogal, A., Wells, P.M., Asnicar, F., Wolf, J., Steves, C.J., Spector, T.D., Segata, N., **Berry, S.E.**, Valdes, A.M., Menni, C. (2021) **Journal of hypertension**, 39 (9), pp. 1810-1816. DOI: [10.1097/HJH.0000000000002878](https://doi.org/10.1097/HJH.0000000000002878). IF: 4.8. Cited by: 9.

26. **Blue poo: Impact of gut transit time on the gut microbiome using a novel marker**
Asnicar, F., Leeming, E.R., Dimidi, E., Mazidi, M., Franks, P.W., Al Khatib, H., Valdes, A.M., Davies, R., Bakker, E., Francis, L., Chan, A., Gibson, R., Hadjigeorgiou, G., Wolf, J., Spector, T.D., Segata, N., **Berry, S.E.** (2021) *Gut*, 70 (9), art. no. 323877, pp. 1665-1674. **Senior and corresponding author.* DOI: [10.1136/gutjnl-2020-323877](https://doi.org/10.1136/gutjnl-2020-323877). IF: 23.0. Cited by: 28.
27. **Modest effects of dietary supplements during the COVID-19 pandemic: Insights from 445 850 users of the COVID-19 Symptom Study app**
Louca, P., Murray, B., Klaser, K., Graham, M.S., Mazidi, M., Leeming, E.R., Thompson, E., Bowyer, R., Drew, D.A., Nguyen, L.H., Merino, J., Gomez, M., Mompeo, O., Costeira, R., Sudre, C.H., Gibson, R., Steves, C.J., Wolf, J., Franks, P.W., Ourselin, S., Chan, A.T., **Berry, S.E.**, Valdes, A.M., Calder, P.C., Spector, T.D., Menni, C. (2021) *BMJ Nutrition, Prevention and Health*, 4 (1), pp. 149-157. DOI: [10.1136/bmjnph-2021-000250](https://doi.org/10.1136/bmjnph-2021-000250). IF: 2.49. Cited by: 44.
28. **Palmitic acid-rich oils with and without interesterification lower postprandial lipemia and increase atherogenic lipoproteins compared with a MUFA-rich oil: A randomized controlled trial**
Mills, C.E., Harding, S.V., Bapir, M., Mandalari, G., Salt, L.J., Gray, R., Fielding, B.A., Wilde, P.J., Hall, W.L., **Berry, S.E.** (2021) *American Journal of Clinical Nutrition*, 113 (5), pp. 1221-1231. **Senior and corresponding author.* DOI: [10.1093/ajcn/nqaa413](https://doi.org/10.1093/ajcn/nqaa413). IF: 7.0.
29. **The impact of replacing wheat flour with cellular legume powder on starch bioaccessibility, glycaemic response and bread roll quality: A double-blind randomised controlled trial in healthy participants**
Bajka, B.H., Pinto, A.M., Ahn-Jarvis, J., Ryden, P., Perez-Moral, N., van der Schoot, A., Stocchi, C., Bland, C., **Berry, S.E.**, Ellis, P.R., Edwards, C.H. (2021) *Food Hydrocolloids*, 114, art. no. 106565. DOI: [10.1016/j.foodhyd.2020.106565](https://doi.org/10.1016/j.foodhyd.2020.106565). IF: 9.1. Cited by: 21.
30. **Postprandial glycaemic dips predict appetite and energy intake in healthy individuals**
Wyatt, P., **Berry, S.E.**, Finlayson, G., O'Driscoll, R., Hadjigeorgiou, G., Drew, D.A., Khatib, H.A., Nguyen, L.H., Linenberg, I., Chan, A.T., Spector, T.D., Franks, P.W., Wolf, J., Blundell, J., Valdes, A.M.. (2021) *Nature Metabolism*, 3 (4), pp. 523-529. DOI: [10.1038/s42255-021-00383-x](https://doi.org/10.1038/s42255-021-00383-x). IF: 20.0. Cited by: 22.
31. **Whole almond consumption is associated with better diet quality and cardiovascular disease risk factors in the UK adult population: National Diet and Nutrition Survey (NDNS) 2008–2017**
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32. **Microbiome connections with host metabolism and habitual diet from 1,098 deeply phenotyped individuals**
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