



Flavia Tolomeo

NUTRITION BIOLOGIST

EDUCATION AND EXPERIENCE

- Clinical nutritionist specializing in both physiological and pathological conditions. Focus on developing personalized nutrition strategies to support metabolic health and disease management May 2024- Ongoing
- Nutritional counseling at a specialized health coaching center, with the development of personalized nutrition plans tailored to both physiological and pathological conditions, focused on glycemic response management through the use of the FreeStyle Libre 3 glucose monitoring system and comprehensive blood test evaluation.
May 2024 - January 2026
- SIBO course and chronic diseases: from pathophysiology to modern therapies
Erbe Nobili
22/02/2025
- Postgraduate Professional Master's Degree (Level II) in Nutrition and Nutraceuticals in Childhood and Adolescence
University of Pavia
March 2024-February 2025
- Scientific publication in the journal **Salute33** - Mediterranean Diet: a model of adherence between the present and the past
July 2024
- Course: Modulation of the intestinal microbiota for well-being during travel and summer dietary adjustments
Erbe Nobili
13/06/2024
- Certification 'Food Management Consultant and HACCP System Management' - **Parise Group**
03/2024
- Course in human nutrition and dietetics - **Scuola di nutrizione salernitana**
10/2023 - 04/2024
- Course: Practical Approach to Immunity: From Theory to Diet - **Scuola di nutrizione salernitana**

CONTACTS

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PROFILE

Qualified biologist with a Master's Degree in Nutrition Science. Strong focus on innovation and a deep passion for scientific research. My studies and professional development are ongoing, allowing me to deepen and refine my knowledge and improve my practical experience.

I had the opportunity to deepen my theoretical knowledge in laboratory work.

I have also acquired good communication skills and interpersonal skills through my relationships with patients.

Excellent problem-solving skills, organisational precision, and a propensity for teamwork.

LANGUAGES

Italian - Native

English - Advanced - B2 Level

Deutsch - Elementary

Albo registration number: Cal_A2771

- Akern training course: BIA, sport, and integration in team sports.
Akern Academy
26/10/2023
- Practical workshop on body composition with bioimpedance analysis
Akern Academy
November 18, 2023

ACADEMIC TRAINING

University of Calabria

Master's Degree in Nutrition Science
2021 - 2023 (LM-61)

Thesis: "Type 1 diabetes mellitus and adherence to the Mediterranean diet: population survey on a pediatric cohort". (Patient monitoring using a glucose sensor)

Thesis internship

My internship at a nutrition clinic allowed me to assess nutritional status: patient history, anthropometric parameters, bioimpedance analysis. I acquired the ability to choose the appropriate diet therapy protocol for patients with pathological or physiological conditions.

Food science laboratory

During my time in the laboratory, I had the opportunity to test the quality of foods using various chemical and analytical techniques. The foods tested were: wine, extra virgin olive oil, cow's milk, and water. This experience allowed me to gain in-depth knowledge of the properties of the above-mentioned foods in order to understand their quality and market differences, as well as to refine my knowledge of analytical techniques.

Magna Graecia University of Catanzaro

Bachelor's degree in Biotechnology
2017 - 2021

Thesis: "Intestinal microbiota: role, function, and implications for food allergies."

Microbiology and hygiene–Laboratory internship

During my laboratory experience, my studies focused on the analysis and evaluation of the protein component of various cow's milk samples. Techniques learned: HPLC (High Performance Liquid Chromatography), centrifugation, Western blot, MALDI-TOF MS (Matrix Assisted Laser Desorption Ionization - Time of Flight), SDS-PAGE (Sodium Dodecyl Sulfate-Polyacrylamide Gel Electrophoresis).