

Professor Julie A Lovegrove

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Julie Lovegrove is the Hugh Sinclair Professor of Human Nutrition, Director of the Hugh Sinclair Unit of Human Nutrition and the Deputy Director of the Institute for Cardiovascular and Metabolic Research at the University of Reading. Professor Lovegrove's research focus is the nutritional influences on cardiovascular disease risk, including nutrient-gene interactions and personalised nutrition. Of particular interest are the effects of dietary fats and plant phytochemicals on vascular health, insulin sensitivity, lipid metabolism and the gut microbiome. She has interest in vulnerable groups including the homeless. She also serves on a number of external committees including the UK Government's Scientific Advisory Committee for Nutrition (SACN), SACN's sub-committee on "Saturated fats and Health", she chairs an International Life Science Institute Europe (ILSI) committee on 'Saturated Fats and Cardiovascular Health' and is President Elect of the UK Nutrition Society.