

Julio Pedro Basulto Marset



Curriculum Vitae (June 2009)

1. Education 1
2. Current job position 1
3. Current positions in Scientific Societies 2
4. Previous positions held 2
5. Teaching activity performed 2
 5.1 Teaching at courses, Postgraduate degrees, or Masters..... 2
 5.2 Presentations at congresses 3
 5.3 Conference presentations and lectures..... 5
6.- Publications 6
 6.1 Articles in scientific journals..... 6
 6.2 Books or book chapters 7
 6.3 Articles in information magazines..... 8
7. Participation in nutritional research works or projects..... 9
8. Collaborations with scientific or health societies. 10
9. Collaborations with media 10
10. Other significant data 12

1. Education

2004

Diploma in Human Nutrition and Dietetics

Higher Education Center in Nutrition and Dietetics-University of Barcelona ([CESNID-UB](#): *Centre d'Ensenyament Superior de Nutrició i Dietètica-Universitat de Barcelona*)

2003

University extension course “Sports Nutrition and Dietetics”

CESNID-University of Barcelona-[INEFC](#)

1994

Technical expert in Hospitality Management and Tourism

[Joviat School](#) (Manresa, Barcelona)

2. Current job position

2004-at present

Founding member of the Review and Positioning Group of the Spanish Association of Dietitians-Nutritionists. ([GREP-AEDN](#): *Grupo de Revisión, Estudio y Posicionamiento de la Asociación Española de Dietistas-Nutricionistas*)

3. Current positions in Scientific Societies

2007-at present

Journal review editor of "Actividad dietética" (the official diffusion Journal of the Spanish Association of Dietitians-Nutritionists (AED-N). Available at: <http://www.elsevier.es/dietetica>)

2007-at present

Committee Member for the development of the Spanish Dietary Reference Intakes of the National Spanish Federation of Nutrition, Food and Dietetic Societies ([FESNAD](#): *Federación Nacional de Sociedades de Nutrición, Alimentación y Dietética*)

2006-at present

Founding member of the Society for the Interdisciplinary Study of Nutrition and Social Habits ([SEIAHS](#): *Sociedad para el Estudio Interdisciplinar de la Alimentación y los Hábitos Sociales*)

4. Previous positions held

2005-2009

Associate professor. [Human Nutrition Unit](#). Biochemistry and Biotechnology Department. Faculty of Medicine and Health Sciences. [University Rovira i Virgili](#), Reus (Tarragona).

Academic year 2006-2007

Teaching in the course "[Sport in the XXI century: biological and social functions](#)", performed from the 16th to the 20th of July, in the framework *Els Julols* of the University of Barcelona.

Academic year 2005-2006

Teaching position at the Official Diploma in Human Nutrition and Dietetics, at the Higher Education Center in Nutrition and Dietetics-University of Barcelona ([CESNID-UB](#))

Collaboration fellow in the Higher Education Center in Nutrition and Dietetics-University of Barcelona ([CESNID-UB](#))

2005-2007

Dietitian at private office: C/Màrtirs del setge de 1714, nº 30, 3º. 08850 Gavà (Barcelona) Tel: 93.633.63.45

Academic years 2004-2005 and 2005-2006

Teaching in the Postgraduate Degree "[Dietetics and Nutrition](#)" at the University School of Nursing and Physiotherapy *Gimbernat*, attached to the University [UAB](#) (*Universitat Autònoma de Barcelona*)

Academic year 2004-2005

Collaboration fellow in the Higher Education Center in Nutrition and Dietetics-University of Barcelona: ([CESNID-UB](#))

5. Teaching activity performed

5.1 Teaching at courses, Postgraduate degrees, or Masters

Academic year 2009-2010

Teacher in a Postgraduate degree of “Dietetics and Nutrition”, in the context of [IL3 \(Institute for Lifelong Learning\) of the University of Barcelona](#), focused on the dietetic treatment of overweight and obesity.

Academic year 2009-2010

Teacher in the [Online breastfeeding education course](#), organized by the Spanish Federation of Pro-breastfeeding Associations ([FEDALMA: Federación Española de Asociaciones pro-lactancia materna](#)). Subjects taught: Complementary feeding and Nutrition in pregnancy and lactation.

Academic year 2008-2009

Teacher in the course: “Society, culture and tourism – Strategies for a healthy and sustainable eating”, in the ‘Summer Courses’ context of the [Campus Universitari de la Mediterrània](#), recognized as free-elective credits by the “[Xarxa Vives d’Universitats](#)”. Course: Fast Food vs. Mediterranean Diet: nutritional and environmental contrasts.

Academic year 2008-2009

Examining Committee member for the final Project defenses of the [Master in Technology and Quality Management in Agrifood Industries](#). Graduate School of Business and Technology ([Esdén: Escuela Superior de Negocios y Tecnologías](#)). (July 18, 2009, in Barcelona).

Academic year 2008-2009

Teacher in the course “Practical tools for planning a diet: exchange systems” (Enrollment code: 804242), recognized as free-elective credits by the [University Rovira i Virgili](#) (the 12th and 13th of May 2009)

Academic year 2008-2009

Coordinator and teacher in the course “[Biological, nutritional and psychosocial sport aspects](#)”, recognized with 2 free-elective credits by the [Summer University of the University Rovira i Virgili](#).

Academic year 2008-2009

Teacher in the course “[Nutrition and cardiovascular disease: prevention and dietary treatment](#)”, accredited by the Continuing Education Committee of the Spanish National Health System and endorsed by the [FESNAD](#) and the [SEEN](#). Subjects taught: Dietetic fiber and cardiovascular disease.

Academic year 2008-2009

Lecture titled “Vegetarian diet in the athlete”, given in the “[Second course in human nutrition and dietetic, ‘Feeding and physical activity’](#)”, recognized as free-elective credits by the [University of Alicante](#).

5.2 Presentations at congresses

September 2009

Poster on evidence-based nutrition (“Evidence-Based Dietetics and Applied Nutrition (EBDAN): a tool for dietitians best practice”), with [Eduard Baladía](#) and [María Manera](#), presented in congress of “[Diets](#)”, organized by the Portuguese Association of Dietitians ([APD: Associação Portuguesa de Dietistas](#)) and the Health Technology School of Lisbon ([ESTeSL: Escola Superior de Tecnologia da Saúde de Lisboa](#))

October 2008

- Reviewer of papers presented at the “[Fourth Congress of the Spanish Association of Dietitians-Nutritionists \(AED-N\)](#)”, concerning the works related to “Obesity and metabolic syndrome” and “Research”.

- Moderator at the "[Fourth Congress of the Spanish Association of Dietitians-Nutritionists](#) (AED-N)" in the Short Plenary Conference "Preventing and resolving conflicts on the table: My son doesn't eat!" presented by Dr. Carlos Gonzalez (pediatrician)
- Lecture titled "The evolution of the nutritional message in light of new scientific evidence" at the Second Conference on Nutrition, Food and Health Communication, under the "[Fourth Congress of the Spanish Association of Dietitians-Nutritionists](#)"
- Lecture titled "The Zone Diet Revolution: points against", at the "[Fourth Congress of the Spanish Association of Dietitians-Nutritionists](#) (AED-N)"

April 2008

Lecture titled "Vegetarian diets in the risky stages of the life cycle" at the [Twelfth Spanish National Conference of Practical Nutrition](#), recognized as a topic of public health interest by the Ministry of Health and Consumption of Spain.

March 2008

Lecture titled "Fatty Acids", given in the General Assembly of the Spanish Association of Dietitians-Nutritionists (AED-N) (the 7th of March 2008).

September 2007

Scientific Committee Member of the [Second Congress Luso-Spanish Food, Nutrition and Dietetics](#).

September 2007

Poster presentation: "Basulto J, Lee S, Barnes E, Calbet D. Measuring the sensations of appetite, hunger and satiety using meal replacement products (bars). Open, Randomized, Cross-over Trial", in the "[Second Congress Luso-Spanish Food, Nutrition and Dietetics](#)".

September 2006

Poster presentation, "Nutrition education intervention for diabetic people and diabetes educators on the public health significance of replacing refined-grains with whole-grains" in the [First World Congress of Public Health Nutrition - Seventh SENC Congress](#) March 2006

Paper at the "[Second Nutrition Week](#)" organized by the University of Valencia and the Association of Graduate Dietitians and Nutritionists.

March 2005

Presenting author of the poster "[Total antioxidant capacity of foods, graphically reflected in a food pyramid](#)", at the [First Congress of the Spanish Federation of Nutrition, Food and Dietetics Societies \(FESNAD\)](#), together with professors from the Higher Education Center in Nutrition and Dietetics-University of Barcelona (CESNID-UB). (Poster number 144)

October 2004 and 2005

Lectures on vegetarian nutrition at the [First](#) and [Second](#) Congress of the Spanish Vegetarian Union.

October 2004

Presenting author of the poster "Protective role of spices in nutrition. Its importance within a food pyramid based on antioxidants", at the [Second Congress of the Spanish Association of Dietitians-Nutritionists \(AED-N\)](#), along with professors from the Higher Education Center in Nutrition and Dietetics-University of Barcelona (CESNID-UB).

March 2004

Presenting author of the poster "[Antioxidant rich Food Guide Pyramid](#)", at the V International Congress of Barcelona on the Mediterranean Diet, along with professors from the Higher Education Center in Nutrition and Dietetics-University of Barcelona (CESNID-UB). (Poster number 21)

5.3 Conference presentations and lectures

October 2009

Conference on functional foods in the context of "[Ebrégourmet](#)" (Ebro Land Gastronomy Fair) (5 October 2009)

May 2009

Conference titled "A vegetarian diet in the Athlete" in the context of "[Biocultura 2009](#)", Barcelona (May 10, 2009).

April 2009

Conference titled "Walking and health" given in [Nestle-Barcelona](#) (April 27, 2009).

February 2009

Conference titled "Feeding to be healthy, handsome, strong and intelligent" given to children in the Center of Primary, Secondary and Artistic Studies [Oriol Martorell](#). (See [picture](#))

November 2008

Conference titled "Healthy eating habits for people with intellectual disabilities", given in the *General Secretary for Youth of the Local Government of Catalonia*, organized by the *Catalan federation supporting people with intellectual disabilities*. (See [Website](#))

Conference titled "Nutrition and Sports", organized by the Athletic Club of Salou, sponsored by the Salou's City Hall. (See [Website](#))

October 2008

Conference entitled "Infant Nutrition. Myths and Realities" at the Public Library of Lleida. Organized by '[Alleta, Lleida's Association Pro-Breastfeeding](#)'.

Conference titled "Infant feeding with common sense", organized by '[The Guineueta's farmhouse, Recreation Association](#)'.

June 2008

Conference titled "Youth: food and sport", in the Day "Youth and Health" organized by the [Sant Boi de Llobregat's City Hall](#), with the collaboration of the Barcelona Provincial Council.

Conference titled "Feeding Infants and Children", organized by [Areola](#) (Breastfeeding Support Group), with the cooperation and support of Gavà City Hall and BFHI-Unicef.

Conference entitled "Infant and maternal feeding myths", given in the Auditorium of the Cultural Center Can Fabra (Barcelona).

Conference organized by [Alba Breastfeeding](#), with the collaboration of Barcelona's City Hall.

May 2008

Lecturer at the Press Association of Madrid, on behalf of the Spanish Association of Dietitians-Nutritionists (AED-N), listing the fraudulent aspects of the "Montignac.Diet".

December 2007

Conference entitled "Infant feeding: myths and realities", organized by [Areola](#), (Breastfeeding Support Group), with the support of the [Viladecans City Hall](#) and the [BFHI](#).

November 2007

Conference related to functional foods, entitled "Foods or drugs? Are functional food claims true?" given at the [Hospital of Igualada](#) (Anoia's Health Consortium).

November 2007

Conference entitled "Is vegetarian diet a valid choice?", given at the Symposium on Gastronomy and Nutrition organized by the Foundation for Research and Prevention of Cardiovascular Diseases ([FIPEC: Fundació para la Investigació y Prevenció de las Enfermedades Cardiovasculares](#)) and the *Flora Institute* (Barcelona, L'illa Diagonal).

April 2007

Conference titled "Feeding children" given to parents and children from the *Pia School* of Sabadell.

October 2006

Conference on [nutrition and sports](#), organized by the Sant Boi de Llobregat's City Hall.

April 2006

Conference on [functional foods](#), organized by the Community Health Council Area of Malgrat de Mar's City Hall.

January 2006

Teacher in the course "Introduction to the search for nutritional information on the Internet" organized by the [Spanish Association of Dietitians-Nutritionists](#) (AED-N)

Academic Year 2005-2006

Speaker at a lecture series on nutrition in pregnancy, infancy and early childhood, organized by [UNICEF Catalonia](#), [Alba Breastfeeding](#), [MAMA'S \(Mothers Pro-Breastfeeding\)](#) and [Infant's home](#) (Castelldefels City Hall).

Teaching in a series of lectures on nutrition, in the company [Mithes](#) of Sabadell.

February and October 2005

Speaker at the *Nutrition in pregnancy and lactation* forums, organized by the company [Prenatal](#).

6.- Publications

6.1 Articles in scientific journals

Babio N, Balanzá R, Basulto J, Bulló M, Salas-Salvadó J. *Dietary fiber: influence on body weight, glycemic control and plasma cholesterol profile*. [Nutr Hosp](#). Admitted. (Publication number pending)

Basulto J, Manera M, Baladia E. *Stearic acid and cardiovascular health*. [Teca \(Tecnologia i Ciència dels Aliments\)](#). Admitted. (Publication number pending)

Review Committee Member for the article: Cuervo M, Corbalán M, Baladía E, Cabrerizo L, Formiguera X, Iglesias C, et al. *Comparison of Dietary Reference Intakes (DRI) between different countries of the European Union, United States (U.S.) and the World Health Organization (WHO)*. *Nutr Hosp*. 2009 Jul-Aug;24(4):384-414. [Pubmed](#). [Full Text \(in Spanish\)](#)

Russolillo G, Baladia E, McAllister M, Colomer M, Garcia M, Basulto J, Marques I Babio N, Way M, Cervera P. *Inclusion of the dietitian in the National Health System (NHS): position statement*

of the Spanish Association of Dietitians-Nutritionists (AED-N) Act Diet.2009; 13 (02) :62-9.
[Abstract.](#)

Basulto J, Baladía E, Manera M. *GREP-AEDN's Position Statement: dietary supplements for weight loss.* Act Diet. 2009;13:41-2. [Full text \(in Spanish\).](#)

Basulto J, Roura A, Calbet D. *Measuring the sensations of appetite, hunger and satiety using meal replacement products (bars). Open, Randomized, Cross-over Trial.* Act Diet. 2008; 12(2):47-55. [Full Text \(in Spanish\)](#)

Baladia E, Manera M, Basulto J. *Low-calorie diets are related to a low intake of some vitamins: a review.* Act Diet. 2008; 12 (2) :69-75. [Full Text \(in Spanish\)](#)

Basulto J, Baladía E, Manera M. *GREP-AEDN's Position Statement: obesity as a disease.* Act Diet. 2008; 12 (2) :98-9 [Full Text \(in Spanish\)](#)

Basulto J, Bulto L, Chamorro M, Lafuente C, Martín E, Porta G. *Analysis of a weight loss program with meal replacement products on weight and biochemical markers in overweight or type I obese patients* Nutr Hosp. 2008 Jul-Aug;23(4):388-94 [Pubmed](#)

Baladia E, Basulto J, Vióquez M, Cantós D. *Analysis of the scientific production of ACTIVIDAD DIETÉTICA (1997-2007): what was it, what is it and what is the AED-N's scientific journal expected to be?* Act Diet. 2008; 12(1):5-10. [Summary.](#)

Baladia E, Basulto J. *Systematics for classifying studies according to scientific evidence. Evidence-Based Dietetics and Applied Nutrition (EBDAN): a tool for the future dietitian-nutritionist.* Act Diet. 2008; 12 (1):11-9. [Summary.](#)

Baladia E, Basulto J, Padró L. *Document for the inclusion of the dietitian-nutritionist in the Catalan Health System.* Act Diet. 2008; 12(1):20-6. [Full text \(in Spanish\)](#)

Basulto J. *Vegetarian Diets in the risky stages of the life cycle.* Revista de Nutrición Práctica, 2008;12 (April):34-37

Baladia E, Basulto J. *Dietitian-Nutritionist at the primary health care.* Act Diet, 2007;34:24-40.

Basulto J, Bultó L, Chamorro M, Lafuente C, Martín E, Porta G. *The effectiveness and safety of a weight losing program that includes products that substitute meals about de weight control and the biochemical parameters in patients with overweight or type I obesity.* Act Diet, 2007;34:13-20.

Basulto J, Schinca N. *Alternative diet options: macrobiotic diet.* Act Diet. 2006;31:26-31

Basulto J. *Alternative diet options: fruitarian diet.* Act Diet. 2006;30:29-32.

Baladía E, Basulto J. *Introduction to the search of information on the Internet by registered dietitians..* Act Diet. 2006;30:15-16

Basulto J. *The vegetarian diet. Has this alternative a future?* El viejo topo. 2005;205:104-109

[6.2 Books or book chapters](#)

Developing a book about dietetics and nutrition (title pending), for [Random House Mondadori](#), with M^a José Mateo.

Basulto J. Dietary fiber and cardiovascular disease. In: Marques I, Russolillo G (Coordinators) Distance learning course in nutrition, diet and cardiovascular disease: prevention and dietary treatment. Publishing pending.

Balanzà R, Basulto J, Salas-Salvadó J. Effect of fiber on the lipid pattern, glucose metabolism and body weight. In: Morán J (Coordinator). White book about the dietary fiber. Food Corporation Peñasanta (Capsa), 2008 ISBN 13: 978-84-612-7653-0

Basulto J, Manera M, Baladía E. Review and analysis of the book 'The Zone Diet Revolution'. In: The book of papers: Fourth Congress of the Spanish Association of Dietitians-Nutritionists. Bilbao: Viajes y Congresos S.A.;2008. p.30-31. ISBN: 978-84-691-6291-0

Description of an efficacy study and a study of satiety with meal substitutes. In: Spanish Association of Dietitians-Nutritionists, Bicentury. White book of meal substitutes. Barcelona: Saatchi & Saatchi Healthcare; 2008. p.65-76.

Serra Majem LL, Aranceta Bartrina J (Directors). Basulto J (Coordinator). Spanish Society of Nutrition Community. Guide to functional food. Barcelona: Elsevier, 2008. ISBN: 978-84-458-1937-1. [Consult.](#)

Lizarraga MA, Basulto J. Food and Sport. In: Salas-Salvadó J, Bonada i Sanjaume A, Trallero Casañas R, Saló i Solà ME, Burgos Peláez R (Editors). [Clinical Nutrition and Dietetics. 2nd ed.](#) Barcelona: Elsevier Masson;2008.p.153-168 ISBN:978-84-458-1843-5 (See [First pages](#)).

Basulto J. Spices, anti-aging agents. In: García J (Coordinator). Spices, exotic delights. Barcelona: Intermón-Oxfam;2007. p.20-25. ISBN:84-8452-520-1

Translation, revision, updating and adaptation of: Catalan Association of Diabetes. Consensus document about "Nutritional advice and education on diabetes", ACD 2003. Barcelona: Catalan Association of Diabetes, 2007. ISBN: 978-84-611-3356-7

Salas-Salvadó J (Coordinator). Megías I, Torres M, Amigó P, Simón D, Olmos M, Guillén N, Basulto J, Márquez F Munné C. Practice Manual. Dietetics second academic year. Human Nutrition Unit. Biochemistry and Biotechnology Department. Faculty of Medicine and Health Sciences of Reus. University Rovira i Virgili;2007.

Enríquez T (Directora). Taddei D, Enríquez T, Martínez T, Nazra J, Rodríguez J, Basulto J, Jiménez MG, Marín P. The great book of food. Navarra: Círculo de Lectores; 2005. ISBN: 978-84-672-1706-3

6.3 Articles in information magazines

Eat according to appetite. [MG, Salud Integral de la Mujer](#). 2009;28:48-9

Give up smoking without gaining a kilogram. [MG, Salud Integral de la Mujer](#). 2009. In press.

Miracle diets, pros and cons. [MG, Salud Integral de la Mujer](#). 2009. In press.

Hydration doesn't have to be an obsession. [MG, Salud Integral de la Mujer](#). 2009. In press.

Vegetarianism, is it a healthy choice? [MG, Salud Integral de la Mujer](#). 2009. In press.

Is your infant getting enough vitamins? [Tu Bebé](#). 2009;195:44-6

Cereals. How to start introducing gluten. [Tu Bebé](#). 2009;194:52-4

What happens if he doesn't like vegetables? [Tu Bebé](#). 2009;193:64-6

How much should he eat? [Tu Bebé](#). 2009;192:34-6

Can your infant eat soy? [Tu Bebé](#). 2009;192:16

Fats in the diet. [Tu Bebé](#). 2009;191:13

Water in pregnancy. [Tu Bebé](#). 2009;191:60

Preventing obesity in children. [Tu Bebé](#). 2009;191:28-32

Astringent diet, is it really useful? [Tu Bebé](#). 2009;189:28-9

Vegetarian diet and pregnancy. [Lecturas](#). 2008;2958:92

Infant porridge: pros and cons. [Tu Bebé](#). 2008;188:32-3

Proteins under control. [Tu Bebé](#). 2008;187:26-7

Solutions for pregnancy nuisances. [Tu Bebé](#). 2008;186:56-60

When should he take water? [Tu bebé](#). 2008;185:34-6

Iron in pregnancy: neither great nor small. [Tu Bebé](#). 2008;185:46-8

Food intolerance blood test. *Dieta Sana*. 2008:Año 2, October, 16:44-6

Food allergies. [Tu bebé](#). 2008;183:38-40

Enjoy the meal. [Tu bebé](#). 2008;182:44-8

Ready for solids. [Tu bebé](#). 2008;181:40-2

How to start giving fruit. [Tu bebé](#). 2008;185:40-1

Learning to eat well is up to children, too. [El mueble](#). 2008;11 (October, extra niños).

Food legislation on functional health claims and disease risk reduction in Europe, USA and Japan. [Yogur vivo](#) (functional foods). 2008;27. April

Kohan L. Lemon. [Cuerpamente](#). 2008;192:40-5. *Erratum in Cuerpamente*. 2008;193:32

¿Is the vegetarian feeding healthier? Everything about vegetarianism. *Dieta Sana*. 2007; year 1, number 2.

Probiotics and immunosenescence. [Yogur vivo](#) (functional foods). 2006;24 Diciembre.

Edition of several articles for the magazine [Dietética y Salud](#), in 2005

Edition of several articles for the magazine [Cocina Futuro](#), in 2004-2005

7. Participation in nutritional research works or projects

2007-2009

Taking part in the development of the nutritional calculation tool "[Easydiet](#)", together with the [Spanish Association of Dietitians-Nutritionists](#)

At present

Participation in the project "Effects of nutritional supplements and ergogenic aids on body composition and exercise", led by Dr Maria Victoria Linares Vidal (University Rovira i Virgili).

June 2008

Scientific coordination of the nutritional calculation tool "¿Comes bien?" (Do you eat well?) with Danone S.A. (see [website](#))

January 2007

Taking part in the development of the triptych "[Fiber-rich foods: beneficial to health](#), along with the *Higher Education Center in Nutrition and Dietetics (CESNID)* of the *University of Barcelona*, distributed by the [Health department of the Government of Catalonia](#).

September 2004

Collaboration in the work "Nutrition education intervention for diabetic people and diabetes educators on the public health significance of replacing refined-grains with whole-grains", supported by the [Catalan Diabetes Association](#), together with representatives of the Higher Education Center in Nutrition and Dietetics ([CESNID](#)) of the University of Barcelona.

March-July 2005

Collaboration in the European Project [PIPS \(Personalized Information Platform for Life and Health Services\)](#). Financing entity: European Commission (among others).

8. Collaborations with scientific or health societies.

May 2008

Collaboration and review of the campaign with the slogan "Your diet is your life, so cherish it! Miracle diets don't exist.", coordinated by the Spanish Federation of Nutrition, Food and Dietetics Societies (FESNAD).

April 2008

Development of an exposition designed to promote healthy eating habits among children, together with [SEIAHS](#) members and coordinated by the Barcelona Provincial Council.

9. Collaborations with media

October 9, 2008

Lleida TV, interview on [maternal and infant nutrition](#). [Website](#).

December 3, 2007

Interviú magazine, interview on [orthorexia](#) (nº 1649, year 31 (from 3 to 9 December 2007), p.48-52)

November 18, 2007

Radio Station *COPE*, interview in relation to healthy diet (at 12 am)

November 4, 2007

El Mundo magazine, interview on [vegetarian diet](#)

September 11, 2007

Interview for [various media](#), in a campaign to promote healthy nutrition in children

September 7, 2007

- Diariometro* magazine (Madrid), interview on childhood obesity
- July 17, 2007
AND magazine, interview on [Mediterranean Dieta](#)
- July 2007
Tu bebé magazine, interview titled "New parents' role"
- June 26, 2007
Televisió de Catalunya - TV3, interview in the TV program *Els matins de TV3* about "[Healthy eating obsession](#)"
- June 25, 2007
Metro Newspaper Interview: "We prefer 'fast food' to healthy food"
- April 7, 2007
Barcelona TV, interview in the TV program *Infodia*
- February 20, 2007
Radio 4 (Spanish National Radio), interview on "Healthy Diet", in the radio program *Efectes positius*,
- December 4, 2006
Radio station *Ser*, Interview on "[Anisakis](#)", in the radio program *La Ventana*.
- December 4, 2006
Entrevista en Radio Caracol sobre dieta vegetariana
- November 16, 2006
Radio station *Cadena Ser*, interview on "[Fast food](#)", in the radio program *La Ventana* (with the Professor Dr. Abel Mariné, from the University of Barcelona)
- July 22, 2006
Barcelona TV, interview on "Summer nutrition", in the TV program *Hola Barcelona*
- February 2006
Medicina TV, interview on [Nutrition in pregnancy](#) / [Vegetarian Diet](#) / [Healthy weight](#)
- October 20, 2005
Radio station *Catalunya Ràdio*, interview in the program *Tal dia farà un any*, about the [2nd Vegetarian Congress](#)
- October 16, 2005
Radio station *Com Radio*, interview in the program *Tendències*, about the [2nd Vegetarian Congress](#)
- September 25, 2005
Radio station *Catalunya Ràdio*, interview on [Slow Food](#) in the program *Versió Original*
- September 21, 2005
25 TV, interview on vegetarian diet in the TV program *Albert Castillón en companyia*,
- March 31, 2005
Newspaper *La Razón*, interview on [vegetarian diet](#)
- October 16, 2004
Radio station *Catalunya Ràdio*, interview on [vegetarian diet](#), in the program *Vida Sana*

10. Other significant data

- Subscribed to the biomedical and nutritional update bulletins:
Fisterra, ConsumaSeguridad, MedScape, WHO Nutrition and Food Security, FDA Consumer magazine, Harvard Health Letter, European Food Information Council News, European Prospective Investigation Into Cancer and Nutrition Newsletter, Info Nutrar, Amedeo, Diario Médico and Jano on line.
- Registered through www.pubmed.gov (My NCBI service) to be notified of updates publication in several areas of dietetics and nutrition.
- Permanent review and file of articles published in the journals or bulletins listed above.