



Federica Fiori

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WORK EXPERIENCE

University of Udine – Udine, Italy

City: Udine | Country: Italy

Post-doctoral fellowship

[01/05/2024 – 30/09/2025]

Data collection for a risk prediction study and development of novel dietary assessment tools: the INDACO project

- Drafting of the project proposal (**PRIN**);
- Preparation of the on-going phase of a cancer risk prediction study: organization, material preparation, training of the interviews;
- Organization of experimental kitchen activities including food preparation, food image collection, and data management for the development of a pilot dataset of food images;
- Nutritional advice on the application of machine learning algorithms to recognize and classify food images and to estimate portion sizes.

Participation in other activities in the fields of nutrition and nutritional epidemiology:

- Adherence to the gluten free diet in coeliac patients, in collaboration with the Italian Coeliac Disease Association (AIC);
- Sustainability and nutritional analysis of food offer, choices, and plate waste in three hospital canteens, followed by the implementation of an intervention to promote healthy and sustainable food choices (poster, leaflets, norm messages);
- Prebiotic content of foods and cancer risk estimations in case control studies;
- Dietary assessment on obese subjects participating in a trial on physical activity.

Update activities as part of the working group of the **Food Composition Database for Epidemiological Studies in Italy** (bda.ieo.it).

University of Udine – Udine, Italy

City: Udine | Country: Italy

University teacher

[01/10/2024 – Current]

Elements of Clinical Nutrition SSD: BIO/09 1CFU (Physiotherapy degree course, Department of Medicine, University of Udine)

- Lectures preparation
- Teaching activities
- Student examination

University of Udine – Udine, Italy

City: Udine | Country: Italy

Post-doctoral fellowship

[01/05/2023 – 30/04/2024]

Nutritional evaluation of a sample of athletes in the Friuli Venezia Giulia region with a focus on food supplements and protein sources

- Provision of nutritional advice and management of the relations with an external company for the development of a dietary assessment web tool for nutritional epidemiology;
- Enrollment of the sample, administration of the food frequency questionnaire, and nutritional analysis;
- Student supervision (internship/thesis).

Participation in other activities in the fields of nutrition, nutritional epidemiology, food sustainability, and food composition.

 **Azienda Sanitaria Universitaria Friuli Centrale** – Udine, Italy

City: Udine | Country: Italy

Teaching activities

[10/10/2023 – 11/12/2023]

Food quality and safety for the course "Alimenta la Salute: a tavola e in movimento":

- 1st edition: 10/10/2023
- 2nd edition: 11/12/2023

 **University of Udine** – Udine, Italy

City: Udine | Country: Italy

University research assistant

[03/2022 – 03/2023]

Nutritional evaluation and strategies to enhance traditional products of local origin

- Nutritional characterization (Euofir recipe approach);
- Sustainability calculations using environmental and economical indicators;
- Student supervision (internship/thesis).

Participation in other activities in the fields of nutrition, nutritional epidemiology, food sustainability, and food composition databases

 **University of Udine** – Udine, Italy

City: Udine | Country: Italy

University research assistant

[01/2018 – 07/2018]

Effects of 3-months of High Intensity Interval Training vs. Moderate Endurance Training and following 4-month follow-up on fat metabolism, cardiometabolic health and mitochondrial respiratory functions in obese adults":

- Dietary counselling;
- Data collection, food record analysis and nutritional evaluation.

EDUCATION AND TRAINING

PhD in Biomedical Science and Biotechnology

University of Udine [11/2018 – 27/06/2022]

City: Udine | Country: Italy | Website: <https://www.uniud.it/it> | Field(s) of study: Health and welfare: • Inter-disciplinary programmes and qualifications involving health and welfare ; Natural sciences, mathematics and

statistics: • Inter-disciplinary programmes and qualifications involving natural sciences, mathematics and statistics
| **Thesis:** Innovative tools implementation to update food composition databases

- Food composition data and databases -use and update methods complying with the EuroFIR standards;
- Nutritional epidemiology and dietary assessment -practical and theoretical knowledge of tools such as dietary recall and food frequency questionnaire;
- Data analysis -experience with STATA statistical software.

Training course "PERCORSO FORMATIVO 24 CFU" for teaching in secondary schools

University of Udine [09/2020 – 06/2021]

City: Udine | Country: Italy | Website: <https://www.uniud.it/it>

International Post-graduate course on "THE PRODUCTION AND USE OF FOOD COMPOSITION DATA IN NUTRITION"

Wageningen University and Research, Division of Human Nutrition and Health and Graduate School

VLAG [01/12/2019 – 06/12/2019]

City: Wageningen | Country: Netherlands | Website: https://www.vlaggraduateschool.nl/upload_mm/0/a/7/8d3c7530-72a2-42d3-b2c6-12f41f352bee_Foodcomp2019.pdf

Link: https://www.vlaggraduateschool.nl/upload_mm/0/a/7/8d3c7530-72a2-42d3-b2c6-12f41f352bee_Foodcomp2019.pdf

Master Degree in Human Nutrition

University of Milan [09/2015 – 20/12/2017]

City: Milan | Country: Italy | Website: <https://www.unimi.it/it> | Field(s) of study: Health and welfare: • Inter-disciplinary programmes and qualifications involving health and welfare ; Natural sciences, mathematics and statistics: • Inter-disciplinary programmes and qualifications involving natural sciences, mathematics and statistics
| **Final grade:** 110L | **Thesis:** Valutazione dei livelli di assunzione di energia, macronutrienti, acidi grassi, cobalamina, saccarosio e fruttosio, e relazione tra la dieta e la composizione del latte materno, in un campione di donne durante il periodo di allattamento

Bachelor Degree in Food Science and Technology

University of Udine [09/2011 – 15/04/2015]

City: Udine | Country: Italy | Website: <https://www.uniud.it/it>

LANGUAGE SKILLS

Mother tongue(s): Italian

Other language(s):

English

LISTENING C1 READING C1 WRITING C1

SPOKEN PRODUCTION C1 SPOKEN INTERACTION C1

Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Proficient user

SKILLS

Microsoft Office / Microsoft Excel / Data Visualization (Canva) / STATA / nutrition / epidemiology / Dietary Assessments / analyse scientific data / perform project management / disseminate results to the scientific community / communicate with a non-scientific audience / Problem solving and orientation to the results / work as a team / write research proposals / prepare scientific reports / write scientific publications / perform scientific research

PUBLICATIONS

[2025]

Plate waste in hospital canteens: a nutritional and environmental analysis in north-eastern Italy Fiori, F., Menis, D., Cautero, P., Zago, D., Driutti, M., Lesa, L., Conte, A., Scarpis, E., Brunelli, L., Parpinel, M. (2025). Plate waste in hospital canteens: a nutritional and environmental analysis in north-eastern Italy. *Front. Nutr.*, 12:1542280.

[2025]

Quantification of Naturally Occurring Prebiotics in Selected Foods Natale, A., Fiori, F., Turati, F., La Vecchia, C., Parpinel, M., & Rossi, M. (2025). Quantification of Naturally Occurring Prebiotics in Selected Foods. *Nutrients*, 17(4), 683.

[2025]

Update of the food composition database for epidemiological studies in Italy: Focus on cereals and cereal products Carioni, G., Fiori, F., Radice, D., Bianco, R., Parpinel, P., Gnagnarella, P. (2025). Update of the food composition database for epidemiological studies in Italy: Focus on cereals and cereal products. *Journal of Food Composition and Analysis*, 146, 107928.

[2025]

2D Prediction of the Nutritional Composition of Dishes from Food Images: Deep Learning Algorithm Selection and Data Curation Beyond the Nutrition5k Project Bianco, R., Coluccia, S., Marinoni, M., Falcon, A., Fiori, F., Serra, G., Ferraroni, M., Edefonti, V., Parpinel, M. (2025). 2D Prediction of the Nutritional Composition of Dishes from Food Images: Deep Learning Algorithm Selection and Data Curation Beyond the Nutrition5k Project. *Nutrients*, 17, 2196.

[2025]

Effects of 12 Months of Structured Physical Activity Program and 18-Month Follow-Up Period on Body Composition, Physical Capacities, and Physical Activity Levels in Adults with Obesity Mari, L., D'Alleva, M., Graniero, F., Azzini, V., Fiori, F., Marinoni, M., De Martino, M., Rejc, E., Zaccaron, S., Stafuzza, J. et al. (2025). Effects of 12 Months of Structured Physical Activity Program and 18-Month Follow-Up Period on Body Composition, Physical Capacities, and Physical Activity Levels in Adults with Obesity. *Int. J. Environ. Res. Public Health*, 22, 665.

[2024]

Compliance and Attitudes towards the Gluten-Free Diet in Celiac Patients in Italy: What Has Changed after a Decade? Fiori, F., Bravo, G., Neuhold, S., Bartolone, G., Pilo, C., Parpinel, M., & Pellegrini, N. (2024). Compliance and Attitudes towards the Gluten-Free Diet in Celiac Patients in Italy: What Has Changed after a Decade?. *Nutrients*, 16(15), 2493.

[2024]

Sustainability and nutritional composition of food offer and choices in three hospital canteens in Italy Menis, D., Fiori, F., Cautero, P., Zago, D., Beorchia, Y., Dallan, L., Vettorazzo, P., Lesa, L., Conte, A., Scarpis, E., Brunelli, L., & Parpinel, M. (2024). Sustainability and nutritional composition of food offer and choices in three hospital canteens in Italy. *Heliyon*, 10(21), e39317.

[2024]

Sustainability and nutritional aspects of traditional dishes from the Friuli Venezia Giulia region, Italy: A true cost accounting evaluation Fiori, F., Bertossi, A., Troiano, S., Parpinel, M., Marangon, F., Pellegrini, N. (2024). Sustainability and nutritional aspects of traditional dishes from the Friuli Venezia Giulia region, Italy: A true cost accounting evaluation. *Journal of Functional Foods*, 123(1):106587.

[2024]

Tailoring the Nutritional Composition of Italian Foods to the US Nutrition5k Dataset for Food Image Recognition: Challenges and a Comparative Analysis Bianco, R., Marinoni, M., Coluccia, S., Carioni, G., Fiori, F.,

Gnagnarella, P., Edefonti, V., & Parpinel, M. (2024). Tailoring the Nutritional Composition of Italian Foods to the US Nutrition5k Dataset for Food Image Recognition: Challenges and a Comparative Analysis. *Nutrients*, 16(19), 3339.

[2024]

The Development of a Food Frequency Questionnaire for the Assessment of Ultra-Processed Food Consumption in the Italian Adult Population: Protocol for a Validity and Reproducibility Study Cardamone, E., Iacoponi, F., Fiori, F., Marinoni, M., Agrimi, U., Silano, M., & Parpinel, M. (2024). The Development of a Food Frequency Questionnaire for the Assessment of Ultra-Processed Food Consumption in the Italian Adult Population: Protocol for a Validity and Reproducibility Study. *Nutrients*, 16(22), 3896.

[2024]

Dietary Isoflavones Intake and Gastric Cancer Natale, A., Fiori, F., Parpinel, M., Pelucchi, C., Negri, E., La Vecchia, C., & Rossi, M. (2024). Dietary Isoflavones Intake and Gastric Cancer. *Nutrients*, 16(16), 2771.

[2023]

Dietary choline and sphingomyelin choline moiety intake and risk of colorectal cancer: a case-control study Rossi, M., Khalifeh, M., Fiori, F., Parpinel, M., Serraino, D., Pelucchi, C., Negri, E., Giacosa, A., Crispo, A., Collatuzzo, G., Hannun, Y., Luberto, C., La Vecchia, C., & Boffetta, P. (2023). Dietary choline and sphingomyelin choline moiety intake and risk of colorectal cancer: a case-control study. *European journal of clinical nutrition*, 77(9), 905–910.

[2023]

Prebiotics and the Risk of Upper Digestive Tract and Stomach Cancers: The PrebiotiCa Study Turati, F., Concina, F., Bertuccio, P., Fiori, F., Parpinel, M., Garavello, W., Crispo, A., Libra, M., Negri, E., Serraino, D., & La Vecchia, C. (2023). Prebiotics and the Risk of Upper Digestive Tract and Stomach Cancers: The PrebiotiCa Study. *Journal of the Academy of Nutrition and Dietetics*, S2212-2672(23)01275-3. Advance online publication.

[2023]

Effects of 24-week polarized training vs. threshold training in obese male adults D'Alleva, M., Giovanelli, N., Graniero, F., Billat, V. L., Fiori, F., Marinoni, M., Parpinel, M., & Lazzar, S. (2023). Effects of 24-week polarized training vs. threshold training in obese male adults. *International journal of sports medicine*, 10.1055/a-2123-0851. Online ahead of print.

[2023]

Improvement of adiponectin in relation to physical performance and body composition in young obese males subjected to twenty-four weeks of training programs Mallardo, M., D'Alleva, M., Lazzar, S., Giovanelli, N., Graniero, F., Billat, V., Fiori, F., Marinoni, M., Parpinel, M., Daniele, A., & Nigro, E. (2023). Improvement of adiponectin in relation to physical performance and body composition in young obese males subjected to twenty-four weeks of training programs. *Heliyon*, 9(5), e15790.

[2023]

Dietary Choline and Betaine Intake and Risk of Colorectal Cancer in an Iranian Population Seyyedsalehi, M. S., Rossi, M., Hadji, M., Rashidian, H., Marzban, M., Parpinel, M., Fiori, F., Naghibzadeh-Tahami, A., Hannun, Y. A., Luberto, C., Zendehdel, K., & Boffetta, P. (2023). Dietary Choline and Betaine Intake and Risk of Colorectal Cancer in an Iranian Population. *Cancers*, 15(9), 2557.

[2023]

Olive Oil and Nuts in Rheumatoid Arthritis Disease Activity De Vito, R., Fiori, F., Ferraroni, M., Cavalli, S., Caporali, R., Ingegnoli, F., Parpinel, M., & Edefonti, V. (2023). Olive Oil and Nuts in Rheumatoid Arthritis Disease Activity. *Nutrients*, 15(4), 963.

[2023]

Does Pizza Consumption Favor an Improved Disease Activity in Rheumatoid Arthritis? De Vito, R., Parpinel, M., Speciani, M. C., Fiori, F., Bianco, R., Caporali, R., Ingegnoli, F., Scotti, I., Schioppo, T., Ubiali, T., Cutolo, M., Grosso, G., Ferraroni, M., & Edefonti, V. (2023). Does Pizza Consumption Favor an Improved Disease Activity in Rheumatoid Arthritis?. *Nutrients*, 15(15), 3449.

[2023]
Effects of 12-week combined training versus high intensity interval training on cardiorespiratory fitness, body composition and fat metabolism in obese male adults D'Alleva, M., Vaccari, F., Graniero, F., Giovanelli, N., Floreani, M., Fiori, F., Marinoni, M., Parpinel, M., & Lazzer, S. (2023). Effects of 12-week combined training versus high intensity interval training on cardiorespiratory fitness, body composition and fat metabolism in obese male adults. *Journal of exercise science and fitness*, 21(2), 193–201.

[2023]
Intake of prebiotic fibers and the risk of laryngeal cancer: the PrebiotiCa study Turati, F., Concina, F., Bertuccio, P., Fiori, F., Parpinel, M., Taborelli, M., Rosato, V., Garavello, W., Negri, E., & La Vecchia, C. (2023). Intake of prebiotic fibers and the risk of laryngeal cancer: the PrebiotiCa study. *European journal of nutrition*, 62(2), 977–985.

[2023]
Association of prebiotic fiber intake with colorectal cancer risk: the PrebiotiCa study Turati, F., Concina, F., Rossi, M., Fiori, F., Parpinel, M., Taborelli, M., Giacosa, A., Crispo, A., Pagan, E., Rosato, V., Negri, E., & La Vecchia, C. (2023). Association of prebiotic fiber intake with colorectal cancer risk: the PrebiotiCa study. *European journal of nutrition*, 62(1), 455–464.

[2022]
The Update of the Italian Food Composition Database of Gluten-Free Products and Its Application in Food-Based Dietary Guidelines Menus Fiori, F., Parpinel, M., Morreale, F., & Pellegrini, N. (2022). The Update of the Italian Food Composition Database of Gluten-Free Products and Its Application in Food-Based Dietary Guidelines Menus. *Nutrients*, 14(19), 4171.

[2022]
Quantification of naturally occurring prebiotic fiber in Italian foods Fiori, F., Concina, F., Turati, F., Meschiari, M., Gaboardi, G.C., Galli, F., La Vecchia, C., Parpinel, M. (2022). Quantification of naturally occurring prebiotic fiber in Italian foods. *Journal of Food Composition and Analysis*, 112, 104678.

[2022]
Banca Dati di Composizione degli Alimenti per Studi Epidemiologici in Italia. Capitolo 2. I dati di composizione: metodologia di compilazione Gnagnarella, P., Parpinel, M., Salvini, S., Banca Dati di Composizione degli Alimenti per Studi Epidemiologici in Italia. Edizione Compatta, Padova, libreriauniversitaria.it Edizioni, 2022

[2022]
Flavonoid Intake in Relation to Colorectal Cancer Risk and Blood Bacterial DNA Speciani, M. C., Cintolo, M., Marino, M., Oren, M., Fiori, F., Gargari, G., Riso, P., Ciafardini, C., Mascaretti, F., Parpinel, M., Airoidi, A., Vangeli, M., Leone, P., Cantù, P., Lagiou, P., Del Bo', C., Vecchi, M., Carnevali, P., Oreggia, B., Guglielmetti, S., ... Rossi, M. (2022). Flavonoid Intake in Relation to Colorectal Cancer Risk and Blood Bacterial DNA. *Nutrients*, 14(21), 4516.

[2022]
Are Dietary Patterns Related to Cognitive Performance in 7-Year-Old Children? Evidence from a Birth Cohort in Friuli Venezia Giulia, Italy Marinoni, M., Giordani, E., Mosconi, C., Rosolen, V., Concina, F., Fiori, F., Carletti, C., Knowles, A., Pani, P., Bin, M., Ronfani, L., Ferraroni, M., Barbone, F., Parpinel, M., & Edefonti, V. (2022). Are Dietary Patterns Related to Cognitive Performance in 7-Year-Old Children? Evidence from a Birth Cohort in Friuli Venezia Giulia, Italy. *Nutrients*, 14(19), 4168.

[2022]

Adherence to Dietary Recommendations of 7-Year-Old Children from a Birth Cohort in Friuli Venezia Giulia, Italy Giordani, E., Marinoni, M., Fiori, F., Concina, F., Ronfani, L., Dalmin, P., Barbone, F., Edefonti, V., & Parpinel, M. (2022). Adherence to Dietary Recommendations of 7-Year-Old Children from a Birth Cohort in Friuli Venezia Giulia, Italy. *Nutrients*, 14(3), 515.

[2021]

A 3-year school-based intervention improved physical fitness and reduced the prevalence of overweight and obesity in Italian prepubertal children Fiori, F., Bravo, G., Parpinel, M., Messina, G., Malavolta, R., & Lazzer, S. (2021). A 3-year school-based intervention improved physical fitness and reduced the prevalence of overweight and obesity in Italian prepubertal children. *The Journal of sports medicine and physical fitness*, 61(12), 1682–1689.

[2021]

Physical fitness reference standards in Italian children Vaccari, F., Fiori, F., Bravo, G., Parpinel, M., Messina, G., Malavolta, R., & Lazzer, S. (2021). Physical fitness reference standards in Italian children. *European journal of pediatrics*, 180(6), 1789–1798.

[2021]

Accuracy of applications to monitor food intake: Evaluation by comparison with 3-d food diary Tosi, M., Radice, D., Carioni, G., Vecchiati, T., Fiori, F., Parpinel, M., & Gnagnarella, P. (2021). Accuracy of applications to monitor food intake: Evaluation by comparison with 3-d food diary. *Nutrition*, 84, 111018.

[2020]

Effects of 3-month high-intensity interval training vs. moderate endurance training and 4-month follow-up on fat metabolism, cardiorespiratory function and mitochondrial respiration in obese adults Vaccari, F., Passaro, A., D'Amuri, A., Sanz, J. M., Di Vece, F., Capatti, E., Magnesa, B., Comelli, M., Mavelli, I., Grassi, B., Fiori, F., Bravo, G., Avancini, A., Parpinel, M., & Lazzer, S. (2020). Effects of 3-month high-intensity interval training vs. moderate endurance training and 4-month follow-up on fat metabolism, cardiorespiratory function and mitochondrial respiration in obese adults. *European journal of applied physiology*, 120(8), 1787–1803.

[2020]

Relationship between body mass index and physical fitness in Italian prepubertal schoolchildren Fiori, F., Bravo, G., Parpinel, M., Messina, G., Malavolta, R., & Lazzer, S. (2020). Relationship between body mass index and physical fitness in Italian prepubertal schoolchildren. *PloS one*, 15(5), e0233362.

NETWORKS & MEMBERSHIPS

[2020 – Current]

Italian Society of Human Nutrition (Società Italiana di Nutrizione Umana-SINU) Currently involved in secretary activities of the regional section "SINU-Triveneto"

Link: <https://sinu.it/sezioni-regionali/>

CONFERENCES & SEMINARS

Participation as oral/poster presenter in national and international scientific conferences

Participation in dissemination activities on diet and nutritional education targeting the general population