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Areas of interest

Professor Julie Lovegrove's professional mission is to facilitate robust, evidence-based research in nutrition to generate effective strategies for improving dietary intake and public health. Her research focus is on the prevention of cardiometabolic diseases, with expertise on the metabolic impact of dietary fats, dairy, plant-based diets, and personalised nutrition. Her work has made a substantive contribution in establishing the importance of nutrition science to population health and promotion of nutrition professionalism and science globally.

Julie Lovegrove is Professor of Human Nutrition, Director of the Hugh Sinclair Unit of Human Nutrition, and Chair of the Research Ethics committee at the University of Reading, UK. She graduated from the University of Surrey with a BSc in Human Nutrition and Dietetics, and a PhD in Nutritional Metabolism, before becoming a founding member of the Hugh Sinclair Unit of Human Nutrition at the University of Reading. In this role she has led the strategic direction and effective management of the Unit since 2013. She is a Registered Nutritionist with over 35 years of research experience in studying the role of nutrition on promotion of public health through diet. She has published over 350 scientific papers and been highly influential in establishing the relevance of dietary fat quality to the development and prevention of cardiometabolic diseases.

Professor Lovegrove is proactive in the global nutrition community, serving on several international committees, strategy panels and advisory boards. As Deputy Chair of UK government's Scientific Advisory Committee for Nutrition (SACN) (member since 2010) and Chair of SACN's Framework and Methods Evaluation Sub-group (since 2021) she has been actively engaged with the reformulation of public health dietary policy. As President of the Nutrition Society of UK and Ireland (2019-2023), she advanced the scientific study of nutrition and its application to the maintenance of human and animal health and led a review of the Society's governance and 5-year Strategic Plan. She championed the development of a Register for qualified nutritionists, and as Vice President of the Association for Nutrition (2016-2019), led the development of standards for national and international nutrition degree accreditation and an application to the government for a protected professional title 'Charter Nutritionist'. Professor Lovegrove is a researcher and teacher who leads by example and encourages the development of others. Within her research group she has trained and mentored 44 PhD students and 41 post-doctoral research associates. She has collaborated with researchers in over twenty countries and secured over £17M in grant income.