



Massimiliano Tucci

● EDUCATION AND TRAINING

1 OCT 2019 – 20 OCT 2022 Milan, Italy

PH.D. IN FOOD SYSTEMS University of Milan

Thesis Definition and critical evaluation of nutritional strategies to achieve the development of optimized healthy and sustainable dietary patterns: from theory to practice

20 JAN 2017 – 16 OCT 2018 Milan, Italy

MASTER'S DEGREE IN HUMAN NUTRITION University of Milan

Final grade 110/110 cum laude |

Thesis Effetto preventivo o di inibizione di alcuni polifenoli nei confronti di un processo infiammatorio indotto in un modello di aterogenesi

19 SEP 2013 – 26 OCT 2016 Milan, Italy

BACHELOR'S DEGREE IN DIETETICS University of Milan

Final grade 110/110 |

Thesis Conoscenze e abitudini alimentari di un campione di soggetti afferenti ad un ambulatorio di dietologia pubblico

19 OCT 2021 – 22 OCT 2021 Como, Italy

TRAINING SCHOOL: NOVEL APPROACHES TO THE FOOD-HEALTH RELATIONSHIP: FROM MOLECULES TO SOCIOTYPES Lake Como School of Advanced Studies

1 JUN 2020 – 4 JUL 2020

TRAINING SCHOOL: INTERNATIONAL SUMMER SCHOOL ON FOOD SUSTAINABILITY School of Advanced Studies on food and nutrition

10 FEB 2020 – 14 FEB 2020 Palma de Mallorca, Spain

TRAINING SCHOOL: EUROCAROTEN COST CA15136 Eurocaroten

11 JUN 2019 – 20 JUN 2019 Barcelona, Spain

TRAINING SCHOOL: INNOVATING THE JOY OF EATING FOR HEALTHY AGEING 2019 SUMMER SCHOOL European Institute for Innovation & Technology Health (EIT Health)

● WORK EXPERIENCE

RESEARCH FELLOW – UNIVERSITY OF MILAN – 1 Feb 2026 – Current – MILAN, ITALY

Attività di ricerca nell'ambito della nutrizione umana, con particolare riferimento alla valutazione di modelli alimentari salutari e sostenibili, all'analisi dei consumi alimentari e allo studio della risposta individuale agli interventi dietetici.

FIXED-TERM RESEARCHER (TYPE A) – UNIVERSITY OF MILAN – 1 Feb 2023 – 31 Jan 2026 – MILAN, ITALY

Contributed to scientific research projects within the "ONFOODS - Research and Innovation Network on Food and Nutrition Sustainability, Safety and Security - Working ON Foods" initiative.

RESEARCH ASSISTANT – MILAN CENTER FOR FOOD LAW AND POLICY – 16 Dec 2022 – 16 Jun 2023 – MILAN, ITALY

Contributed to research activities involving the collection and evaluation of scientific evidence to support the development of a voluntary dairy-sector labeling system capable of integrating sustainability and nutritional aspects into a single communication tool.

LANGUAGE SKILLS

Mother tongue(s): **ITALIAN**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	C1	B2	B2	B2	B2

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

PROJECTS

1 FEB 2023 – 31 JAN 2026

OnFoods

OnFoods is an Extended Partnership funded under the PNRR (NextGenerationEU) framework, bringing together universities, research institutions, and industry partners to advance the sustainability, safety, and quality of food systems and nutrition. The initiative focuses on the development of healthy and sustainable dietary models, innovation within agri-food supply chains, and the promotion of public health through an integrated food-environment-society approach.

1 JUL 2020 – 2 JUL 2024

SYSTEMIC

Conducted research activities within the SYSTEMIC project, "An Integrated Approach to the Challenge of Sustainable Food Systems: Adaptive and Mitigatory Strategies to Address Climate Change and Malnutrition," part of the Knowledge Hub on Nutrition and Food Security. The project was funded through national research agencies from Belgium (FWO), France (INRA), Germany (BLE), Italy (MIPAAF), Latvia (IZM), Norway (RCN), Portugal (FCT), and Spain (AEI), under the joint initiatives JPI HDHL, JPI-OCEANS, and FACCE-JPI launched in 2019 and supported by the ERA-NET ERA-HDHL project (Grant No. 696295).

Link <https://systemic-hub.eu/>

1 OCT 2019 – 1 DEC 2022

MIND FoodS HUB

Conducted research activities within the MIND FoodS HUB (Milano Innovation District Food System Hub) project, "An Innovative Concept for the Eco-Intensification of Agricultural Production and the Promotion of Dietary Models for Human Health and Longevity through the Development of a Digital Food System Hub in MIND," co-funded by the Lombardy Region under the POR FESR 2014-2020 Research and Innovation Hub Call.

Link <https://www.mindfoodshub.com/>

PUBLICATIONS

2026

Fish Consumption and Sustainability: A Modeling Study Evaluating the Effects of Fish and Canned Fish Consumption on Nutritional Adequacy and Selected Metrics of Environmental Impact

Authors: Bianchi, E., Tucci, M., Dolci, A., Del Bo', C., Martini, D., Riso, P. | **Journal Name:** Nutrients | **Volume, Issue and Pages:** Volume 18, Issue 19, Article 3182 | **Publisher:** MDPI

Link <https://doi.org/10.3390/nu18193182>

2026

[Acceptability and impact on health-related markers of a sustainable dietary pattern: results from a pilot randomized controlled cross-over study](#)

Authors: Vinelli, V., Tucci, M., Martini, D., Rendine, M., Venturi, S., Perna, S., Gargari, G., Mantegazza, G., Gardana, C., Battezzati, A., Leone, A., Sucato, S., Fustinoni, S., Guglielmetti, S., Porrini, M., Del Bo', C., Riso, P. | **Journal Name:** European journal of nutrition | **Volume, Issue and Pages:** Volume 65, Issue 5, Pages 19 | **Publisher:** Springer Nature

2026
[**Association of planetary health diet indices with diet composition, nutritional quality and environmental impacts in Italian adults**](#)

Authors: Tucci, M., Martini, D., Godos, J., Olvera-Moreira, M.A., Fresán, U., Giampieri, F., Frias-Toral, E., Zambrano-Villacres, R., Vitale, M., Giosuè, A., Stranges, S., Iacoviello, L., Ruggiero, E., Bonaccio, M., Grosso, G. | **Journal Name:** Nutrition, Metabolism and Cardiovascular Diseases | **Volume, Issue and Pages:** Volume 36, Issue 5, Article 104537 | **Publisher:** Elsevier

2026
[**Evaluation of food consumption, energy availability and adherence to the Mediterranean dietary pattern in a group of non-professional athletes**](#)

Authors: Bianchi, E., Tucci, M., Perna, S., Martini, D., Del Bo', C., Leone, A., Menichetti, F., Bertoli, S., Battezzati, A., Riso, P. | **Journal Name:** Frontiers in Nutrition | **Volume, Issue and Pages:** Volume 36, Issue 5, Article 104537 | **Publisher:** Frontiers Media

2025
[**Food products with a protein-related nutrition claim: A cross-sectional analysis in the Italian market**](#)

Authors: Tucci, M., Angelino, D., Del Bo' C., Pellegrini, N., Marti, A., Riso, P., and Martini, D. | **Journal Name:** International Journal of Food Sciences and Nutrition | **Volume, Issue and Pages:** Volume 11, Pages 1-9 | **Publisher:** Taylor & Francis

2025
[**Exploring nutritional quality and environmental impact of canteen menus and meals in institutional settings: A scoping review**](#)

Authors: Chehade, L., Tucci, M., Del Bo' C., Riso, P., and Martini, D. | **Journal Name:** Nutrients | **Volume, Issue and Pages:** Volume 17, Issue 22, Article 3550 | **Publisher:** MDPI

2025
[**How sustainable are hypocaloric and balanced diets for weight loss?**](#)

Authors: De Amicis, R., Foppiani, A., Leone, A., Sileo, F., Menichetti, F., Mambrini, S.P., Pellizzari, M., Tucci, M., Martini, D., Del Bo' C., Riso, P., Bertoli, S., and Battezzati, A. | **Journal Name:** Nutrition & Metabolism | **Volume, Issue and Pages:** Volume 22, Issue 1, Article 58 | **Publisher:** Springer Nature

2024
[**Can front-of-pack labeling encourage food reformulation? A cross-sectional study on packaged bread**](#)

Authors: Martini, D., Angelino, D., Tucci, M., La Bruna, E., Pellegrini, N., Del Bo' C., and Riso, P. | **Journal Name:** Foods | **Volume, Issue and Pages:** Volume 13, Issue 22, Article 3535 | **Publisher:** MDPI

2024
[**A serving of blueberry \(Vaccinium corymbosum\) improves peripheral vascular function but not metabolic and functional markers in older subjects: A randomized, controlled, crossover study**](#)

Authors: Tucci, M., Del Bo' C., Martini, D., Perna, S., Marino, M., Rendine, M., Gardana, C., Battezzati, A., Leone, A., Bertoli, S., Aldini, G., and Riso, P. | **Journal Name:** Food Research International | **Volume, Issue and Pages:** Volume 197, Article 115189 | **Publisher:** Elsevier

2024
[**Effects of replacing cow's milk with plant-based beverages on potential nutrient intake in sustainable healthy dietary patterns: A case study**](#)

Authors: Biscotti, P., Tucci, M., Angelino, D., Vinelli, V., Pellegrini, N., Del Bo' C., Riso, P., and Martini, D. | **Journal Name:** Nutrients | **Volume, Issue and Pages:** Volume 16, Issue 18, Article 3083 | **Publisher:** MDPI

2024
[**Impact of substituting meats with plant-based analogues on health-related markers: A systematic review of human intervention studies**](#)

Authors: Del Bo' C., Chehade, L., Tucci, M., Canclini, F., Riso, P., and Martini, D. | **Journal Name:** Nutrients | **Volume, Issue and Pages:** Volume 16, Issue 15, Article 2498 | **Publisher:** MDPI

2024

[Effect of acute meal and long-term intake of a Mediterranean diet providing different amounts of carbohydrates on physical performance and biomarkers in non-professional strength athletes](#)

Authors: Perna, S., Doria, C., Trezza, A., Tucci, M., Martini, D., Del Bo' C., Bianchi, E., Borrelli, M., Vinelli, V., Leone, A., Mambrini, S., Bertoli, S., Ce, E., Battezzati, A., Porrini, M., Esposito, F., and Riso, P. | **Journal Name:** International Journal of Food Sciences and Nutrition | **Volume, Issue and Pages:** Volume 75, Issue 6, Pages 609-621 | **Publisher:** Taylor & Francis

2024

[The MED_EAT-IT approach: A modelling study to develop feasible, sustainable and nutritionally targeted dietary patterns based on the Planetary Health Diet](#)

Authors: Tucci, M., Martini, D., Vinelli, V., Del Bo' C., and Riso, P. | **Journal Name:** Current Research in Food Science | **Volume, Issue and Pages:** Volume 8, Article 100765 | **Publisher:** Elsevier

2023

[Blueberries and their bioactives in the modulation of oxidative stress, inflammation and cardio/vascular function markers: a systematic review of human intervention studies](#)

Authors: Martini, D., Marino, M., Venturi, S., Tucci, M., Klimis-Zacas, D., Riso, P., Porrini, M., Del Bo', C. | **Journal Name:** Journal of Nutritional Biochemistry | **Volume, Issue and Pages:** Volume 111, Article 109154 | **Publisher:** Elsevier

2022

[Acute effect of blueberry intake on vascular function in older subjects: Study protocol for a randomized, controlled, crossover trial](#)

Authors: Del Bo', C., Tucci, M., Martini, D., Marino, M., Bertoli, S., Battezzati, A., Porrini, M., Riso, P. | **Journal Name:** PLoS ONE | **Volume, Issue and Pages:** Volume 17, Issue 12, Article e0275132 | **Publisher:** PLOS

2022

[The environmental impact of an Italian-Mediterranean dietary pattern based on the EAT-Lancet reference diet \(EAT-IT\)](#)

Authors: Tucci, M., Martini, D., Marino, M., Del Bo', C., Vinelli, V., Biscotti, P., Parisi, C., De Amicis, R., Battezzati, A., Bertoli, S., Porrini, M., Riso, P. | **Journal Name:** Foods | **Volume, Issue and Pages:** Volume 11, Issue 21, Article 3352 | **Publisher:** MDPI

2022

[Plant-Based Foods and Vascular Function: A Systematic Review of Dietary Intervention Trials in Older Subjects and Hypothesized Mechanisms of Action](#)

Authors: Tucci, M., Marino, M., Martini, D., Porrini, M., Riso, P., Del Bo', C. | **Journal Name:** Nutrients | **Volume, Issue and Pages:** Volume 14, Issue 13, Article 2615 | **Publisher:** MDPI

2021

[An overview of registered clinical trials on glucosinolates and human health: the current situation](#)

Authors: Marino, M., Del Bo', C., Tucci, M., Klimis-Zacas, D., Riso, P., Porrini, M. | **Journal Name:** Frontiers in Nutrition | **Volume, Issue and Pages:** Volume 8, Article 730906 | **Publisher:** Frontiers Media

2022

[A mix of chlorogenic and caffeic acid reduces C/EBP \$\beta\$ and PPAR- \$\gamma\$ 1 levels and counteracts lipid accumulation in macrophages](#)

Authors: Marino, M., Del Bo', C., Tucci, M., Venturi, S., Mantegazza, G., Taverniti, V., Møller, P., Riso, P., Porrini, M. | **Journal Name:** European Journal of Nutrition | **Volume, Issue and Pages:** Volume 61, Issue 2, Pages 1003-1014 | **Publisher:** Springer Nature

2021

[Principles of sustainable healthy diets in worldwide dietary guidelines: efforts so far and future perspectives](#)

Authors: Martini, D., Tucci, M., Bradfield, J., Di Giorgio, A., Marino, M., Del Bo', C., Porrini, M., Riso, P. | **Journal Name:** Nutrients | **Volume, Issue and Pages:** Volume 13, Issue 6, Article 1827 | **Publisher:** MDPI

2021

[An Italian-Mediterranean Dietary Pattern Developed Based on the EAT-Lancet Reference Diet \(EAT-IT\): A Nutritional Evaluation](#)

Authors: Tucci, M., Martini, D., Del Bo', C., Marino, M., Battezzati, A., Bertoli, S., Porrini, M., Riso, P. | **Journal Name:** Foods | **Volume, Issue and Pages:** Volume 10, Issue 3, Article 558 | **Publisher:** MDPI

2020

[Modulation of Adhesion Process, E-Selectin and VEGF Production by Anthocyanins and Their Metabolites in an In Vitro Model of Atherosclerosis](#)

Authors: Marino, M., Del Bo', C., Tucci, M., Klimis-Zacas, D., Riso, P., Porrini, M. | **Journal Name:** Nutrients | **Volume, Issue and Pages:** Volume 12, Issue 3, Article 655 | **Publisher:** MDPI

2020

[Estimated Intakes of Nutrients and Polyphenols in Participants Completing the MaPLE Randomised Controlled Trial and Its Relevance for the Future Development of Dietary Guidelines for the Older Subjects](#)

Write here the description

Authors: Martini, D., Bernardi, S., Del Bo', C., Hidalgo Liberona, N., Zamora-Ros, R., Tucci, M., Cherubini, A., Porrini, M., Gargari, G., González-Domínguez, R., Peron, G., Kirkup, B., Kroon, P.A., Andres-Lacueva, C., Guglielmetti, S., Riso, P. | **Journal Name:** Nutrients | **Volume, Issue and Pages:** Volume 12, Issue 8, Article 2458 | **Publisher:** MDPI

2019

[Systematic Review on Polyphenol Intake and Health Outcomes: Is there Sufficient Evidence to Define a Health-Promoting Polyphenol-Rich Dietary Pattern?](#)

Authors: Del Bo', C., Bernardi, S., Marino, M., Porrini, M., Tucci, M., Guglielmetti, S., Cherubini, A., Carrieri, B., Kirkup, B., Kroon, P., Zamora-Ros, R., Hidalgo Liberona, N., Andres-Lacueva, C., Riso, P. | **Journal Name:** Nutrients | **Volume, Issue and Pages:** Volume 11, Issue 6, Article 1355 | **Publisher:** MDPI

2019

[Overview of Human Intervention Studies Evaluating the Impact of the Mediterranean Diet on Markers of DNA Damage](#)

Authors: Del Bo', C., Marino, M., Martini, D., Tucci, M., Ciappellano, S., Riso, P., Porrini, M. | **Journal Name:** Nutrients | **Volume, Issue and Pages:** Volume 11, Issue 2, Article 391 | **Publisher:** MDPI

● **CONFERENCES AND SEMINARS**

University of Milan

Participation in national and international scientific conferences

Extensive scientific dissemination activity through participation in national and international conferences, resulting in more than 30 contributions, including oral presentations, invited lectures, and poster presentations focused on human nutrition, sustainable food systems, dietary modeling, and nutrition intervention studies.

● **NETWORKS AND MEMBERSHIPS**

25 OCT 2019 – CURRENT

Member of the Italian Society of Human Nutrition (SINU)

4 APR 2019 – CURRENT TSRM-PSTRP Professional Board (Milan, Como, Lecco, Lodi, Monza and Brianza, and Sondrio)

Registered Dietitian (Registration No. 256)
