

# CURRICULUM VITAE ROSALBA GIACCO

## PERSONAL INFORMATION

Surname, Name	<b>GIACCO ROSALBA</b>
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Nationality	<b>ITALIAN</b>

## WORK EXPERIENCE

Period (from – to)	<b>JANUARY 2001 - PRESENT</b>
Name of employer	National Research Council of Italy, Institute of Food Sciences (CNR-ISA)
Type of business or sector	Public Research Institution
Occupation or position held	Senior Scientist (II Level).

**July 1998 – 2001**  
National Research Council of Italy, Institute of Food Sciences (CNR-ISA)  
Public Research Institution  
Researcher (III Level)

**October 1994–1998**  
National Research Council of Italy, Institute of Food Sciences (CNR-ISA)  
Public Research Institution  
Fixed-term Researcher (III Level), art.23

## EDUCATION

**1983:** Graduated with honours in Medicine at the University of Naples Federico II, Naples, Italy.  
**1986:** Post-graduated in Diabetes at the University of Naples Federico II, Naples, Italy.  
**1992:** Post-graduate degree in Internal Medicine at the University of Naples Federico II, Naples, Italy.  
**2014-2020:** National Scientific Qualification 06/N1 – Associate Professor (Italian Ministry for Education, University and Research June 9, 2014; art. 16, L.30 December 2010, n. 240)

<b>NATIVE LANGUAGE</b>	<b>ITALIAN</b>
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## OTHER LANGUAGES

	<b>ENGLISH</b>
Reading	Good
Writing	Good
Talking	Good

<b>POSITIONS HELD</b> (main)	<b>2018-2020:</b> Coordinator of Italian Diabetes and Nutrition Study Group of ADI-AMD- SID <b>2012-2016:</b> Executive Board Member of the Italian Diabetes Society (SID) <b>2010-2012:</b> Scientific Secretary of the Italian Diabetes Society <b>2001-2004:</b> Executive Board Member of Diabetes and Nutrition Study Group (DNSG) of the European Association for the Study of Diabetes (EASD)
<b>Research Activities/Projects</b> (main)	<b>RESEARCH ACTIVITY:</b> Research activity was centered on Human Nutrition and Metabolism with a particular focus on intervention clinical trials. Main research lines include: i) the evaluation of dietary carbohydrates and fats effects on intermediary metabolism; ii) the metabolic effects of dietary fibre and their mechanisms of action; iii) glycemic index of carbohydrate rich foods typical of "Mediterranean Diet"; iiiii) the metabolic effects of wholegrain; iiiiii) cardio-metabolic effects of dietary polyphenols. ( <b>H Index of 28, Scopus</b> ).
	<b>Grants</b> ENPADASI Project (MIUR 2015-16); PRIN (MIUR 2011-13); SMART CITIES AND COMMUNITIES AND SOCIAL INNOVATION (MIUR 2012-2015); CISIA (MIUR 2011-16); MAC-Oils Project supported by the European Community (Specific Support Action, Food Quality and Safety Priority, EU FP6, 2007-09); PROPASTA (PSR Campania MISURA 124; 2014-15); QUARC (P.O.R. Campania FESR 2013-16); BenTeN (P.O.R. Campania FESR 2013-16); Novo Nordisk Farmaceutici SpA (2001-03); Progetti Finalizzati Regione Campania L.R. 31/12/94 n. 41 (1999); CNR Progetti finalizzati, progetto FATMA (1995-96).
<b>Teaching Activities</b> (main)	<b>2002-2014:</b> Appointed Professor of Technical and Applied Dietetics Sciences at the Faculty of Medicine, Federico II University, Naples, Italy.
<b>Editorial Activity</b> (main)	Member of the Editorial Board of Nutrition, Metabolism and Cardiovascular Disease. Member of the Editorial Board of Frontiers in Nutrition and Microbes. Member of the Editorial Board of Frontiers in Clinical Diabetes and Healthcare - Diabetes, Lifestyle and Metabolic Syndrome. Reviewer of following journals: Nutrition, Metabolism and Cardiovascular Disease; European Journal of Clinical Nutrition; Journal Nutrition, Clinical Nutrition, American J of Clinical Nutrition, British J Nutrition.
<b>Publications</b>	<b>92</b> Articles in International Scientific Journals (ISI WoS) <b>1</b> Books (Un Piatto di Salute Le ricette della tradizione mediterranea. Primula Multimedia Srl Pisa (Italia) (ISBN): 978 88 7884 108 6 <b>17</b> Chapters in books (5 international, 12 national), <b>20</b> Articles in National or not ISI Scientific Journals <b>50</b> Abstracts in international or national congresses

### Main publications

1. Costabile G, Vetrani C, Bozzetto L, **Giacco R**, et al. Plasma TMAO increase after healthy diets: results from 2 randomized controlled trials with dietary fish, polyphenols, and whole-grain cereals. Am J Clin Nutr. 2021 Jun 5:nqab188. doi: 10.1093/ajcn/nqab188.
2. Vitale M, Hanhineva K, Koistinen V, Auriola S, Paananen J, Costabile G, Della Pepa G, Rivellese AA, Riccardi G, **Giacco R**. Putative metabolites involved in the beneficial effects of wholegrain cereal: Nontargeted metabolite profiling approach. Nutr Metab Cardiovasc Dis. 2021 Apr 9;31(4):1156-1165.
3. Bergia RE, Biskup I, **Giacco R**, Costabile G, Gray S, Wright A, Vitale M, Campbell WW, Landberg R, Riccardi G. The MEDGI Carb-Study: Design of a multi-center randomized controlled trial to determine the differential health-promoting effects of low- and high-glycemic index Mediterranean-style eating patterns. Contemp Clin Trials Commun. 2020 Aug 13;19:100640. doi:

4. Meslier V, Laiola M, Roager HM, De Filippis F, Roume H, Quinquis B, Giacco R et al. Mediterranean diet intervention in overweight and obese subjects lowers plasma cholesterol and causes changes in the gut microbiome and metabolome independently of energy intake. *Gut*. 2020 Feb 19. pii: gutjnl-2019-320438. doi: 10.1136/gutjnl-2019-320438
5. Vitale M, **Giacco R**, Laiola M, Della Pepa G, Luongo D, Mangione A, Salamone D, Vitaglione P, Ercolini D, Rivellese AA. Acute and chronic improvement in postprandial glucose metabolism by a diet resembling the traditional Mediterranean dietary pattern: Can SCFAs play a role? *Clin Nutr*. 2021 Feb;40(2):428-437.
6. **Giacco R**, Costabile G, Fatati G, et al. Effects of polyphenols on cardio-metabolic risk factors and risk of type 2 diabetes. A joint position statement of the Diabetes and Nutrition Study Group of the Italian Society of Diabetology (SID), the Italian Association of Dietetics and Clinical Nutrition (ADI) and the Italian Association of Medical Diabetologists (AMD). *Nutr Metab Cardiovasc Dis*. 2020 Mar 9;30(3):355-367. doi: 10.1016/j.numecd.2019.11.015.
7. Costabile G, Vitale M, Luongo D, Naviglio D, Vetrani C, Ciciola P, Tura A, Castello F, Mena P, Del Rio D, Capaldo B, Rivellese AA, Riccardi G, **Giacco R**. Grape pomace polyphenols improve insulin response to a standard meal in healthy individuals: A pilot study. *Clin Nutr*. 2018 Dec 7
8. Castello F, Costabile G, Bresciani L, Tassotti M, Naviglio D, Luongo D, Ciciola P, Vitale M, Vetrani C, Galaverna G, Brighenti F, **Giacco R**, Del Rio D, Mena P. Bioavailability and pharmacokinetic profile of grape pomace phenolic compounds in humans. *Arch Biochem Biophys*. 2018;15;646:1-9.
9. Kärkkäinen O, Lankinen MA, Vitale M, Jokkala J, Leppänen J, Koistinen V, Lehtonen M, **Giacco R**, et al. Diets rich in whole grains increase betainized compounds associated with glucose metabolism. *Am J Clin Nutr*. 2018;108(5):971-979.
10. Vetrani C, Sestili F, Vitale M, Botticella E, **Giacco R**, et al. Metabolic response to amylose-rich wheat-based rusks in overweight individuals. *Eur J Clin Nutr*. 2018; 72(6):904-912.
11. Iacoviello L, Bonaccio M, Cairella G, Catani MV, Costanzo S, D'Elia L, **Giacco R**, et al.; Working Group for Nutrition and Stroke. Diet and primary prevention of stroke: Systematic review and dietary recommendations by the ad hoc Working Group of the Italian Society of Human Nutrition. *Nutr Metab Cardiovasc Dis*. 2018 Apr;28(4):309-334.
12. Costabile G, Griffo E, Cipriano P, Vetrani C, Vitale M, Mamone G, Rivellese AA, Riccardi G, **Giacco R**. Subjective satiety and plasma PYY concentration after wholemeal pasta. *Appetite*. 2018 Feb 7. pii: S0195-6663(17)31143-
13. Yang C, Pinart M, Kolsteren P, Van Camp J, De Cock N.,., **Giacco R**, et al. Perspective: Essential Study Quality Descriptors for Data from Nutritional Epidemiologic Research. *Adv Nutr*. 2017 Sep 15;8(5):639-651.
14. Vetrani C, Costabile G, Luongo D, Naviglio D, Rivellese AA, Riccardi G, **Giacco R**. Effects of whole-grain cereal foods on plasma short chain fatty acid concentrations in individuals with the metabolic syndrome. *Nutrition*. 2016 Feb;32(2):217-21.
15. Vitaglione P, Mennella I, Ferracane R, Rivellese AA, **Giacco R**, et al. Whole-grain wheat consumption reduces inflammation in a randomized controlled trial on overweight and obese subjects with unhealthy dietary and lifestyle behaviors: role of polyphenols bound to cereal dietary fiber. *Am J Clin Nutr*. 2015;101(2):251-61.
16. **Giacco R**, Costabile G, Della Pepa G, Anniballi G, Griffo E, et al. A whole-grain cereal-based diet lowers postprandial plasma insulin and triglyceride levels in individuals with metabolic syndrome. *Nutr Metab Cardiovasc Dis*. 2014 Aug;24(8):837-44.
17. Annuzzi G, Bozzetto L, Costabile G, **Giacco R**, et al. Diets naturally rich in polyphenols improve fasting and postprandial dyslipidemia and reduce oxidative stress: a randomized controlled trial. *Am J Clin Nutr*. 2014 Mar;99(3):463-71.
18. **Giacco R**, Lappi J, Costabile G, Kolehmainen M, et al. Effects of rye and whole wheat versus refined cereal foods on metabolic risk factors: a randomised controlled two-centre intervention study. *Clin Nutr*. 2013 Dec;32(6):941-9.
19. Poli A, Marangoni F, Avogaro A, ....., **Giacco R**, et al. Moderate alcohol use and health: a consensus document. *Nutr Metab Cardiovasc Dis*. 2013 Jun;23(6):487-504.
20. **Giacco R**, Della Pepa G, Luongo D, Riccardi G. Whole grain intake in relation to body weight: from epidemiological evidence to clinical trials. *Nutr Metab Cardiovasc Dis*. 2011 Dec;21(12):901-8.
21. **Giacco R**, Clemente G, Cipriano D, Luongo D, et al. Effects of the regular consumption of

wholemeal wheat foods on cardiovascular risk factors in healthy people. *Nutr Metab Cardiovasc Dis*. 2010 Mar;20(3):186-94.

22. Rivellese AA, **Giacco R**, Annuzzi G, et al. Effects of monounsaturated vs. saturated fat on postprandial lipemia and adipose tissue lipases in type 2 diabetes. *Clin Nutr*. 2008 Feb;27(1):133-41.

23. Riccardi G, Rivellese AA, **Giacco R**. Role of glycemic index and glycemic load in the healthy state, in prediabetes, and in diabetes. *Am J Clin Nutr*. 2008 Jan;87(1):269S-274S.

24. Riccardi G, **Giacco R**, Rivellese AA. Dietary fat, insulin sensitivity and the metabolic syndrome. *Clin Nutr*. 2004 Aug;23(4):447-56.

25. **Giacco R**, Clemente G, Luongo D, Lasorella G, Fiume I, Brouns F, Bornet F, et al. Effects of short-chain fructo-oligosaccharides on glucose and lipid metabolism in mild hypercholesterolaemic individuals. *Clin Nutr*. 2004 Jun;23(3):331-40.

26. **Giacco R**, Clemente G, Busiello L, Lasorella G, et al. Insulin sensitivity is increased and fat oxidation after a high-fat meal is reduced in normal-weight healthy men with strong familial predisposition to overweight. *Int J Obes Relat Metab Disord*. 2004 Feb;28(2):342-8.

27. Riccardi G, Clemente G, **Giacco R**. Glycemic index of local foods and diets: the Mediterranean experience. *Nutr Rev*. 2003 May;61(5 Pt 2):S56-60.

28. **Giacco R**, Brighenti F, Parillo M, et al. Characteristics of some wheat-based foods of the Italian diet in relation to their influence on postprandial glucose metabolism in patients with type 2 diabetes. *Br J Nutr*. 2001 Jan;85(1):33-40.

29. **Giacco R**, Parillo M, Rivellese AA, Lasorella G, et al. Long-term dietary treatment with increased amounts of fiber-rich low-glycemic index natural foods improves blood glucose control and reduces the number of hypoglycemic events in type 1 diabetic patients. *Diabetes Care*. 2000 Oct;23(10):1461-6.

30. Parillo M, **Giacco R**, Riccardi G, Pacioni D, Rivellese A. Different glycaemic responses to pasta, bread, and potatoes in diabetic patients. *Diabet Med*. 1985 Sep;2(5):374-7. doi: 10.1111/j.1464-5491.1985.tb00655.x.

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