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Presentation

My research focuses on investigating the role of dietary and lifestyle factors in chronic diseases, specifically, cardiovascular disease (CVD) and type 2 diabetes (T2D). I have incorporated high-throughput –omics techniques, metabolomics, and genetics, into traditional epidemiological analysis to gain insights into underlying mechanisms that could explain the associations between diet and lifestyle factors in relation to CVD and T2D.

My research group is dedicated to integrating nutrition and lifestyle with big data to advance the prevention of non-communicable diseases such as CVD and T2D.

I am also a Group Leader at Novo Nordisk Foundation Center for Basic Metabolic Research and Adjunct Associate Professor at the Department of Nutrition at Harvard T.H. Chan School of Public Health, United States.