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Her research work is multidisciplinary and includes microbiology, food science and nutrition areas. Her interests are focused on probiotics, microbiota and health and nutrition during pregnancy and early life period. She has published over 200 papers in peer-reviewed and indexed scientific journals on the subject of microbiota, Probiotics and health. She has collaborated as an author in multiple book chapters, as well as has participated in more than 100 communications to prestigious national and international conferences. She leads various national projects as well as a Project of Excellence for young researchers of the European Research Council (ERC Starting grant), the supervision of a Marie-Curie IEF-H2020 grant and participates in EIT-FOOD project and ERA-HDHL. She supervised 6 PhD Theses (plus 5 ongoing) and over 10 MSc Theses and several student supervisions. She was involved in external expert working groups and also, develops activities in various national and international committees for the evaluation of research projects. She has received research awardees as ESPGHAN Young Researcher award (2015) from the European Society for Pediatric Gastroenterology Hepatology and Nutrition (ESPGHAN) and “Scientific Young Research in Nutrition-2021” from Fundación Jesus Serra. She is involved in the Executive Committee- International Society for Research in Human Milk and Lactation (ISRHML), Spanish Society of Microbiota, Probiotics and Prebiotics (SEMiPyP). In addition, she is member of various scientific societies (SEMiPyP, ASM, ASN, ISRHML) and she chaired and co-chaired scientific and organizing committees of congresses with international relevance (FASEB, KEYSTONE, IHMC, ISHRML) as well as a Board member of “Microbiome Virtual International Forum” (MIV-F), a monthly virtual conference.