



Diana Plămadă

Nationality: Romanian  Email address: diana.plamada@usamvcluj.ro

EDUCATION AND TRAINING

College degree

Colegiul Național „Eudoxiu Hurmuzachi” [14/09/2010 – 14/06/2014]

Address: 725400 Rădăuți (Romania)

Bachelor degree - Nutrition and Dietetics

University of Medicine and Pharmacy “Iuliu Hațieganu” [30/09/2014 – 19/09/2017]

Address: 400349 Cluj-Napoca (Romania)

Erasmus student

University of Valencia [27/01/2017 – 16/06/2017]

Address: 46001 Valencia (Spain)

Master degree - Nutrition and Quality of Life

University of Medicine and Pharmacy “Iuliu Hațieganu” [07/10/2017 – 26/09/2019]

Address: 400349 Cluj-Napoca (Romania)

Clinical practice

Center of orthomolecular nutrition and special dietetics [07/04/2019 – 11/04/2019]

Address: 010082 Bucharest (Romania)

Ph.D. student

University of Agricultural Sciences and Veterinary Medicine [04/10/2020 – Current]

Address: 400372 Cluj-Napoca (Romania)

Ph.D. student (Deutsche Bundesstiftung Umwelt fellowship)

Technische Universität Berlin [01/09/2021 – 31/05/2022]

Address: Gustav-Meyer-Allee 25, 13355 Berlin (Germany)

Modulul pedagogic Nivel I

Universitatea de Științe Agricole și Medicină Veterinară Cluj-Napoca [2022 – 2023]

City: Cluj-Napoca | Country: Romania

Modulul pedagogic Nivel II

Universitatea de Științe Agricole și Medicină Veterinară Cluj-Napoca [2022 – 2023]

City: Cluj-Napoca | Country: Romania

WORK EXPERIENCE

Dietitian Nutritionist

Clinica Napoca [01/09/2019 – 30/01/2021]

City: Cluj-Napoca | Country: Romania

Dietitian Nutritionist

Clinica Pro Vita [31/03/2019 – 27/02/2021]

City: Cluj-Napoca | Country: Romania

Research assistant

Universitatea de Științe Agricole și Medicină Veterinară [01/10/2024 – Current]

City: Cluj-Napoca | Country: Romania

LANGUAGE SKILLS

Mother tongue(s): Romanian

Other language(s):

English

LISTENING C1 READING C1 WRITING B2

SPOKEN PRODUCTION C1 SPOKEN INTERACTION C1

Spanish

LISTENING B2 READING B2 WRITING B1

SPOKEN PRODUCTION B2 SPOKEN INTERACTION B2

German

LISTENING B1 READING B1 WRITING A2

SPOKEN PRODUCTION A2 SPOKEN INTERACTION A2

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

DIGITAL SKILLS

Microsoft Office

Microsoft Excel / Microsoft Office / Microsoft Word / Microsoft Powerpoint

DRIVING LICENCE

Driving Licence: AM

Driving Licence: B

CONFERENCES AND SEMINARS

[26/09/2024] Cluj-Napoca, Romania

23rd International Conference "Life Sciences for Sustainable Development"

Oral presentation

[19/06/2024] Cluj-Napoca, Romania

14th CASEE Conference "The Role of the Life Sciences Universities in the Green Transition of Central and Eastern Europe"

Oral presentation

[27/09/2023 – 29/09/2023] Cluj-Napoca, Romania

22nd International Conference "Life Sciences for Sustainable Development"

Oral presentation

[11/05/2023] Romania

Dietetician.ro

Speaker

[25/11/2022 – 26/11/2022] Faculty of Food Engineering, Tourism, and Environmental Protection, Arad, Romania

PhD Students' Days

Poster presentation

[15/09/2022 – 17/09/2022] University of Agricultural Sciences and Veterinary Medicine, Cluj-Napoca, Romania

21st International Conference "Life Sciences for Sustainable Development"

Oral presentation

[19/09/2022 – 21/09/2022] Hamburg

50. Deutscher Lebensmittelchemikertag

Poster presentation

[22/06/2022 – 24/06/2022] Prague, Czech Republic

12th CASEE Conference "Sustainable agriculture in the context of climate change and digitalization"

Oral presentation

[07/06/2021 – 08/06/2021] Prague, Czech Republic

CASEE Conference

Oral presentation

[21/11/2019 – 22/11/2019] Cluj-Napoca

Malnutrition in children - a challenge for modern pediatrics

Participant

[14/05/2019 – 17/05/2019] Cluj-Napoca

International Congress "Nutrition - Medicine of the Future"

Volunteer

[02/11/2018 – 03/11/2018] Târgu Mureș

Transdisciplinary research in physical therapy, physical activity and nutrition sports conference

Participant

[31/10/2018 – 01/11/2018] Târgu Mureș

Childhood obesity - current implications, perspectives of prevention and treatment

Participant

[22/11/2017 – 23/11/2017] Cluj-Napoca

Nutrition Medicine of the Future - National Conference

Volunteer

[11/04/2016] Cluj-Napoca

The role of parents in the treatment of childhood obesity - Workshop

Volunteer

[03/04/2017 – 04/04/2017] Valencia

The 4th Congress of Students of Human Nutrition and Dietetics

Participant

[21/02/2017 – 22/02/2017] Valencia

International & National Congress of Food Science & Technology

Participant

[24/11/2016 – 25/11/2016] Cluj-Napoca

Nutrition - Medicine of the Future - National Conference

Volunteer

[27/10/2015 – 30/10/2015] Târgu Mureş

National Conference on Sports Nutrition, first edition

Participant

[13/04/2016 – 15/04/2016] Iaşi

The 6th Congress of the Romanian Nutrition and Dietetics Society

Participant

[24/11/2015 – 26/11/2015] Cluj-Napoca

Nutrition Medicine of the Future - National Conference

Volunteer

[01/06/2015 – 02/06/2015] Cluj-Napoca

Nutrigenomics and Nutrigenetics - Workshop

Participant

[20/05/2015 – 22/05/2015] Cluj-Napoca

3rd National Conference on Applied Medicine and Physical Education and Sports

Participant

[18/11/2014 – 20/11/2014] Cluj-Napoca

Nutrition - Medicine of the Future - National Conference

Participant

ORGANISATIONAL SKILLS

Job-related skills

Managing workload, meeting deadlines and being organised at all times.

Teamwork

Working effectively within a team to accomplish key objectives.

COMMUNICATION AND INTERPERSONAL SKILLS

Communication skills

The ability to communicate effectively with superiors, colleagues, and staff, and also listening to others when they communicate. Respect others points of view through engagement and interest. Friendly tone, an upbeat and polite attitude, and a general air of openness.

Other skills

The ability to write clear and concise reports, documents, emails and letters.

Able to organise folders, documentation, projects, tasks and business activities.

Ability to communicate and interact well with others.

The ability to use scientific methodologies and procedures to investigate problems and propose meaningful and practical solutions.

PUBLICATIONS

[2024]

Microbial Production of Aromatic Phenolic Compounds

Plamada, D. et al. (2024). Microbial Production of Aromatic Phenolic Compounds. In: Jafari, S.M., Harzevili, F.D. (eds) Microbial Production of Food Bioactive Compounds. Springer, Cham. https://doi.org/10.1007/978-3-030-81403-8_53-1

Link: https://doi.org/10.1007/978-3-030-81403-8_53-1

[2023]

Plant-based dairy alternatives - a future direction to the milky way

Teleky, B.-E.; Mitrea, L.; Plamada, D.; Nemes, S.A.; Călinoiu, L.-F.; Pascuta, M.S.; Varvara, R.-A.; Szabo, K.; Vajda, P.; Szekely, C.; et al. Antioxidants 2022, 11, 1729

[2023]

Fruit and vegetable waste and by-products for pigments and color

Book chapter

L. F. Calinoiu, L., Mitrea, B.E., Teleky, K., Szabo, A.Gh., Martău, S.A., Nemes, D. Plamada, M.S., Pascuta, G., Barta, R.A., Varvara, B.E., Stefanescu, D.C., Vodnar, Academic Press, 2023

Link: <https://doi.org/10.1016/B978-0-323-91743-8.00011-3>

[2023]

Fruit and vegetable waste for biobased chemicals

Book chapter

Laura Mitrea, Lavinia Florina Calinoiu, Bernadette Eموke Teleky, Katalin Szabo, Adrian Gheorghe Martău, Silvia Amalia Nemes, Diana Plamada, Mihaela Stefana Pascuta, Gabriel Barta, Rodica Anita Varvara, Dan Cristian Vodnar, Academic Press, 2023

[2022]

Natural Polyphenol Recovery from Apple-, Cereal-, and Tomato-Processing By-Products and Related Health-Promoting Properties

Szabo, K., Mitrea, L., Călinoiu, L. F., Teleky, B.-E., Martău, G. A., Plamada, D., Pascuta, M. S., Nemeş, S.-A., Varvara, R.-A., & Vodnar, D. C. (2022). *Molecules*, 27(22), 7977

Link: <https://doi.org/10.3390/molecules27227977>

[2022]

Development of Pectin and Poly (vinyl alcohol)-Based Active Packaging Enriched with Itaconic Acid and Apple Pomace-Derived Antioxidants

Teleky, B.-E.; Mitrea, L.; Plamada, D.; Nemes, S.A.; Călinoiu, L.-F.; Pascuta, M.S.; Varvara, R.-A.; Szabo, K.; Vajda, P.; Szekely, C.; et al. *Antioxidants* 2022, 11, 1729.

Link: <https://doi.org/10.3390/antiox11091729>

[2022]

Polysaccharide-based edible gels as functional ingredients: Characterization, applicability, and human health benefits

Pascuta MS, Varvara R-A, Teleky B-E, Szabo K, Plamada D, Nemeş S-A, Mitrea L, Martău GA, Ciont C, Călinoiu LF, et al. Polysaccharide-Based Edible Gels as Functional Ingredients: Characterization, Applicability, and Human Health Benefits. *Gels*. 2022;

Link: <https://doi.org/10.3390/gels8080524>

[2022]

The physicochemical properties of five vegetable oils exposed at high temperature for a short-time-interval

L., B.E., Teleky, L.F., Leopold, S.A., Nemes, D., Plamada, F.V., Dulf, I.D., Pop, D.C., Vodnar, The physicochemical properties of five vegetable oils exposed at high temperature for a short-time-interval, *J.Food Comp. and Analysis*, Volume 106, 2022

Link: <https://doi.org/10.1016/j.jfca.2021.104305>.

[2021]

Polyphenols - Gut Microbiota Interrelationship: A Transition to a New Generation of Prebiotics

Polyphenols—Gut Microbiota Interrelationship: A Transition to a New Generation of Prebiotics. *Nutrients* 2021, 14, 137 D Plamada, DC Vodnar

[2024]

Succinic acid – A run-through of the latest perspectives of production from renewable biomass

Write here the description...

L., Mitrea, B.E., Teleky, S.A., Nemes, D., Plamada, R.A., Varvara, M.S., Pascuta, C., Ciont, A.M., Cocean, M., Medeleanu, A., Nistor, A.M., Rotar, C.R., Pop, D.C., Vodnar, *Heliyon*, 10, 2024

Link: <https://doi.org/10.1016/j.heliyon.2024.e25551>

[2024]

Impact of Thermal, High-Pressure, and Pulsed Electric Field Treatments on the Stability and Antioxidant Activity of Phenolic-Rich Apple Pomace Extracts

Plamada, D.; Arlt, M.; Güterbock, D.; Sevenich, R.; Kanzler, C.; Neugart, S.; Vodnar, D.C.; Kieserling, H.; Rohn, S. *Molecules* 2024, 29, 5849

Link: <https://doi.org/10.3390/molecules29245849>

[2025]

Exploring the in vitro prebiotic potential of two different freeze-dried apple pomace cultivars

Diana Plamada, Elemer Simon, Silvia Amalia Nemes, Bernadette-Emoke Teleky, Razvan Odocheanu, Katalin Szabo, Floricuta Ranga, Francisc Vasile Dulf, Dan Cristian Vodnar, Food Bioscience, Volume 64, 2025,

Link: <https://doi.org/10.1016/j.fbio.2025.105892>

WORKSHOP

[06/2024]

Training for the Future: Innovative Design Methods for Agri-Food Education

[2023]

1st FEEDACTIV Workshop

PROJECTS

Marie Skłodowska-Curie Actions, Research and Innovation Staff Exchange (RISE), Call: H2020-MSCA-RISE-2017

Sustainable optimization of the value chain of added-value fresh and dried berries through the integration of Precision Agriculture management strategies and innovative dehydration and edible coating, ACRONYM FRIETS

ERASMUS-EDU-2022-PI-FORWARD, Glocal Ecosystems and Expanded Knowledge for green skills and capability in the Food Sector, Acronym: Geek4Food

ERASMUS-EDU-2022-PI-FORWARD, Project title: Glocal Ecosystems and Expanded Knowledge for green skills and capability in the Food Sector, Acronym: Geek4Food, Project Number: 101087203

Proiect de cercetare nr. PCE 25/2022, PNIII- P4-PCE-2021-0750

Innovative solid-state fermentation system for enhancing the nutraceutical content of agri-food by-products (Finanțator: UEFISCDI, perioada 2022-2024)

Multi-Actor Research and Innovation Approaches for Food Functionality, ACRONYM RIA4FOOD, Project Number: 101131479

Marie Skłodowska-Curie Actions, Research and Innovation Staff Exchange (RISE), Call: HORIZON-MSCA-2021-SE-01, Project Title Multi-Actor Research and Innovation Approaches for Food Functionality, ACRONYM RIA4FOOD, Project Number: 101131479

Development of functional fish feed based on bioactive compounds of marine and herbal origin, ACRONYM FEEDACTIV, Project Number: 101086261

Marie Skłodowska-Curie Actions, Research and Innovation Staff Exchange (RISE), Call: HORIZON-MSCA-2021-SE PROJECT, Project Title Development of functional fish feed based on bioactive compounds of marine and herbal origin, ACRONYM FEEDACTIV, Project Number: 101086261

RISE - Rising competences & skills in less developed Danube regions through food sector cross-topic innovations Cod Proiect: DRP0200476

RISE - Rising competences & skills in less developed Danube regions through food sector cross-topic innovations Cod Proiect: DRP0200476, aprobat prin Decizia Comitetului de Monitorizare al Programului InterReg Danube Region din 13.12.2023 cu nr. 170

Alimentația în documentele etnografice și lingvistice interbelice din patrimoniul institutelor clujene ale Academiei Române. Corpus digital de referințe și transferul cunoașterii către sectorul agroalimentar

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