



Lara Lanuzza

NUTRITIONIST



dottressalaralanuzza@gmail.com



@laralanuzza_nutrizionista

EDUCATION

2003

High school diploma

J.F. Kennedy Scientific High School - Rome
Final Grade: 99/100

2009

Bachelor's degree in Biological Sciences

University of Rome 'La Sapienza'
Final Grade: 104/110

2012

Master's degree in Neurobiology

University of Rome 'La Sapienza'
Final Grade: 110/110 e lode

2013

State Exam for qualification to practice as a Biologist

University of Tuscia - Viterbo

2013

Registration with FNOB - National Federation of the Orders of Biologists

N. 068833 - Sez. A

2013

Master's degree in Dietetics and Clinical Nutrition

IAF - Institute of Advanced Training; Via Giorgio Baglivi, 6
Roma

2024

Master's degree in Pediatric Nutrition

MiniAcademy - Equilibrio donna

WORK EXPERIENCE

2014 - TODAY ***Nutritionist***

Nutrition Clinic Dott.ssa Lara Lanuzza

2024 - TODAY ***Professor of Pediatric Nutrition***

Master's Degree in Human Nutrition Sciences - Unicamillus University, Rome

2010 - 2020 ***Professor for professional qualification courses of the Lazio Region***

Professor of of Anatomy, Physiology, Dermatology, Hygiene and Nutrition, Chemistry, Physics, Cosmetology. At: 'Flaming' Institute - Via Innocenzio X; 'Tintoretto Formazione' - Largo Piero Bargellini, 65; 'Apno' - Piazza S. Giovanni di Dio, 18 - Rome; 'BSA - Beauty Space Academy', Via Appia Nuova, 672

2016 ***Nutritionist*** Empire Sports Club - Via degli Aldobrandeschi, 115 - Rome

2017 - 2020 **Nutritionist** Sports Club 'Le Palme' - Via Bosco Marengo - Rome

2018 - 2019 **Nutritionist** Men's A2 Volleyball League - Roma Volley

2022 - OGGI **Nutritionist** Banca d'Italia (all branches) - Rome

2023 **Project Manager of the Pediatric Nutrition project 'Italy on the Plate' - Prague**
"Dante Alighieri Praga" - Letenskè nám 1, 17000 Praha 7-Holesovice; Cechia

LECTURES

2017 **Instructor of the course 'Hepatic Steatosis and Metabolic Syndrome: Clinical and Instrumental Implications**

Navy - 'Grazioli Lante' Barracks - Piazza Giovanni Randaccio, 2 - Rome

2018 **Instructor of the Advanced Course 'Malabsorption Diseases: An Integrated Approach**

Navy - 'Grazioli Lante' Barracks - Piazza Giovanni Randaccio, 2 - Rome

2023 **Instructor of the breastfeeding nutrition section**

6th SINSeB - SINut - J Medical International Congress

2023 **Instructor of the Course "Feeling Good in Adulthood: Colorectal Cancer, An Ongoing Threat"**

Navy - 'Grazioli Lante' Barracks - Piazza Giovanni Randaccio, 2 - Rome

2023 **Instructor of the course "Staying Healthy in Adulthood: Prevention of Cardiovascular Diseases"**

Navy - 'Grazioli Lante' Barracks - Piazza Giovanni Randaccio, 2 - Rome

2023 **Instructor of the pediatric nutrition section**

Advanced Course in Nutrition and Nutraceuticals - SINut SANA Information

2024 **Lecturer ENPAB - Unicamillus**

Master's Degree in Human Nutrition Sciences - Unicamillus University, Rome

2024 - OGGI **Teacher at BusyBees Nursery and Preschool**

Training courses on Pediatric Nutrition for professionals and families

2024 **Speaker at the Conference "Pre-, Pro- and Post-Biotics in Modulating the Gut Microbiota: Clinical Applications"**

Hospital Medical School

SKILLS

Excellent proficiency in Microsoft Office Suite (Word, Excel, PowerPoint, etc.) / Windows / Social Media / PDF Management / Internet and Web Browsing

ABILITIES

Management and organization	●●●●●●●●
Problem Solving	●●●●●●●●
Comunication	●●●●●●●●
Leadership	●●●●●●●●
Teamwork	●●●●●●●●
Interpersonal relationships	●●●●●●●●

LANGUAGE SKILLS

Native language: Italian

Other languages

English

- Listening: Excellent
- Speaking: Intermediate
- Writing: Intermediate

Spanish

- Listening: Intermediate
- Speaking: Intermediate
- Writing: Basic

VOLUNTEERING

2006 – 2018

“Hagape 2000” Onlus Association - Via Giacinto Pullino 71

Volunteer for the Music Therapy course for children with physical and/or mental disabilities.

PUBLICATIONS LIST

2013 - Neurotox Research

Behavioral responses to acute and sub-chronic administration of the synthetic cannabinoid JWH-018 in adult mice prenatally exposed to corticosterone.