



*Doctor Sandrina Alves Heleno (SH) is graduated in Biotechnological Engineering in 2008, obtained the PhD in Sciences (Chemistry) in 2014. In 2015 SH was awarded an FCT postdoc grant (2015-2018) and in 2018 was awarded with a Junior research contract through the Scientific Employment Stimulus (CEECIND/03040/2017) and is currently Assistant researcher at the Mountain Research Centre (CIMO) and Associated Laboratory SusTEC. SH research targets are the identification, separation and recovery of functional molecules, as well as their implementation as ingredients and bioactives in food, with an ultimate goal to extract high added-value molecules and reuse them in the food chain (from agriculture to the consumer). SH has is the PI of several financed projects composed of multidisciplinary consortia with several renowned enterprises and research centers. SH research activity resulted in the publication of more than 90 papers in indexed journals, 9 book chapters, 7 patents, related with the development of natural preservatives and functional foods including 1 patent related with the development of hipocholesterolemic extracts; and participated in more than 100 conferences having an h-index of 35. One of the international patents leaded to the creation of a spin-off dedicated to the exploitation of the developed technology, a natural preservative. SH is also an Associate Editor of the *Frontiers in Nutrition Journal* (IF=6.59), a member of the editorial board of the journal: *Evidence-Based Complementary and Alternative Medicine* IF: 1.813, and guest editor of several special issues in indexed journals. I am also editor of a book entitled: *Natural Secondary Metabolites - From Nature, Through Science, to Industry*, from Springer Nature. SH was a member of the team that awarded the first place of the European Social Innovation prize (50.000 Euros) and with three National prizes (2 BornFromKnowledge, 1 CA Crédito agrícola (10.000 Euros). SH also entered the list of the 2% most cited researchers in the food area in a study perform by the Stanford University. SH organized scientific events and currently supervise Pos-doctoral, PhD students, master, and graduation. SH have been also evaluating international projects and also Pod-doctoral grant programs. SH am also Principal Researcher of the collaborative laboratory Aquavalor and also member of the PanBalkan alliance in representation of Portugal. Recently SH founded the research group Food&Biotech inserted in CIMO/SusTEC.*

**Lecture: “Applications of natural ingredients in the food industry”**