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Atılım University
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PERSONAL

Date of Birth	03.06.1991
Place of Birth	BURSA

EDUCATION

2019 - 2024	Ankara University, Nutrition and Dietetics, PhD Dissertation: Effects of Monosodium Glutamate on Intestinal Microbiota of Rat Pups and Treatment of Possible Effects with <i>Lactobacillus delbrueckii</i> subsp. <i>bulgaricus</i>
2013 - 2018	Hacettepe University, Nutritional Sciences, MSc Thesis: Development of a Food Frequency Questionnaire for Vegan and Vegetarians Living in Turkey
2009 - 2013	Hacettepe University, Nutrition and Dietetics, BSc

ACADEMIC POSITIONS

09/2024-	Assistant Professor, Department of Nutrition and Dietetics, Atılım University, Türkiye
02/2020-08/2024	Research Assistant, Department of Nutrition and Dietetics, Atılım University, Türkiye

ADMINISTRATIVE DUTIES

04/2025-	Chair, Department of Nutrition and Dietetics, Atılım University, Türkiye
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RESEARCH INTERESTS

1	Food Service Systems
2	Gut Microbiota

PROFESSIONAL SERVICE

2016-2020	Administrative Dietitian at İhsan Doğramacı Bilkent University, Cafeterias Management, Ankara, Turkey
2014-2015	Dietitian at a Private Clinic, Ankara, Turkey

PUBLICATIONS (INTERNATIONAL)

1	Kavruk, M., Balci, T. N. , Özel, İ. Ç., Ozalp, V. C., & Aydın, A. (2025). Global insights into food fraud from location-based analysis: food adulteration in Turkey. <i>Journal of the Science of Food and Agriculture</i> . https://doi.org/10.1002/jsfa.14302
2	Keles, N. A., Dogan, S., Dogan, A., Sudagidan, M., Balci, T. N. , Cetiner, O., Kavruk, M., Ozalp, V. C. & Tuna, B. G. (2024). Long-term intermittent caloric restriction remodels gut microbiota in genetic predisposition to breast cancer. <i>Nutrition</i> , 112525. https://doi.org/10.1016/j.nut.2024.112525

PUBLICATIONS (NATIONAL)

1	Balci, T. N. , & Göktaş, Z. (2023). Türkiye’de Yaşayan Vegan-Vejetaryen Bireylerin Beslenme Durumlarının Kıyaslanması Üzerine Pilot Bir Çalışma. <i>Beslenme ve Diyet Dergisi</i> , 51(1), 50-60. https://doi.org/10.33076/2023.BDD.1734
2	Kalyoncu, Z. B., Çetiner, Ö., Balci, T. N. , Eroğlu, Z. B., & Merdol, T. K. (2020). Perspectives of healthy eating environment on campus: A qualitative study in a private university in Ankara, Turkey. <i>Beslenme ve Diyet Dergisi</i> , 48(3), 18-38. https://doi.org/10.33076/2020.BDD.1392

CONFERENCE PRESENTATIONS (INTERNATIONAL)

1	Dikmen, D., Balci, T. N. (2025). Diet principles within university campus food services in Turkey (the MedDietMenus4Campus project). 15th EFAD Congress, Malmö. (Invited Speaker).
2	Dikmen, D., Altınsoy, C., Dikmen, B., Balci, T. N. , Viegas, C., & Rocha, A. (2024). Water footprint and Med-Diet adherence: preliminary results from MedDietMenus4Campus. <i>European Journal of Public Health</i> , 34(Supplement_3), ckae144-514.
3	Balci, T. N. , Hörnell, A., Dikmen, D., Rocha, A., Viegas, C., Nigl, N., Skinnars Josefsson, M., Jona, O. (2024). Food service and pandemics. <i>Annals of Nutrition and Metabolism</i> , 80 (1): 37–56. https://doi.org/10.1159/000535909
4	Dursun, A., Tuna, B., Keles, N., Dogan, S., Sudagidan, M., Cetiner, O., Balci, T. , Kavruk, M. & Ozalp, V. (2023). Lifelong Exposure to Caloric Restriction Restores the Microbiota of Aging Mice. <i>Physiology</i> , 38(S1), 5730918. https://doi.org/10.1152/physiol.2023.38.S1.5730918
5	Balci, T. N. , Goktas Z. Development of a Food Frequency Questionnaire Specific to Vegan and Vegetarians Living in Turkey. 10th International Nutrition and Dietetics E-Congress, Hacettepe University. March 31 – April 4, 2021.
6	Kalyoncu, Z. B., Cetiner, O., Balci, T. N. , Eroglu, Z., Murat N., Kutluay-Merdol T. Evaluation of Work Conditions of Dietitians During the COVID-19 Lockdown in Turkey Through a Web Survey. 10th International Nutrition and Dietetics E-Congress, Hacettepe University. March 31 – April 4, 2021. (Poster)
7	Balci, T. , Goktas, Z. Nutritional Status of Vegans and Vegetarians in Turkish Population. 40th ESPEN Congress, September 1-4, 2018. Madrid, Spain. https://doi.org/10.1016/j.clnu.2018.06.1897 (Poster)

PROJECTS

1	TÜBİTAK 1071, Promoting stakeholder adherence to Mediterranean Diet on Campus through menu interventions and social marketing strategies (MedDietMenus4Campus), 123N063, Scholar
2	ATU-LAP-2021-08 Evaluation of the Relationship between COVID-19 Pandemic and Nutrition, 2020-2021, Researcher
3	ATU-LAP-1920-04 Evaluation of Food and Beverage Services at Atılım University in terms of Healthy Nutrition and Quality, 2019-2020, Researcher

COURSES GIVEN

1	NUT102 - Principles of Nutrition I, Atılım University, Department of Nutrition and Dietetics, Spring 2025-2026
2	NUT312 – Turskih Cuisine Culture, Atılım University, Department of Nutrition and Dietetics, Spring 2025-2026
3	NUT402 - NUT401 – Institution and Hospital Practice II, Atılım University, Department of Nutrition and Dietetics, Spring 2025-2026
4	NUT101 – Principles of Nutrition I, Atılım University, Department of Nutrition and Dietetics, Fall 2025-2026
5	NUT205 – Professional Orientation, Atılım University, Department of Nutrition and Dietetics, Fall 2025-2026
6	NUT403 – Seminar/Project I, Atılım University, Department of Nutrition and Dietetics, Fall 2025-2026
7	NUT1202 - Principles of Nutrition I, Atılım University, Department of Nutrition and Dietetics, Spring 2024-2025
8	NUT212 – Food Additives, Atılım University, Department of Nutrition and Dietetics, Spring 2024-2025
9	NUT401 – Institution and Hospital Practice I, Atılım University, Department of Nutrition and Dietetics, Fall 2024-2025
10	NUT101 – Principles of Nutrition I, Atılım University, Department of Nutrition and Dietetics, Fall 2024-2025
11	NUT205 – Professional Orientation, Atılım University, Department of Nutrition and Dietetics, Fall 2024-2025

MEMBERSHIPS TO SCIENTIFIC ORGANIZATIONS

1	Turkish Dietetics Association (Türkiye Diyetisyenler Derneği, TDD)
2	The European Federation of the Associations of Dietitians (EFAD), European Specialist Dietetic Network (ESDN) Food Service
3	MikroBiyom (Mikrobiyota ve Probiyotik Derneği)
4	Sustainable Living Association (Sürdürülebilir Yaşam Derneği, SUYADER)