

Curriculum vitae

Personal information

Surname(s) / First name(s) **Tamara Yuliett Forbes Hernández**
Address(es) Via Valle Miano 31/G, Ancona, Italy
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E-mail(s) tamara.forbe@gmail.com
Nationality(-ies) Cuban
Date of birth December, 6, 1984
Gender Female

Employment / Occupational field Research fellow
Università Politecnica delle Marche, Ancona, Italy

Work experience

Date September 2011 – December 2012
Occupation or position held Professor
Main activities and responsibilities Professor of Dietetic. Specialty in Food and Beverage Management in hotel facilities
Name and address of employer School for Advanced Studies in Hospitality and Tourism, Cuba
Date May 2011 / May 2012
Occupation or position held Visiting Professor
Main activities and responsibilities Professor of Processed Food Toxicology. Master in Food Processing.
Name and address of employer Agrarian University of Guayaquil, Ecuador.
Date September 2007 – December 2012
Occupation or position held Professor
Main activities and responsibilities Professor of Nutrition and Food Toxicology.
Name and address of employer Havana University, Cuba

Education and training

Date February 25, 2016
Title of qualification awarded PhD in "Scienze Biologiche e Cliniche Specialistiche"
Principal subjects/Occupational skills covered Regulation of lipid metabolism by strawberry extracts through AMP-activated protein kinase (AMPK) activation in HepG2 and 3T3-L1 cells.
Name and type of organisation providing education and training Università Politecnica delle Marche, Ancona, Italia

Date January 10, 2010
 Title of qualification awarded Master in Food Science and Technology
 Principal subjects/Occupational skills covered Effect of diet and lifestyle of a young population group and their relationship to the risk of chronic non-communicable diseases
 Name and type of organisation providing education and training Havana University, Cuba

Date July 4, 2007
 Title of qualification awarded Bachelor in Food Science
 Principal subjects/Occupational skills covered Evaluation of the nutritional status of a mexican population and its relation with the development of cardiovascular diseases.
 Name and type of organisation providing education and training Havana University, Cuba

Received postgraduate courses

Curso de Formación interna: Formación para Profesores. Fundación Universitaria Iberoamericana. Octubre, 2016.

Curso de Formación interna: Formación para Directores de Tesis. Fundación Universitaria Iberoamericana. Octubre, 2016.

Curso de Formación: Enseñanza en Entornos Virtuales de Aprendizaje. Fundación Universitaria Iberoamericana. Noviembre, 2016.

International Workshop: "The opportunities of European funding for biomedical research on aging: focus on cellular senescence in cardiovascular diseases and cancers", Marche Region, Ancona, Italy September 29, 2014.

Determinación de la capacidad antioxidante en alimentos, International Workshop on Food and Pharmaceutical Sciences, Cuba, 2012.

Updates in Restoration, Association for Science and Food Technology of Cuba, 2011.

Workshop in marine sediments, CONyMA'2010, Fisheries Research Centre, Cuba, 2010.

Antioxidant dietotherapy (Seminar "Balance antioxidant / pro-oxidant: health and disease"), Biological Research Centre, Pharmacy and Food Institute, Cuba, 2010.

Food & Health (Seminar "Balance antioxidant / pro-oxidant: health and disease"), Biological Research Centre, Pharmacy and Food Institute, Cuba, 2010.

Introduction to nanomaterials, National Centre for Scientific Research, Cuba, 2009.

Food Antioxidants, Pharmacy and Food Institute, Cuba, 2008.

Hygienic Food Management in Tourism Facilities. Association for Science and Food Technology of Cuba, 2008.

Writing scientific articles, Pharmacy and Food Institute, Cuba, 2008.

Alternative Toxicology, CECMED, Cuba, 2007.

Personal skills and competencesMother tongue(s) **Spanish**

Other language(s)

*Self-assessment**European level (*)*

	Understanding		Speaking		Writing
	Listening	Reading	Spoken interaction	Spoken production	
English	B2 intermediate	B2 intermediate	B2 intermediate	B2 intermediate	B2 intermediate
Italian	Excellent	Excellent	Excellent	Excellent	Good

(*) *Common European Framework of Reference (CEF) level***Participation in research projects**

Title: Improving the stability of high-quality traits of berry in different environments and cultivation systems for the benefit of European farmers and consumers (GoodBerry Project).

Funded by: European Union's Horizon 2020 Research and Innovation Programme.

Effective Period: March/2016 – February/2020 (48 months).

Title: Protective effect of a polyphenol-rich strawberry extract on endoplasmic reticulum stress activation in tunicamycin-treated hepatic and adipose cell lines.

Funded by: Fondazione Umberto Veronesi, Italy

Effective Period: 2015-2016

Title: Cell cycle aberrations and oxidative stress in age related neurodegenerative diseases: The role of food antioxidants" (RS13M01)

Funded by: Italian Ministry of Foreign Affairs/Serbian Ministry of Education, Science and Technological Development.

Effective Period: July/2013- December/2015

Title: The sustainable improvement of European berry production, quality and nutritional value in a changing environment: Strawberries, Currants, Blackberries, Blueberries and Raspberries. (EuBerry Project).

Funded by: European Union's Seventh Framework Programme.

Effective Period: May/2011 – October/2014 (42 months)

Title: Relationship between dietary pattern of a group of students and their knowledge of food and nutrition.

Funded by: Faculty of Medicine. Autonomous University of Puebla, Mexico

Effective Period: 2009-2012.

Title: Evaluation of the effect of *Mangifera indica* L. (Vimang) extract supplementation in elderly people.

Financing Entity: Center of Pharmaceutical Chemistry, Cuba

Effective Period: 2008-2010.

Title: Evaluation of the nutritional status of young adults and their relationship to the risk of chronic non-communicable diseases.

Funded by: Faculty of Medicine. Autonomous University of Puebla, Mexico

Effective Period: 2005-2010.

Publications

Francesca Giampieri, Md Soriful Islam, Stefania Greco, Massimiliano Gasparrini, **Tamara Y. Forbes Hernandez**, Giovanni Delli Carpini, Stefano Raffaele Giannubilo, Andrea Ciavattini, Bruno Mezzetti, Luca Mazzoni, Franco Capocasa, Mario Castellucci, Maurizio Battino, Pasquapina Ciarmela. Romina: A powerful strawberry with in vitro efficacy against uterine leiomyoma cells. *J Cell Physiol.* 2018;1–12.

Francesca Giampieri, Massimiliano Gasparrini, **Tamara Y. Forbes-Hernández**, Piera Pia Manna, Jiaojiao Zhang, Patricia Reboredo-Rodríguez, Danila Cianciosi, Jose L. Quiles, Cristina Torres Fernández-Piñar, Francisco José Orantes-Bermejo, Stefano Bompadre, Sadia Afrin, Maurizio Battino. Beeswax by-Products Efficiently Counteract the Oxidative Damage Induced by an Oxidant Agent in Human Dermal Fibroblasts. *Int. J. Mol. Sci.* 2018, 19, 2842; doi:10.3390/ijms19092842

Danila Cianciosi, **Tamara Yuliett Forbes-Hernández**, Sadia Afrin, Massimiliano Gasparrini, Patricia Reboredo-Rodríguez, Piera Pia Manna, Jiaojiao Zhang, Leire Bravo Lamas, Susana Martínez Flórez, Pablo Agudo Toyos, José Luis Quiles, Francesca Giampieri, Maurizio Battino. Phenolic Compounds in Honey and Their Associated Health Benefits: A Review. *Molecules* 2018, 23, 2322; doi:10.3390/molecules23092322

Massimiliano Gasparrini, Sadia Afrin, **Tamara Y. Forbes-Hernández**, Danila Cianciosi, Patricia Reboredo-Rodríguez, Adolfo Amici, Maurizio Battino, Francesca Giampieri. Protective effects of Manuka honey on LPS-treated RAW 264.7 macrophages. Part 2: Control of oxidative stress induced damage, increase of antioxidant enzyme activities and attenuation of inflammation. *Food and Chemical Toxicology* S0278-6915(18)30508-8 DOI: 10.1016/j.fct.2018.08.001

Sadia Afrin, Massimiliano Gasparrini, **Tamara Y. Forbes-Hernández**, Danila Cianciosi, Patricia Reboredo-Rodríguez, Piera Pia Manna, Maurizio Battino, Francesca Giampieri. Protective effects of Manuka honey on LPS-treated RAW 264.7 macrophages. Part 1: Enhancement of cellular viability, regulation of cellular apoptosis and improvement of mitochondrial functionality. *Food and Chemical Toxicology* 121 (2018) 203–213.

Danila Cianciosi, Alfonso Varela-Lopez, **Tamara Y. Forbes-Hernandez**, Massimiliano Gasparrini, Sadia Afrin, Patricia Reboredo-Rodríguez, JiaoJiao Zhang, José L. Quiles, Seyed F. Nabavi, Maurizio Battino, Francesca Giampieri. Targeting molecular pathways in cancer stem cells by natural bioactive compounds. *Pharmacological Research* 135 (2018) 150–165. DOI: 10.1016/j.phrs.2018.08.006.

Patricia Reboredo-Rodríguez, Alfonso Varela-López, **Tamara Y. Forbes-Hernández**, Massimiliano Gasparrini, Sadia Afrin, Danila Cianciosi, Jiaojiao Zhang, Piera Pia Manna, Stefano Bompadre, José L. Quiles, Maurizio Battino and Francesca Giampieri. Phenolic Compounds Isolated from Olive Oil as Nutraceutical Tools for the Prevention and Management of Cancer and Cardiovascular Diseases. *Int. J. Mol. Sci.* 2018, 19, 2305; DOI:10.3390/ijms19082305.

Francesca Giampieri, Sadia Afrin, Derek Stewart, Gordon J. McDougall, Rex Brennan, Lesley Blyth, Massimiliano Gasparrini, Luca Mazzoni, Franco Capocasa, José Miguel Alvarez-Suarez, Stefano Bompadre, Pedro Nogueira Brás de Oliveira, Claudia N. Santos, Manuel Masias, Pablo Agudo, Jorge Crespo, Bruno Mezzetti, **Tamara Y. Forbes-Hernández** and Maurizio Battino. Phytochemical Composition and Cytotoxic Effects on Liver Hepatocellular Carcinoma Cells of Different Berries Following a Simulated In Vitro Gastrointestinal Digestion. *Molecules* 2018, 23, 1918 DOI: 10.3390/molecules23081918.

Sadia Afrin, Francesca Giampieri, **Tamara Y. Forbes-Hernández**, Massimiliano Gasparrini, Adolfo Amici, Danila Cianciosi, José L. Quiles, Maurizio Battino. Manuka honey synergistically enhances the chemopreventive effect of 5-fluorouracil on human colon cancer cells by inducing oxidative stress and apoptosis, altering metabolic phenotypes and suppressing metastasis ability. *Free Radical Biology and Medicine* 126 (2018) 41–54. DOI: 10.1016/j.freeradbiomed.2018.07.014.

María Teresa Ariza, **Tamara Y. Forbes-Hernández**, Patricia Reboredo-Rodríguez, Sadia Afrin, Massimiliano Gasparrini, Lucía Cervantes, Carmen Soria, Elsa Martínez-Ferri, Maurizio Battino and Francesca Giampieri. Strawberry and Achenes Hydroalcoholic Extracts and Their Digested Fractions Efficiently Counteract the AAPH-Induced Oxidative Damage in HepG2 Cells. *Int. J. Mol. Sci.* 2018, 19(8), 2180; DOI: 10.3390/ijms19082180.

Massimiliano Gasparrini, Francesca Giampieri, **Tamara Y. Forbes-Hernandez**, Sadia Afrin, Danila Cianciosi, Patricia Reboredo-Rodríguez, Alfonso Varela-Lopez, JiaoJiao Zhang, José L. Quiles, Bruno Mezzetti, Stefano Bompadre, Maurizio Battino. Strawberry extracts efficiently counteract inflammatory stress induced by the endotoxin lipopolysaccharide in Human Dermal Fibroblast *Food Chem Toxicol.* 2018 Apr;114:128-140. DOI: 10.1016/j.fct.2018.02.038.

Francesca Giampieri, Sadia Afrin, **Tamara Y. Forbes-Hernandez**, Massimiliano Gasparrini, Danila Cianciosi, Patricia Reboredo-Rodriguez, Alfonso Varela-Lopez, Jose L. Quiles, and Maurizio Battino. Autophagy in Human Health and Disease: Novel Therapeutic Opportunities. *Antioxid Redox Signal*. 2018 Jun 26. DOI: 10.1089/ars.2017.7234

Tamara Y. Forbes-Hernández, Sadia Afrin, Danila Cianciosi, Piera Pia Manna, Jiaojiao Zhang, Massimiliano Gasparrini¹, Patricia Reboredo-Rodriguez. Strawberry extract attenuates oxidative stress in 3T3-L1 cells. *Journal of Berry Research*, vol. Pre-press, no. Pre-press, pp. 1-11, 2018. DOI:10.3233/JBR-180313

Jorge A. Sosa-Gutiérrez, Mónica A. Valdéz-Solana, **Tamara Y. Forbes-Hernández**, Claudia I. Avitia-Domínguez, Gonzalo G. Garcia-Vargas, José M. Salas-Pacheco, Oscar Flores-Herrera, Alfredo Téllez-Valencia, Maurizio Battino and Erick Sierra-Campos. Effects of Moringa oleifera Leaves Extract on High Glucose-Induced Metabolic Changes in HepG2 Cells. *Biology* 2018, 7, 37; DOI:10.3390/biology7030037

Patricia Reboredo-Rodríguez, Carmen González-Barreiro, Beatriz Cancho-Grande, **Tamara Y. Forbes-Hernández**, Massimiliano Gasparrini, Sadia Afrin, Danila Cianciosi, Alegría Carrasco-Pancorbo, Jesús Simal-Gándara, Francesca Giampieri, Maurizio Battino. Characterization of phenolic extracts from Brava extra virgin olive oils and their cytotoxic effects on MCF-7 breast cancer cells. *Food Chem Toxicol*. 2018 May 15. pii: S0278-6915(18)30326-0. DOI: 10.1016/j.fct.2018.05.026

Sadia Afrin, Francesca Giampieri, Massimiliano Gasparrini, **Tamara Y. Forbes-Hernández**, Danila Cianciosi, Patricia Reboredo-Rodriguez, Piera Pia Manna, Jiaojiao Zhang, José L. Quiles and Maurizio Battino. The inhibitory effect of Manuka honey on human colon cancer HCT-116 and LoVo cell growth. Part 2: Induction of oxidative stress, alteration of mitochondrial respiration and glycolysis, and suppression of metastatic ability. *Food Funct.*, 2018, DOI: 10.1039/c8fo00165k

Sadia Afrin, Francesca Giampieri, Massimiliano Gasparrini, **Tamara Y. Forbes-Hernández**, Danila Cianciosi, Patricia Reboredo-Rodriguez, Adolfo Amici, José L. Quiles, Maurizio Battino. Inhibitory effect of Manuka honey on human colon cancer HCT-116 and 1 LoVo cells growth. Part 1: Suppression of proliferation, promotion of apoptosis and arrest of cell cycle. *Food Funct.*, 2018, DOI: 10.1039/C8FO00164B.

Patricia Reboredo-Rodríguez, Carmen González-Barreiro, Beatriz Cancho-Grande, Jesús Simal-Gándara, Francesca Giampieri, **Tamara Y. Forbes-Hernández**, Massimiliano Gasparrini, Sadia Afrin, Danila Cianciosi, Piera P. Manna, Alfonso Varela-López, Rosa M. Ojeda-Amador, Giuseppe Fregapane, María Desamparados Salvador, Maurizio Battino. Effect of pistachio kernel extracts in MCF-7 breast cancer cells: Inhibition of cell proliferation, induction of ROS production, modulation of glycolysis and of mitochondrial respiration. *Journal of Functional Foods* 45 (2018) 155–164.

Massimiliano Gasparrini, Francesca Giampieri, **Tamara Y. Forbes-Hernandez**, Sadia Afrin, Danila Cianciosi, Patricia Reboredo-Rodriguez, Alfonso Varela-Lopez, Jiao Jiao Zhang, José L. Quiles, Bruno Mezzetti, Stefano Bompadre, Maurizio Battino. Strawberry extracts efficiently counteract inflammatory stress induced by the endotoxin lipopolysaccharide in Human Dermal Fibroblast. *Food Chem Toxicol*. 2018 Feb 16. pii: S0278-6915(18)30103-0. doi: 10.1016/j.fct.2018.02.038.

José M. Alvarez-Suarez, Francesca Giampieri, Massimiliano Gasparrini, Luca Mazzoni, **Tamara Y. Forbes-Hernández**, Sadia Afrin, Maurizio Battino. Guava (*Psidium guajava* L. cv. Red Suprema) Crude Extract Protect Human Dermal Fibroblasts against Cytotoxic Damage Mediated by Oxidative Stress. *Plant Foods Hum Nutr*. 2018 Feb 17. doi: 10.1007/s11130-018-0657-2.

Pedro Bullón, Beatriz Castejón-Vega, Lourdes Román-Malo, María Paz Jimenez-Guerrero, David Cotán, **Tamara Y. Forbes-Hernandez**, Alfonso Varela-López, Antonio Pérez-Pulido, Francesca Giampieri, José L. Quiles, Maurizio Battino, José A. Sánchez-Alcázar, Mario D. Cordero. - Autophagic dysfunction in Papillon Lefèvre syndrome is restored by recombinant Cathepsin C treatment.

J Allergy Clin Immunol. 2018 Feb 1. pii: S0091-6749(18)30144-1. doi: 10.1016/j.jaci.2018.01.018.

Francesca Giampieri, Massimiliano Gasparrini, **Tamara Y. Forbes-Hernandez**, Luca Mazzoni, Franco Capocasa, Silvia Sabbadini, José M. Alvarez-Suarez, Sadia Afrin, Carlo Rosati, Tiziana Pandolfini, Barbara Molesini, José F. Sánchez-Sevilla, Iraida Amaya, Bruno Mezzetti, and Maurizio Battino. Overexpression of the Anthocyanidin Synthase Gene in Strawberry Enhances Antioxidant Capacity and Cytotoxic Effects on Human Hepatic Cancer Cells DOI: 10.1021/acs.jafc.7b04177 *J. Agric. Food Chem*. 2018, 66, 581–592.

Francesca Giampieri, José L. Quiles, Francisco J. Orantes-Bermejo, Massimiliano Gasparrini, **Tamara Y. Forbes-Hernandez**, Cristina Sánchez-González, Juan Llopis, Lorenzo Rivas-García, Sadia Afrin, Alfonso Varela-López, Danila Cianciosi, Patricia Reboredo-Rodriguez, Cristina Torres Fernández-Piñar, Ruben Calderón Iglesias, Roberto Ruiz, Silvia Aparicio, Jorge Crespo, Luis Dzul Lopez, Jianbo Xiao, Maurizio Battino. Are by-products from beeswax recycling process a new promising source of bioactive compounds with biomedical properties? *Food and Chemical Toxicology* 112 (2018) 126–133.

Jose M. Alvarez-Suarez, Francesca Giampieri, Andrea Brenciani, Luca Mazzoni, Massimiliano Gasparrini, Ana M. Gonzalez-Paramas, Celestino Santos-Buelga, Gianluca Morroni, Serena Simoni, **Tamara Y. Forbes-Hernandez**, Sadia Afrin, Eleonora Giovanetti, Maurizio Battino. Apis mellifera vs Melipona beecheii Cuban polyfloral honeys: A comparison based on their physicochemical parameters, chemical composition and biological properties. LWT - Food Science and Technology 87 (2018) 272e279

José Miguel Alvarez-Suarez, Francesca Giampieri, Massimiliano Gasparrini, Luca Mazzoni, Celestino Santos-Buelga, Ana M. Gonzalez-Paramas, **Tamara Forbes-Hernandez**, Sadia Afrin, Timothy Páez-Watson, José L. Quiles-Morales, Maurizio Battino. Protective effect of Acerola (*Malpighia emarginata*) against oxidative damage in human dermal fibroblast through the improvement of antioxidant enzyme activity and mitochondrial functionality. Food & Function · July 2017.

Francesca Giampieri, **Tamara Y. Forbes-Hernandez**, Massimiliano Gasparrini, Sadia Afrin, Danila Cianciosi, Patricia Reboledo-Rodriguez, Alfonso Varela-Lopez, Jose L. Quiles, Bruno Mezzetti, and Maurizio Battino. The healthy effects of strawberry bioactive compounds on molecular pathways related to chronic diseases. Ann. N.Y. Acad. Sci. xxxx (2017) 1–10. doi: 10.1111/nyas.13373.

Tamara Y. Forbes-Hernández, Francesca Giampieri, Massimiliano Gasparrini, Sadia Afrin, Luca Mazzoni, Mario D. Cordero, Bruno Mezzetti, José L. Quiles and Maurizio Battino. Lipid Accumulation in HepG2 Cells Is Attenuated by Strawberry Extract through AMPK Activation. Nutrients 2017, 9, 621; doi:10.3390/nu9060621.

Massimiliano Gasparrini, **Tamara Y. Forbes-Hernandez**, Sadia Afrin, Patricia Reboledo-Rodriguez, Danila Cianciosi, Bruno Mezzetti, José L. Quiles, Stefano Bompadre, Maurizio Battino, and Francesca Giampieri. Strawberry-Based Cosmetic Formulations Protect Human Dermal Fibroblasts against UVA-Induced Damage. Nutrients 2017, 9, 605; doi:10.3390/nu9060605.

Francesca Giampieri, José Miguel Alvarez-Suarez, Massimiliano Gasparrini, **Tamara Forbes Hernández**, Sadia Afrin, Corrado Rubini, Antonio Zizzi, José L. Quiles, Bruno Mezzetti, Maurizio Battino. Data on body weight and liver functionality in aged rats fed an enriched strawberry diet. Data in Brief 13, 432-436. June 2017. DOI: 10.1016/j.dib.2017.06.021.

Tamara Y. Forbes-Hernández, Massimiliano Gasparrini, Sadia Afrin, Danila Cianciosi, Ana M. González-Paramás, Celestino Santos-Buelga, Bruno Mezzetti, José L. Quiles, Maurizio Battino, Francesca Giampieri and Stefano Bompadre. Strawberry (cv. Romina) Methanolic Extract and Anthocyanin-Enriched Fraction Improve Lipid Profile and Antioxidant Status in HepG2 Cells. Int. J. Mol. Sci. 2017, 18, 1149; doi:10.3390/ijms18061149.

T.Y. Forbes-Hernandez, M. Gasparrini, S. Afrin, M. Battino and F. Giampieri. The effect of an enzymatic digestion process on strawberry antioxidant capacity. Acta Hortic. 1156. ISHS 2017. DOI 10.17660/ActaHortic.2017.1156.61

M. Gasparrini, F. Giampieri, S. Afrin, J.M. Alvarez-Suarez, M. Battino and **T.Y. Forbes-Hernandez**. Effects of three genetically-modified strawberry selections on human dermal fibroblasts exposed to AAPH-induced oxidative stress. Acta Hortic. 1156. ISHS 2017. DOI 10.17660/ActaHortic.2017.1156.60.

S. Afrin, **T.Y. Forbes-Hernandez**, F. Giampieri, M. Battino and M. Gasparrini. The photoprotective effects of strawberry-based cosmetic formulations on human dermal fibroblasts. Acta Hortic. 1156. ISHS 2017. DOI 10.17660/ActaHortic.2017.1156.59

M.T. Ariza, **T.Y. Forbes-Hernandez**, F. Giampieri, M. Gasparrini, C. Soria, E. Martínez-Ferri and M. Battino. Effects of in vitro gastrointestinal digestion on strawberry polyphenols stability. Acta Hortic. 1156. ISHS 2017. DOI 10.17660/ActaHortic.2017.1156.58

L. Mazzoni, J.M. Alvarez Suarez, F. Giampieri, M. Gasparrini, **T.Y. Forbes Hernandez** and B. Mezzetti. Evaluation of strawberry (*Fragaria × ananassa* Duch.) 'Alba' sensorial and nutritional quality, and its in vitro effects against human breast cancer cells viability. Acta Hortic. 1156. ISHS 2017. DOI 10.17660/ActaHortic.2017.1156.57

M. Battino, **T.Y. Forbes-Hernandez**, M. Gasparrini, S. Afrin, B. Mezzetti and F. Giampieri. The effects of strawberry bioactive compounds on human health Acta Hortic. 1156. ISHS 2017. DOI 10.17660/ActaHortic.2017.1156.54.

Francesca Giampieri, José M. Alvarez-Suarez, Mario D.Cordero, Massimiliano Gasparrini, **Tamara Y. Forbes-Hernandez**, Sadia Afrin, Celestino Santos Buelga, Ana M. González-Paramás, Paola Astolfi, Corrado Rubini, Antonio Zizzi, Sara Tulipani, José L. Quiles, Bruno Mezzetti, Maurizio Battino. Strawberry consumption improves aging-associated impairments, mitochondrial biogenesis and functionality through the AMP-Activated Protein Kinase signaling cascade. Food Chemistry 234 (2017) 464–471. DOI: <http://dx.doi.org/10.1016/j.foodchem.2017.05.017>

Sadia Afrin, **Tamara Y. Forbes-Hernandez**, Massimiliano Gasparrini, Stefano Bompadre, José L. Quiles,

- Gavino Sanna, Nadia Spano, Francesca Giampieri and Maurizio Battino. Strawberry-Tree Honey Induces Growth Inhibition of Human Colon Cancer Cells and Increases ROS Generation: A Comparison with Manuka Honey. *Int. J. Mol. Sci.* 2017, 18, 613; doi:10.3390/ijms18030613.
- Massimiliano Gasparrini, **Tamara Y. Forbes-Hernandez**, Francesca Giampieri, Sadia Afrin, Bruno Mezzetti, José L. Quiles, Stefano Bompadre and Maurizio Battino. Protective Effect of Strawberry Extract against Inflammatory Stress Induced in Human Dermal Fibroblasts. *Molecules* 2017, 22, 164; doi:10.3390/molecules22010164.
- Massimiliano Gasparrini, **Tamara Y. Forbes-Hernandez**, Francesca Giampieri, Sadia Afrin, Jos e M. Alvarez-Suarez, Luca Mazzoni, Bruno Mezzetti, Jos e L. Quiles, Maurizio Battino. Anti-inflammatory effect of strawberry extract against LPS-induced stress in RAW 264.7 macrophages. *Food and Chemical Toxicology* 2017, 102: 1-10.
- Md Islam, Francesca Giampieri, Milijana Janjusevic, Massimiliano Gasparrini, **Tamara Forbes-Hernandez**, Luca Mazzoni, Stefania Greco, Stefano Giannubilo, Andrea Ciavattini, Bruno Mezzetti, Franco Capocasa, Mario Castellucci, Maurizio Battino, and Pasquapina Ciarmela. Strawberry rich phenolic and anthocyanin extract induces apoptosis and ROS while decreases fibrosis in human uterine leiomyoma cells. *Oncotarget Journal* 2017, 8, 6: 1-14. DOI: 10.18632/oncotarget.15333.
- M.T. Ariza, **T.Y. Forbes-Hernández**, F. Giampieri, M. Gasparrini, E. Muñoz-Morán, L.C. Cervantes, C. Soria, E. Martínez-Ferri, J.J. Medina, J.A. Gómez-Mora, M. Battino. Efecto del método de procesado de la fresa en la estabilidad de compuestos antioxidantes. *AGRICOLA VERGEL. Fruticultura y horticultura. Año XXXV- Núm 397 - Noviembre-Diciembre 2016. Depósito Legal: V-2869-1981 / ISSN 0211-2728*
- Stefano Amatori, Luca Mazzoni, José Miguel Alvarez-Suarez, Francesca Giampieri, Massimiliano Gasparrini, **Tamara Yuliett Forbes-Hernandez**, Sadia Afrin, Alfredo Errico Provenzano, Giuseppe Persico, Bruno Mezzetti, Augusto Amici, Mirco Fanelli, and Maurizio Battino. Polyphenol-rich strawberry extract (PRSE) shows in vitro and in vivo biological activity against invasive breast cancer cells. *Scientific Reports* 2016, 6:30917, doi: 10.1038/srep30917
- María Teresa Ariza, Patricia Reboredo-Rodríguez, Luca Mazzoni, **Tamara Yuliett Forbes-Hernández**, Francesca Giampieri, Sadia Afrin, Massimiliano Gasparrini, Carmen Soria, Elsa Martínez-Ferri, Maurizio Battino and Bruno Mezzetti. Strawberry Achenes Are an Important Source of Bioactive Compounds for Human Health. *Int. J. Mol. Sci.* 2016, 17, 1103; doi:10.3390/ijms17071103.
- Francesca Giampieri, Jose M. Alvarez-Suarez, Massimiliano Gasparrini, **Tamara Y. Forbes- Hernandez**, Sadia Afrin, Stefano Bompadre, Corrado Rubini, Antonio Zizzi, Paola Astolfi, Celestino Santos-Buelga, Ana M. Gonzalez-Paramas, Jose L. Quiles, Bruno Mezzetti, Maurizio Battino. Strawberry consumption alleviates doxorubicin-induced toxicity by suppressing oxidative stress. *Food and Chemical Toxicology* 94 (2016) 128e137. <http://dx.doi.org/10.1016/j.fct.2016.06.003>
- José Miguel Alvarez-Suarez, Francesca Giampieri, Mario Cordero, Massimiliano Gasparrini, **Tamara Yuliett Forbes-Hernández**, Luca Mazzoni, Sadia Afrin, Pablo Beltrán-Ayala, Ana María González-Paramás, Celestino Santos-Buelga, Alfonso Varela-Lopez, José Luis Quiles, Maurizio Battino. Activation of AMPK/Nrf2 signalling by Manuka honey protects human dermal fibroblasts against oxidative damage by improving antioxidant response and mitochondrial function promoting wound healing. *Journal of Functional Foods*, 2016, 25: 38–49. <http://dx.doi.org/10.1016/j.jff.2016.05.008>.
- Sadia Afrin, Massimiliano Gasparrini, **Tamara Yuliett Forbes-Hernandez**, Patricia Reboredo- Rodriguez, Bruno Mezzetti, Alfonso Varela-Lopez, Francesca Giampieri, and Maurizio Battino. Promising health benefits of the strawberry: a focus on clinical studies. *Journal of Agricultural and Food Chemistry*, 2016. DOI: 10.1021/acs.jafc.6b00857.
- Tamara Y. Forbes-Hernandez**, Massimiliano Gasparrini, Sadia Afrin, Luca Mazzoni, Patricia Reboredo and Francesca Giampieri. A comparative study on cytotoxic effects of strawberry extract on different cellular models. *JBR*, 2016, vol. Preprint, no. Preprint, pp. 1-13. DOI: 10.3233/JBR-160124.
- Sadia Afrin · Francesca Giampieri · Massimiliano Gasparrini · **Tamara Y. Forbes-Hernandez** · Alfonso Varela-López · José L Quiles · Bruno Mezzetti · Maurizio Battino. Chemopreventive and Therapeutic Effects of Edible Berries: A Focus on Colon Cancer Prevention and Treatment. *Molecules* 2016, 21(2), 169; doi:10.3390/molecules21020169
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- Tamara Y. Forbes-Hernandez**, Massimiliano Gasparrini, Sadia Afrin, Stefano Bompadre, Bruno Mezzetti, José L. Quiles, Francesca Giampieri & Maurizio Battino. The Healthy Effects of Strawberry Polyphenols: Which Strategy behind Antioxidant Capacity? *Critical Reviews in Food Science and Nutrition*, Sep 2015. DOI:10.1080/10408398.2015.1051919

Massimiliano Gasparrini · **Tamara Yuliett Forbes-Hernandez** · Sadia Afrin · José Miguel Alvarez-Suarez · Ana M González-Paramàs · Celestino Santos-Buelga · Stefano Bompadre · José Luis Quiles · Bruno Mezzetti · Francesca Giampieri. : A Pilot Study of the Photoprotective Effects of Strawberry-Based Cosmetic Formulations on Human Dermal Fibroblasts. *International Journal of Molecular Sciences* 08/2015; 16(2015):17870-17884. DOI:10.3390/ijms160817870

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Francesca Giampieri · **Tamara Y Forbes-Hernandez** · Massimiliano Gasparrini · José M Alvarez-Suarez · Sadia Afrin · Stefano Bompadre · José L. Quiles · Bruno Mezzetti · Maurizio Battino. Strawberry as a health promoter: an evidence based review. *Food & Function* 03/2015; 6(5). DOI:10.1039/C5FO00147A

Massimiliano Gasparrini · Francesca Giampieri · José M. Alvarez Suarez · Luca Mazzoni · **Tamara Y. Forbes Hernandez** · José L. Quiles · Pedro Bullon · Maurizio Battino. AMPK as a New Attractive Therapeutic Target for Disease Prevention: the Role of Dietary Compounds. *Current drug targets* 02/2015

Gretel Dovale-Rosabal · Alicia Casariego · **Tamara Y. Forbes-Hernandez** · Mario A. Garcia. Effect of chitosan-olive oil emulsion coating on quality of tomatoes during storage at ambient conditions. *Journal of Berry Research*, vol. Preprint, no. Preprint, pp. 1-12, 2015. DOI: 10.3233/JBR-150103

José Miguel Alvarez-Suarez · Massimiliano Gasparrini · **Tamara Y Forbes-Hernandez** · Luca Mazzoni · Francesca Giampieri. The Composition and Biological Activity of Honey: A Focus on Manuka Honey. *Foods* 2014, 3(3), 420-432; DOI:10.3390/foods3030420

Francesca Giampieri · José M Alvarez-Suarez · Luca Mazzoni · **Tamara Y Forbes-Hernandez** · Massimiliano Gasparrini · Ana M González-Paramàs · Celestino Santos-Buelga · José L Quiles · Stefano Bompadre · Bruno Mezzetti · Maurizio Battino. An anthocyanin-rich strawberry extract protects against oxidative stress damage and improves mitochondrial functionality in human dermal fibroblasts exposed to an oxidizing agent. *Food & Function* 06/2014; 5(8). DOI:10.1039/c4fo00048j

Francesca Giampieri · Jose M. Alvarez-Suarez · Luca Mazzoni · **Tamara Y. Forbes-Hernandez** · Massimiliano Gasparrini · Ana M. Gonzalez-Paramas · Celestino Santos-Buelga · Jose L. Quiles · Stefano Bomadre · Bruno Mezzetti · Maurizio Battino. Polyphenol-Rich Strawberry Extract Protects Human Dermal Fibroblasts against Hydrogen Peroxide Oxidative Damage and Improves Mitochondrial Functionality. *Molecules* 06/2014; 19(6):7798. DOI:10.3390/molecules19067798

José Miguel Alvarez-Suarez · Luca Mazzoni · **Tamara Y. Forbes-Hernandez** · Massimiliano Gasparrini · Silvia Sabbadini · Francesca Giampieri. The effects of pre-harvest and post-harvest factors on the nutritional quality of strawberry fruits: A review. *Journal of Berry Research*, vol. 4, no. 1, pp. 1-10, 2014

Tamara Y Forbes-Hernández · Francesca Giampieri · Massimiliano Gasparrini · Luca Mazzoni · José L Quiles · José M Alvarez-Suarez · Maurizio Battino. The effects of bioactive compounds from plant foods on mitochondrial function: A focus on apoptotic mechanisms. *Food and Chemical Toxicology*, 03/2014; 68. DOI:10.1016/j.fct.2014.03.017

Francesca Giampieri, Luca Mazzoni, Massimiliano Gasparrini, **Tamara-Yuliett Forbes-Hernandez**, Sadia Afrin, Andrea Cabarkapa, Lada Zivkovic, Vladan Bajic, Dragana Dekanski, Biljana Spremo-Potparevic, Maurizio Battino. Cell cycle aberrations and oxidative stress in age related neurodegenerative diseases: The role of food antioxidants. *Serbia – Italia Italian - Serbian Bilateral Cooperation on Science, Technology and Humanities* (Edited by P. Battinelli and J. Striber). November 12, 2013, 61-64. Museum of Yugoslav History, Belgrade. ISBN 978-86-7522-048-0.

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Tamara Forbes · Mario García · Jesús I Alarcón · Evidio Armas. Empleo de ficocianina como colorante natural en la industria alimentaria. *Ciencia y Tecnología de Alimentos*, 2013, Vol. 23, No. 1, pp. 55-59 ISSN 0864-4497.

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-**Forbe, T.**; Bilbao, T.; González, E.; Vélez, M. y Vázquez, S. Evaluación del estado nutricional de un grupo de adultos jóvenes y su relación con el riesgo de aparición de algunas enfermedades crónicas no transmisibles. *Cienc. Tecnol. Alim.*, Vol 18, No. Especial, 2008 (3): 54-60.

Patents

Uso di un estratto per la prevenzione e/o la cura dei fibromi uterini. Ciarmela P., Castellucci m., Islam Md., Greco S., Janjusevic M., Battino M., Giampieri F., **Forbes Hernandez TY**, Gasparrini M., Ciavattini A., Giannubilo S., Mezzetti B., Capocasa F., Mazzoni L. Application Number 102016000089627; filed September 5, 2016.

Conference contribution

(poster presentation)

15th International Conference. Bioactive lipids in cancer, inflammation and related diseases. Puerto Vallarta, Mexico, 22-25 October, 2017.

Battino, Maurizio ;Giampieri, Francesca ;Gasparrini, Massimiliano; Afrin, Sadia; Reboredo Rodríguez, Patricia ;Cianciosi, Danila ;Varela López, Alfonso ;Dzul López, Luis; Forbes Hernández, Tamara. Strawberry methanolic extract inhibits adipogenesis in 3T3-L1 mouse embryo fibroblasts cells.

Battino, Maurizio ;Giampieri, Francesca ;Forbes Hernández, Tamara ;Gasparrini, Massimiliano ;Afrin, Sadia ;Cianciosi, Danila ;Varela López, Alfonso ;Dzul López, Luis ;Reboredo Rodríguez, Patricia Phenolic extracts of extra virgin olive oils suppress the proliferation of MCF-7 breast cancer cells.

8th international Congress on Targeting Mitochondria. Berlin, Germany, 23-24 October 2017

Afrin Sadia, Giampieri Francesca, Forbes Hernández Tamara, Gasparrini Massimiliano, Cianciosi Danila, Reboredo Rodríguez Patricia, Varela Alfonso, Battino Maurizio. Manuka honey inhibits colorectal metastasis Lovo cells growth through inducing intracellular reactive oxygen species accumulation and disrupting mitochondrial respiration and glycolysis.

3rd International Conference on Natural Products Utilization. 18-21 October, 2017. Bansko, Bulgaria.

Sadia Afrin, Patricia Reboredo-Rodríguez, Francesca Giampieri, Tamara Y. Forbes Hernández, Massimiliano Gasparrini, Danila Cianciosi, María Teresa Ariza, Carmen González Barreiro, Beatriz Cancho-Grande, Jesús Simal Gándara, Maurizio Battino. Manuka honey triggers human colon cancer HCT-116 cells growth inhibition through inducing oxidative and endoplasmic reticulum stress, and modulating mitochondrial respiration and glycolysis.

Patricia Reboredo-Rodríguez, Sadia Afrin, Carmen González Barreiro, Beatriz Cancho-Grande, Francesca Giampieri, Tamara Y. Forbes Hernández, Massimiliano Gasparrini, Danila Cianciosi, María Teresa Ariza, Alfonso Varela López, Jesús Simal Gándara, Maurizio Battino. Phenolic extracts of Galician extra virgin olive oils inhibit cells proliferation, promote apoptosis and ROS production in MCF-7 breast cancer cells.

EuroFed Lipids 2017. Uppsala, Suecia. 27 Agosto 2017

Tamara Y. Forbes-Hernández, Patricia Reboredo-Rodríguez, Francesca Giampieri, Massimiliano Gasparrini, Sadia Afrin, Danila Cianciosi, Alfonso Varela-López, Maurizio Battino. Lipid accumulation in HepG2 cells is attenuated by strawberry extract through AMPK activation.

Massimiliano Gasparrini, Francesca Giampieri, Tamara-Yuliett Forbes-Hernandez, Sadia Afrin, Danila Cianciosi, Patricia Reboredo-Rodríguez, Alfonso Varela-Lopez, Maria-Teresa Ariza, Maurizio Battino. Strawberry enriched-diet counteracts oxidative stress and ameliorates lipid profile in rats stressed with doxorubicin and lipopolysaccharide.

Ariza, M.T., Reboredo-Rodríguez, P., Forbes-Hernández, T.Y, Giampieri, F., Afrin, S., Gasparrini, M., Cianciosi, D., Varela-López, A., Cervantes, L., Soria, C., Martínez-Ferri, E., Battino, M. Strawberry fruits and achenes protect HepG2 cells against AAPH-induced oxidative stress.

P. Reboredo-Rodríguez, E. Guisantes, F. Giampieri, T. Y. Forbes-Hernández, M. Gasparrini, S. Afrin, D. Cianciosi, A. Varela-López, C. González-Barreiro, B. Cancho-Grande, J. Simal-Gándara, G. Fregapane, M. D. Salvador, M. Battino. Characterization of pistachio phenolic extracts and their preliminary effects in

breast cancer cells proliferation inhibition.

10th MiPSchool Obergurgl 2017. COST Action CA15203 MITOEAGLE Training School. Obergurgl, Tyrol, Austria July 23 – 27, 2017.

Forbes-Hernández TY, Gasparrini M, Afrin S, Reboredo P, Cianciosi D, Varela-López A, Giampieri F, Battino M. The reduction of mitochondrial functionality by a strawberry extract: a mechanism that contributes to its lipid-lowering effect?

Gasparrini M, Forbes-Hernández TY, Afrin S, Reboredo P, Cianciosi D, Varela-López A, Giampieri F, Battino M. Anti-inflammatory effects of strawberry and honey extracts in RAW 264.7 macrophages stressed with LPS.

Giampieri F, Forbes-Hernández TY, Gasparrini M, Afrin S, Reboredo P, Cianciosi D, Varela-López A, Battino M. Strawberry extract protects human dermal fibroblasts against oxidative stress and improves mitochondrial functionality.

Afrin S, Forbes-Hernández TY, Gasparrini M, Reboredo P, Cianciosi D, Varela-López A, Giampieri F, Battino M. Induction of mitochondrial dysfunction by Manuka honey as a strategy for prevention of colon cancer in vitro model: a rising role on reactive oxygen species, apoptosis, and cell metabolism.

Varela-López A, Forbes-Hernández TY, Gasparrini M, Afrin S, Reboredo P, Cianciosi D, Giampieri F, Battino M. Mitochondrial function impairment after Duxorubicin treatment is attenuated by strawberry intake in old and young rats.

Reboredo P, Forbes-Hernández TY, Gasparrini M, Afrin S, Cianciosi D, Varela-López A, Giampieri F, Battino M. Protective effect of a polyphenol-rich strawberry extract on oxidative and endoplasmic reticulum stresses in HepG2 cell line.

First Joint Congress of the French and Italian Photochemists and Photobiologists. Bari, Italy, 19-22 September, 2016.

Massimiliano Gasparrini, Tamara-Yuliett Forbes-Hernandez, Francesca Giampieri, Sadia Afrin and Maurizio Battino. The possible use of strawberry in cosmetic formulation. 19 - 22 September, 2016 – Bari (Italy).

Francesca Giampieri, Massimiliano Gasparrini, Tamara Y. Forbes-Hernandez, Sadia Afrin, Maurizio Battino. Photoprotective activity of natural dietary compounds: the case of strawberry polyphenols. 19 - 22 September, 2016 – Bari (Italy).

VIII Congreso Nacional de Apicultura. Granada, 3-5 /11, 2016.

Alfonso Varela-lópez, Tamara-Yuliett Forbes-Hernandez, Sadia Afrin, Massimiliano Gasparrini, Francesca Giampieri Protective effects of honey phenolic extracts against oxidative damage in red blood cells.

8th International strawberry symposium. Quebec, Canada 13-17/08/16

T.Y Forbes-Hernandez, M. Gasparrini, S. Afrin, M. Battino and F. Giampieri. The effect of an enzymatic digestion process on strawberry antioxidant capacity.

M.T. Ariza, T.Y. Forbes-Hernández, F. Giampieri, M. Gasparrini C. Soria, E. Martínez-Ferri, M. Battino. Effects of in vitro gastrointestinal digestion on strawberry polyphenols stability.

M. Gasparrini, F. Giampieri, S. Afrin, J.M. Alvarez-Suarez, M. Battino and T.Y. Forbes-Hernandez. Effects of three genetically-modified strawberry selections on human dermal fibroblasts exposed to AAPH-induced oxidative stress.

XXVIIIth International Conference on Polyphenols. Vienna, Austria. July 11-15, 2016.

Patricia Reboredo-Rodríguez, Sadia Afrin, Tamara Yuliett Forbes-Hernandez, María Teresa Ariza, Massimiliano Gasparrini, Francesca Giampieri, Carmen González-Barreiro, Beatriz Cancho-Grande, Jesús Simal-Gándara, Maurizio Battino. Comparison of the antioxidant activity of two honeys, before and after in-vitro digestion.

Patricia Reboredo-Rodríguez, Sadia Afrin, Tamara Yuliett Forbes-Hernandez, María Teresa Ariza, Massimiliano Gasparrini, Francesca Giampieri, Carmen González-Barreiro, Beatriz Cancho-Grande, Jesús Simal-Gándara, Maurizio Battino. Assessing the bioavailability of phenolic compounds and antioxidant properties of olive oils.

Massimiliano Gasparrini, Tamara Yuliett Forbes Hernandez, Francesca Giampieri, Sadia Afrin and Maurizio Battino. Protective effect of strawberry against inflammatory status: an in vitro study.

10th World Congress on Polyphenols Applications 2016, Porto, Portugal, June 29- July 1, 2016.

Sadia AFRIN, Tamara Yuliett, FORBES HERNÁNDEZ, Massimiliano, GASPARRINI, Nadia, SPANO, Gavino, SANNA, Francesca, GIAMPIERI. Polyphenol-rich strawberry tree honey inhibits cell proliferation,

promotes apoptosis and ROS production, and regulates EGFR signaling pathways in HCT-116 human colon carcinoma cells.

II° Corso Residenziale ECM Nu.Me. Nutrition and Metabolism "Obesità e Diabete. La terapia: dalle Raccomandazioni alla pratica clinica" Orvieto (TR), Italy, 15-16 April, 2016.

Sadia Afrin, Massimiliano Gasparrini, Tamara-Yuliett Forbes-Hernandez, Francesca Giampieri. Anticancer effect of a strawberry tree honey in human colon carcinoma cell line: Possible mechanisms of anti-proliferation, apoptosis induction, ROS production and mitochondrial dysfunction.

5th World Congress on Targeting Mitochondria 2014, Berlin, Germany, October 29 to 31, 2014.

Tamara Yuliett Forbes Hernandez, José Miguel Alvarez Suarez, Francesca Giampieri, Luca Mazzoni, Massimiliano Gasparrini, Bruno Mezzetti and Maurizio Battino. A comparative study on strawberry protection in a mitochondrial oxidative stress model.

X Congress Mediterranean Diet, Barcelona, Spain, 2 to 3 April 2014.

Tamara Yuliett Forbes-Hernandez, José M. Alvarez-Suarez, Francesca Giampieri, Luca Mazzoni, Massimiliano Gasparrini and Maurizio Battino. Phenolic compounds from monofloral Cuban honeys exhibit antioxidant and antimicrobial capacity protecting human erythrocyte membranes against oxidative damage.

Luca Mazzoni, Francesca Giampieri, José Miguel Alvarez Suarez, Massimiliano Gasparrini, Tamara Yuliett Forbes Hernandez, and Maurizio Battino. The beneficial effects of strawberries against oxidative stress.

2nd International Conference on Nutrition and Growth, Barcelona, Spain, 2014.

J. Alvarez-Suarez, F. Giampieri, L. Mazzoni, M. Gasparrini, T. Forbes-Hernandez, A. Gonzalez-Paramas, C. Santos-Buelga, M. Battino. Strawberry supplementation ameliorates cardiovascular risk in humans.

XVI Piceno Scientific Conference "Nutrimi" artificial nutrition and patient centered care, Ascoli Piceno, Italy, 2014.

I° Corso Residenziale ECM Nu.Me. Nutrition and Metabolism. Florence, Italy, 2-3 April, 2014.

Francesca Giampieri, Luca Mazzoni, Massimiliano Gasparrini, José Miguel Alvarez-Suarez, Tamara Yuliett Hernandez Forbes, Stefano Bompadre, Bruno Mezzetti, Maurizio Battino. Effetto di un consumo protratto di fragole sui principali biomarkers di obesità.

Workshop: "The senescent Synapse", Auditorium Selinunte, Hotel La Fonte, Ancona-Portonovo, Italy, September 18, 2013.

International Workshop of Food and Pharmaceutical Sciences, Havana, Cuba, 2012.

Tamara Forbe, Y. Fernandez, T. Bilbao, M. Velez, S. Vazquez. Patrón alimentario de un grupo de estudiantes de medicina y su relación con sus conocimientos sobre alimentación y nutrición.

III International Convention on Healthy Eating for the Community and Tourism, Cuba, 2011

Tamara Forbe Hernandez, Tania Bilbao Reboredo, Diluvia Viegas D' Abreu. Estimación de la frecuencia de consumo y el aporte cualitativo de antioxidantes de los alimentos ofertados durante un año en un hogar de ancianos.

IV National Forum for Food and Nutrition Security: "Climate Change and Food Security and Nutrition". Xalapa, Veracruz, México, 2010.

Bilbao, Marcela Velez, Tamara Forbe, Yojaine Perez. Estimación de la capacidad antioxidante de la dieta en dos estancias del adulto mayor.

National Seminar on Packaging, Havana, Cuba, 2010.

Tamara Forbe Hernandez, Mario Garcia Perez. Potencialidades y riesgos del uso de la nanotecnología en el envasado activo de alimentos.

V Latin American Congress of professionals and students of Food Science and Technology, Cuba, 2010.

Tamara Forbe Hernandez, Tania Bilbao Reboredo, Yojaine Perez Hernandez, Marcela Velez Pliego, Silvia Vazquez Montiel. Estimación del potencial antioxidante de la dieta ofertada en dos asilos de Ciudad de La Habana.

II International Convention "Healthy Eating for the Community and Tourism", Cuba, 2009.

Walber Diaz Soto, Tamara Forbe Hernandez, Tania Bilbao Reboredo, Marcela Velez Pliego, Silvia Vazquez Montiel. El índice glucémico y la carga glucémica de los alimentos como factores de riesgo en el desarrollo de obesidad y diabetes mellitus de tipo II.

Mario A. Garcia, Migadalia C. Arazo, Yan Aldana, Raul Baez, Tamara Forbe, Tania Bilbao. Aceptabilidad

- de las meriendas escolares ofertadas en las escuelas secundarias básicas de La Habana.
- XVIII Health Research Forum in Puebla State and Medical Resident Day "Dr. Juan Larrauri Rodríguez", Mexico, 2009.
- Marcela Velez, Tania Bilbao, Silvia Vazquez, Tamara Forbe, Eric Gonzalez. Evaluación del estado nutricional de un grupo de adultos jóvenes y su relación con el riesgo de aparición de algunas enfermedades crónicas no transmisibles.
- International Conference of Oxidative Stress, Havana REDOX, Cuba, 2009.
- Bilbao Revoredo Tania, Forbe T, Perez Y. Estimation of food ingestion and total antioxidant capacity of the offered diet in two elderly homes in the capital.
- X Congress of the Cuban Society of Pharmaceutical Sciences and VIII International Workshop of the Professional Pharmacist, Cuba, 2008.
- Tamara Forbe Hernández, Mario García, Migdalia Arazo, Yan Aldana. Calidad del agua de consumo en el Instituto de Farmacia y Alimentos.
- Tania Bilbao Reborado, Tamara Forbe, Yojaine Pérez, Arianna Cuellar, Arianna Figueroa. Evaluación dietética en tres asilos de ancianos en Ciudad de La Habana.
- Migdalia Arazo Rusindo, Mario García, Anisley García, Tamara Forbe, Risell Prado, Yaneivis Rosales. Patrón de consumo de alimentos en un grupo de estudiantes universitarios.
- XI International Conference on Science and Food Technology, Cuba, 2008.
- Tamara Forbe, Tania Bilbao, Eric Gonzalez, Marcela Velez, Silvia Vazquez. Evaluación del estado nutricional de un grupo de adultos jóvenes y su relación con el riesgo de aparición de algunas enfermedades crónicas no transmisibles.
- I International Convention on Healthy Eating for the Community and Tourism, Cuba, 2008.
- Mario A. García, Tamara Forbe, Migdalia Arazo, Tania Bilbao. Trastornos de la conducta alimentaria en un sector de la población de La Habana.
- Tamara Forbe, Bilbao Tania, Gonzalez Eric, Velez Marcela, Vazquez Silvia. Adiposidad, dieta y enfermedades crónicas no transmisibles.
- Eric Gonzalez, Tania Bilbao, Tamara Forbe, Marcela Velez, Silvia Vazquez. Evaluación de algunos factores de riesgo de enfermedades crónicas no transmisibles en una población de adolescentes mexicanos.
- IV International Congress of the Cuban Society of Toxicology, Cuba, 2007.
- Eric Gonzalez, Tamara Forbe, Tania Bilbao. Formación de sustancias durante el procesamiento de los alimentos: un problema toxicológico y nutricional.

Conference contribution
(oral
presentation)

- V Latin American Congress of professionals and students of Food Science and Technology, Cuba, 2010.
- Man chair: El trabajo científico estudiantil: un aporte al conocimiento en el campo de la Ciencia y Tecnología de los Alimentos.

Students supervision

- Supervisor of 11 students, bachelor degree in Food Sciences. Havana University, Cuba.
- Member of the defense committee in 18 theses presented in option to the degree in Food Science, University of Havana, Cuba.
- Member of the defense committee of 1 doctoral thesis, Granada University, Spain.

Awards

- 1st Prize at the 5° Premio Flaminio Fidanza (Spazio Alle Idee), Orvieto (TR), Italy, 15-16 aprile 2016.

Mention of honor at the 2° Premio Flaminio Fianza (Spazio Alle Idee), within the 5° Nu.Me. Terni, Italy, 18-20 April 2013.

Scholarship for PhD in Biological and Specialized Clinical Sciences, Università Politecnica delle Marche, Italy, 2012-2015.

Professor "golden chalk", Havana University, Cuba, 2011.

Exemplary educator, Pharmacy and Food Institute, Cuba, 2011.

Most Outstanding Graduate, Pharmacy and Food Institute. University of Havana. Graduation XVI (academic year 2006-2007).

Most Outstanding Graduate, Havana University (academic year 2006-2007).

Journal Reviewer

Journal	Position
Frontiers in Nutrition	Review editor of the editorial board of Nutrition and Food Science and Technology (July 2018-)
Biomedicine and Pharmacology	Reviewer (February 2018)
Nutrients	Reviewer (February 2018)
Food and Chemical Toxicology	Reviewer (2018)
Mediterranean Journal of Nutrition and Metabolism	Reviewer (2018)
Molecules	Reviewer (2017)
Journal of Functional Foods	Reviewer (2016)
Food Chemistry	Reviewer (2016)
Inter. Journal of Molecular Sciences	Reviewer (2015)
Journal of Berry Research	Reviewer (2015)
Antioxidants	Reviewer (2014)

Skills

Antioxidant activity assays, Reactive Oxygen Species, Anthocyanins, Food Chemistry, Xenobiotics, Lipid Peroxidation, Oxidative Stress Biomarkers, Phytochemical Analysis, Statistic analysis, Nutritional status evaluation, Cellular models, Intracellular ROS and apoptosis determination (TALI-image based cytometer), Antioxidant enzymes activities, Mitochondrial functionality (XF24 extracellular flux analyzer), Gene expression (western blotting), Teaching, Speaking.