



## Catarina Rendeiro

a.c.nogueirarendeiro@reading.ac.uk

Catarina Rendeiro is a post-doctoral Research Associate at the Department of Food and Nutritional Sciences at the University of Reading in the UK. She studied Biological Engineering at University of Lisbon and obtained her PhD (BBSRC funded) in Neurobiology and Nutrition in 2011 from University of Reading under the supervision of Professor Jeremy PE Spencer and Dr Claire Williams (Department of Food and Nutritional Sciences and Department of Psychology respectively). Catarina works with Professor Jeremy Spencer and has been mainly interested in the beneficial effects of a class of compounds called flavonoids, widely found in fruits and vegetables, in different aspects of health. She has been investigating the effects of flavonoids on memory and learning in both aged and young animal models and she has been particularly interested in establishing the mechanisms by which this class of compounds can regulate brain function and enhance different aspects of synaptic plasticity. She successfully obtained funding (Fundacao para a Ciencia e Tecnologia (FCT), Portugal) to further investigate the acute effects of flavonoids on ERK, Akt and mTOR signaling and expression of Immediate Early Genes (IEG) at different stages of the learning process.

Most recently, during her post-doctoral position, Catarina extended her research interests to the vascular aspects of flavonoid actions in human health. In particular, she has been involved in several clinical trials investigating the impact of dietary flavanones (from orange) and anthocyanins (from blueberries) on human vascular function by assessing endothelial-dependent vasodilation using flow-mediated dilatation (FMD) of the brachial artery.