

Curriculum Vitae

Emily Sonestedt

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EDUCATION

- 2009 **PhD**, public health. Title: Plant foods, plasma enterolactone and breast cancer – with a focus on estrogen receptor status and genetic variation, Faculty of Medicine, Lund University, Sweden. Supervisor: Elisabet Wirfält
- 2003 **MSc** in Nutrition, Stockholm University, Sweden

CURRENT POSITIONS

- 2015 – **Associate professor** in nutritional epidemiology, Department of Clinical Sciences Malmö, Lund University, Sweden
- 2011 – **Assistant professor** in genetic and nutritional epidemiology, Department of Clinical Sciences Malmö, Lund University, Sweden

PREVIOUS POSITIONS

- 2011 **Visiting researcher** (6 months), Ronald Krauss research group, Children's Hospital Oakland Research Institute, Oakland, CA, USA
- 2010 – 2011 **Postdoctoral fellow**, Department of Clinical Sciences Malmö, Lund University, Sweden
- 2009 **Associate researcher**, Department of Clinical Sciences Malmö, Lund University, Sweden

GRANTS RECEIVED AS PRINCIPAL INVESTIGATOR

- Heart Lung Foundation, 2016 (1 600 000 SEK 2017-2019)
- Swedish Research Council (Vetenskapsrådet), 2016 (6 000 000 SEK 2017-2020)
- Crafoord foundation 2016 (200 000 SEK)
- Albert Pålsson foundation 2015 (150 000 SEK)
- Crafoord foundation 2015 (200 000 SEK)
- ALF 2015-2018 (1 012 000 SEK 2015-2018)
- ALF 2014 (227 000 SEK)
- Crafoord foundation, 2012 (100 000 SEK)
- Swedish Society for Medical Research, 3 years grant as SSMF-researcher, 2012 (2 832 000 SEK)
- Ernhold Lundström Foundation, 2012 (100 000 SEK)
- Albert Pålsson Foundation, 2011 (200 000 SEK)
- Swedish Research Council (Vetenskapsrådet), 2011 (1 800 000 SEK 2012-2014)
- Albert Pålsson Foundation, 2010 (120 000 SEK)
- UMAS foundation, 2010 (58 000 SEK)
- Swedish Society for Medical Research (SSMF), 2-year postdoc stipend, 2010 (628 000 SEK)
- Crafoord foundation, 2010 (100 000 SEK)
- Albert Pålsson Foundation, 2009 (100 000 SEK)

PUBLICATIONS

In total **103 publications** with 2043 citations

h-index: 26 (Web of Science), 33 (Google scholar)

Publications as first or last author: 21 (7 without PhD supervisor)

SELECTED PUBLICATIONS:

Sonestedt E, Borgquist S, Ericson U, Gullberg B, Olsson H, Adlercreutz H, Landberg G, Wirfält E: Enterolactone is differently associated with estrogen receptor β negative and positive breast cancer in a Swedish nested case-control study. *Cancer Epidemiol Biomarkers Prev.* 2008 Nov;17(11):3241-51 (IF=4.1) 15 citations

This publication is from my PhD work. We were for the first time able to show that enterolactone (a microbiota metabolite from fiber-rich foods) were differently associated with breast cancer depending on tumour estrogen receptor beta status. It shows that I already during my PhD work had a strong research interest in carbohydrate quality (fiber) and the influence of microbiota on health. My PhD work also include three other publications with me as first and corresponding author, and I published a review article afterwards on this topic.

Sonestedt E, Roos C, Gullberg B, Ericson U, Wirfält E, Orho-Melander M: Fat and carbohydrate intake modify the association between genetic variation in the FTO genotype and obesity. *Am J Clin Nutr.* 2009 Nov;90(5):1418-25. (IF=6.8) 100 citations

This project was my first as a post doc. Although my PhD supervisor is a co-author, she was not involved in planning the project. This paper has been cited 99 times, and we showed for the first time that dietary fat intakes modified the association between FTO genetic variation and obesity risk. I thereafter continued investigating FTO during my first years as a postdoc which resulted in one additional publication with me as first author (19 citations) and one publication as last author (8 citations).

Sonestedt E, Wirfält E, Wallström P, Gullberg B, Orho-Melander M, Hedblad B: Dairy products and its association with incidence of cardiovascular disease – the Malmö Diet and Cancer cohort. *Eur J Epidemiol* 2011 Aug;26(8):609-18. (IF=5.3) 48 citations

In this paper I challenged the general belief that saturated fat increase the risk of cardiovascular disease by showing that fermented milk was actually associated with reduced risk. This finding could be explained by healthy bacteria found in fermented products that can influence microbiota composition. I have thereafter continued my research journey to challenge the diet-heart hypothesis (that saturated fat is the main dietary determinant for cardiovascular disease) with focusing on carbohydrate quality.

Sonestedt E, Overby NC, Laaksonen DE, Birgisdottir BE: Does high sugar consumption exacerbate cardiometabolic risk factors and increase the risk of type 2 diabetes and cardiovascular disease? *Food Nutr Res* 2012;56 Epub 2012 Jul 30.

This systematic literature review formed the basis for revision of the Nordic Nutrition Recommendations regarding maximum sugar intake level. We found that sweetened beverages probably increase risk of type 2 diabetes. However, there were very few studies on sugar overall that reached the quality criteria. We found no study on sugar per se and cardiovascular disease. This result has convinced me to devote my research to study health effects of sugar consumption in well-conducted studies.

Sonestedt E, Lyssenko V, Ericson U, Gullberg B, Wirfält E, Groop L, Orho-Melander M: Genetic Variation in the Glucose-Dependent Insulinotropic Polypeptide Receptor Modifies the Association between Carbohydrate and Fat Intake and Risk of Type 2 Diabetes in the Malmo Diet and Cancer Cohort. *J Clin Endocrinol Metab.* 2012 May;97(5):E810-8. (IF=5.5) 14 citations

Sonestedt E, Hellstrand S, Schulz CA, Wallström P, Drake I, Ericson U, Gullberg B, Hedblad B, Orho-Melander M: The Association between Carbohydrate-Rich Foods and Risk of Cardiovascular Disease Is Not Modified by Genetic Susceptibility to Dyslipidemia as Determined by 80 Validated Variants. *PLoS One.* 2015 Apr 21;10(4):e0126104.

Lachat C, Hawwash D, Ocké MC, Berg C, Forsum E, Hörnell A, Larsson C, **Sonestedt E**, Wirfält E, Åkesson A, Kolsteren P, Byrnes G, De Keyser W, Van Camp J, Cade JE, Slimani N, Cevallos M, Egger M, Huybrechts I: Strengthening the Reporting of Observational Studies in Epidemiology—Nutritional Epidemiology (STROBE-nut): An Extension of the STROBE Statement. *PLoS Med* 2016 Jun 7;13(6):e1002036. (IF=13.6)

Hellstrand S, Ericson U, Schulz CA, Drake I, Gullberg B, Hedblad B, Engström G, Orho-Melander M, **Sonestedt E**: Genetic susceptibility to dyslipidemia and incidence of cardiovascular disease depending on a diet quality index in the Malmö Diet and Cancer cohort. *Genes Nutr* 2016 Jul 7.

Warfa K, Drake I, Wallström P, Engström G, **Sonestedt E**: Association between sucrose intake and acute coronary event risk and effect modification by lifestyle factors: Malmö Diet and cancer cohort study. *Br J Nutr* 2016.

This is my first publication where neither my PhD supervisor nor post doc supervisor are co-author. We are for the first time in a cohort study able to show that high sucrose intake (highest 5% of the population) associates with increased risk of cardiovascular disease.

I have been invited to **write chapters about carbohydrates in two Swedish textbooks**:
 "Näringslära för högskolan [English: Nutrition for the University]", Liber, 6th edition, 2013
 "Mat och hälsa – praktiska råd för allmänläkare [English: Food and health – practical advices for general practitioners]", 2015

I have been **scientific reviewer** on the report "Socker – fakta och hälsomässiga aspekter [English: Sugar – facts and health aspects] from the Swedish Nutrition Foundation, 2014

PROFESSIONAL MEMBERSHIPS

- 2014- **Board member of steering committee** for Malmö Diet and Cancer/Malmö Preventive Medicine, Lund university
- 2013- **Member of the Expert group in nutrition and public health**, Swedish National Food Agency
- 2010-2013 **Chairperson of the carbohydrates expert group** on revision of the Nordic Nutrition Recommendations
- 2016- Representing Malmö Diet and Cancer cohort in the **Swedish Diet Cohort Consortia (SDCC)**
- 2009- Board member of the **Swedish Network in Epidemiology & Nutrition**

PRIZES AND AWARDS

- 2013 Swedish Nutrition Foundation award to young nutrition researcher in memory of Nils-Georg Asp, with motivation: "for showing great commitment to nutrition research and its development" (approximately 5000 EUR)
- 2011 Research prize from Skåneländska Gastronomiska Akademien samt Sparbanksstiftelsen Färs & Frosta, for significant advances in research relevant to the southern Swedish food and beverage activity (approximately 10 000 EUR)
- 2010 6 months Visiting Fellowship Award from the International Atherosclerosis Society (\$8000)

INVITED PRESENTATIONS AT SCIENTIFIC CONGRESSES AND SYMPOSIA

- 2017 Invited speaker at the Nordic Dairy Congress, Copenhagen, Denmark, 9th June
- 2016 Invited speaker at a Swedish cardiovascular symposium, Malmö, 2016. Title of the talk: "Mat och prevention av kardiometabol sjukdom [English: Food and prevention of cardiometabolic diseases]"
- 2015 Invited speaker invited speaker at a seminar about sugar arranged by Swedish Nutrition Foundation, Lund, Sweden, 2015. Title of the talk: "Ger socker typ-2 diabetes? [English: Does sugar leads to type 2 diabetes?]"
- 2014 Invited speaker at a seminar about sugar arranged by Swedish Nutrition Foundation, Stockholm, Sweden, 2014. Title of the talk: "Socker och sjukdomsrisk [English: Sugar and disease risk]"
- 2013 Invited speaker at a Swedish cardiovascular symposium, Malmö, 2013. Title of the talk: "Mat och prevention av kardiovaskulär sjukdom [English: Food and prevention of cardiovascular disease]"

COLLABORATIONS

- **Marju Orho-Melander (Prof)**, genetic epidemiology, PI for diet and microbiota analyses in MOS, Faculty of Medicine, Lund University, Sweden
- **Gunnar Engström (Prof)**, cardiovascular epidemiology, PI for SCAPIS Malmö, Lund University, Sweden

- **Frida Fåk (ass Prof)**, microbiota analyses, Lund University, Sweden
- **Johanna Assarsson Andersson (ass Prof)**, *AMY1* genetic analyses, University of Gothenburg, Sweden
- **Gunter Kuhnle (ass Prof)**, nutritional biomarkers, urinary sucrose measurements, Reading University, UK
- International collaboration between diet cohorts in the **CHARGE nutrition working group**
- Collaboration between diet cohorts within the **Swedish Diet Cohort Consortia (SDCC)**
- **Peter Nilsson (Prof)**, PI for MOS study, Faculty of Medicine, Lund University, Sweden
- **Olle Melander (Prof)**, genetic factors and biomarkers for cardiovascular disease, PI for MOS study, Lund University, Sweden
- **Ronald Krauss (Prof)**, genetic and dietary factors for lipoprotein subfraction levels, CHORI, Oakland, US
- **Louise Bennet (ass Prof)**, MEDIM intervention study, Lund University, Sweden
- **Klas Sjöberg (Prof)**, microscopic colitis, Lund University, Sweden
- **Isabel Drake (PhD)**, nutritional epidemiology and statistical methods, Lund University, Sweden
- **Ulrika Ericson (PhD)**, nutritional epidemiology, diet and type 2 diabetes, Lund University, Sweden
- Malmö Diet and Cancer is part of the European Prospective Investigation into Cancer and Nutrition (**EPIC**) cohort with 500,000 individuals

SUPERVISION OF GRADUATE STUDENTS

1 PhD student (main supervisor): Sophie Hellstrand, 2015, Lund University, Sweden

3 PhD students (co-supervisor): Gull Rukh, 2016; George Hindy, 2015; Isabel Drake, 2014, Lund University, Sweden

5 Master students: Perez Katambala, 2016; Pascal Mutie, 2016; Khadija Warfa, 2015; Emmanuel Mandalazi, 2014; Christina-Alexandra Schulz, 2012, Lund University, Sweden

LEADERSHIP TRAINING

2012 European Nutrition Leadership Programme (Luxembourg, 7 days)

2011 1-year career development program for post doctors at Lund University (LuPOD)

ORGANISATION OF SCIENTIFIC MEETINGS

2016-2017 Part of organizing committee, Medicon Valley Alliance Microbiome Conference, October 4-5, 2017, aiming for 150 participants

2016 Head of organizing committee for the international scientific symposium "Possibility for microbiome research in epidemiological studies", Malmö, March 15th 2016, 120 participants

2016 Head of organizing committee for the annual meeting for the Swedish Network in Nutrition and Epidemiology (NEON), Malmö, March 14th-15th, 2016, 80 participants

CAREER BREAKS

Parental leave for children: Pi (born August 2012) and Lo (born March 2014). Total duration 14 months.

CONSULTED AS A REFEREE IN THE FOLLOWING JOURNALS

American Journal of Clinical Nutrition, Journal of Nutrition, British Journal of Nutrition, Public Health Nutrition, Food and Nutrition research, Nutrition, Metabolism and Cardiovascular Disease, Nutrients, International Journal of Obesity, Obesity, Diabetologia, Lancet Diabetes & Endocrinology, Journal of Nutrigenetics and Nutrigenomics, Metabolism, Cancer Causes & Control, BMC Medical Genetics, DNA and Cell Biology, Recent Patents on DNA and Gene Sequence

POPULARISATION OF SCIENCE

PRESS RELEASES:

- Association between sugary diet and coronary heart disease, 2016
- Komplicerad kostforskning får nya riktlinjer [English: Complex nutrition research gets new guidelines], 2016
- Sugar can increase the risk of cardiovascular disease, 2011
- Food habits are more important than the most important obesity risk gene, 2009
- Fiber-rich food can protect against breast cancer, 2008

PRESENTATIONS TO NON-EXPERTS:

- "Kost och diet", Clinical Research Centre (CRC) 10-year anniversary, Malmö, 2016
- "Matens betydelse för hälsan", Löddeköpinge, 2016
- "Matens betydelse för hälsan", Genarp, 2016
- "Matens betydelse för hälsan", Vellinge, 2015
- "Ger socker typ-2 diabetes?", Swedish Nutrition Foundation, Lund, 2015
- "Socker och sjukdomsrisk", Nutrition Foundation, Stockholm, 2014
- "Diabetes", Lomma, 2014
- "Mat som skyddar hjärtat", Kvidinge, 2014
- "De nya kolhydratrekommendationerna: blev det någon förändring?", Göteborg, 2013
- "Evidensbaserade kostråd", Lund, 2013
- "Mat som- eller istället för- medicin?" Crafoord vetenskapslunch, Lund, 2013
[\[http://www.youtube.com/watch?v=nfPvxssMUoU\]](http://www.youtube.com/watch?v=nfPvxssMUoU)
- "Mat och prevention av kardiovaskulär sjukdom", vid symposiet "Kardiovaskulär epidemiologi i bred belysning", Malmö, 2013
- "Diabetes", Tyringe, 2013
- "Rätt diet och fysisk aktivitet håller fetma-gen i schack", Malmö, 2012
- "Kost och bröstcancer", Stockholm, 2011
- "Generna och det söta valet", Institutet för Livsmedel och Bioteknik (SIK), Göteborg, 2011
- "Gener och aptit", Svensk Förening för Näringslära, Lund, 2011
- "Risken för diabetes och fetma – samspelet gener och mat", Diabetesdagen, Malmö, 2011
[\[http://youtu.be/6s_991mcF9A\]](http://youtu.be/6s_991mcF9A)
- "Lignaner och bröstcancer – en ny avhandling", föreläsning vid symposiet "Vetenskapen bakom kostrekommendationerna och hälsopåståenden", Swedish Nutrition Foundation, Lund, 2009
- "Erfarenheter från Malmö Kost Cancer studien", Malmö, 2008
- "Kost och bröstcancer", Lund, 2008

PUBLICATIONS:

- Sonestedt E: Utgör ett högt sockerintag en risk för hälsan?, Nordisk Nutrition, 2012;5(4)4-6
- Hellstrand S, Sonestedt E, Orho-Melander M: Kostens fettsammansättning påverkar sambandet mellan genetik och kolesterolnivåer, BestPractice 2012
- Sonestedt E, Ericson U, Drake I, Wirfält E: Kontroverser om mat och hälsa i fokus vid KI-jubileum, Nordisk nutrition, 2010
- Sonestedt E: Socker och hjärt-kärlsjukdom, BestPractice, 2011

OTHER ACTIVITIES:

- Invited speaker at the seminar "Food and media", Swedish Nutrition Foundation, Lund, Sweden, 2012
- "Fettsnål mat håller fetma-gen i schack", presentation of my research in Läkartidningen, 2009:
[\[www.lakartidningen.se/OldWebArticlePdf/1/13255/LKTO948s3220_3222.pdf\]](http://www.lakartidningen.se/OldWebArticlePdf/1/13255/LKTO948s3220_3222.pdf)
- Presentation of my research in Vetenskap och hälsa 2010:
[\[http://www.youtube.com/watch?v=BejeZf9QjWo\]](http://www.youtube.com/watch?v=BejeZf9QjWo)
- "Hur farlig är maten egentligen?", article in Sydsvenskan, 2016:
[\[http://www.sydsvenskan.se/2016-09-04/hur-farlig-ar-maten-egentligen\]](http://www.sydsvenskan.se/2016-09-04/hur-farlig-ar-maten-egentligen)
- "Yoghurt kan ha mer socker än frukt i sig", article in Sydsvenskan, 2014:
[http://www.sydsvenskan.se/2014-06-02/yoghurt-kan-ha-mer-socker-an-frukt-i-sig\]](http://www.sydsvenskan.se/2014-06-02/yoghurt-kan-ha-mer-socker-an-frukt-i-sig)