

Dr. Ana Teresa Limon-Miro is a Postdoctoral fellow in the research lab of Dr. Puneeta Tandon and is Co-supervised by Dr. Carla Prado at the University of Alberta. Her research interests focus on the precise measurement of body composition and energy metabolism in people with chronic disease as well as the impact of nutritional assessment and interventions on patient-oriented outcomes.

Dr. Ana Teresa is a Canadian Institutes of Health Research (CIHR)-Fellow, a TRIANGLE awardee, and an ASPEN Rhoads Research Foundation Grant Recipient. During her fellowship, she is carrying out the first study worldwide to assess free-living total energy expenditure in patients with cirrhosis and obesity. She is also interested in exploring the impact of body composition in patients with cirrhosis energy needs and health outcomes by using state-of-the-art techniques available at the University of Alberta Human Nutrition Research Unit (HNURU). Furthermore, Dr. Ana Teresa aims to validate the accuracy and reliability of novel bedside tools that will aid health care professionals assess nutritional status in clinical settings and provide adequate nutrition therapies for patients with liver cirrhosis.

Prior to moving to Canada, Dr. Limon-Miro completed her Nutrition degree, Diabetes Educator Certification, and graduate studies in her home country Mexico. Dr. Ana Teresa obtained a PhD in Science at CIAD Research Center where she designed and implemented a specialized nutrition intervention that improved breast cancer patients body composition during the first 6-months of medical treatment. Also, Dr. Ana Teresa holds a Master's in Health Sciences from the University of Sonora where she applied sophisticated stable isotope techniques to measure body composition and nutrient intake in rural and urban areas in Mexico. Since then, Dr. Limon-Miro has presented her work at several international conferences and published her research in prestigious journals in the medical and nutrition fields.