

Candidate supervisor's information summary form
maximum 2 pages – it should be a summary of most important achievements

Name and surname, degree, title: Prof. Jadwiga Hamulka	
Academic discipline/disciplines	Food technology and nutrition Health sciences
Professional development (degrees and titles) in chronological order	2019 – full Professor of Agriculture Sciences; 2010 – Assistant Professor (Post-doctoral degree of Doctor Habilitated) 2000 – PhD of Agriculture Sciences, research field: Food Technology and Human Nutrition
Most important publications/patents in the last 3 years (maximum 10)	<p>Hamulka J., Górnicka M., Berthold-Pluta A. et al.: Effect of the Consumption of Milk with Beta-Casein A2A2, Milk with Beta-Casein A1A2 and a Plant-Based Drink on Metabolic Health in Adults: Protocol IMPA-CT Study, <i>Nutrients</i>, 2025, 17, 3922. DOI:10.3390/nu17243922</p> <p>Baglayici R., Hamulka J., Zielińska-Pukos M.: Mediterranean Diet Outcomes Across the Mother–Milk–Infant Triad: A Narrative Review, <i>Nutrients</i>, 2025, 17(11):1760. DOI:10.3390/nu17111760</p> <p>Zielińska-Pukos M. Bryś J. and Hamulka J.: Maternal adiposity moderates associations between dietary, serum, and human milk n-3 and n-6 PUFA, <i>Scientific Reports</i>, 2025, 12; 15(1): 16489, DOI:10.1038/s41598-025-00940-4</p> <p>Masztalerz-Kozubek D., Zielińska-Pukos M. and Hamulka J.: Sex-specific effects of a Mediterranean diet on lower limb bone strength in Polish children, <i>Bone</i>, 2024, 189:117252. DOI:10.1016/j.bone.2024.117252</p> <p>Masztalerz-Kozubek D., Zielińska-Pukos M., Plichta M. and Hamulka J.: The influence of early and current feeding practices, eating behaviors, and screen time on dietary patterns in Polish toddlers - A cross-sectional study, <i>Appetite</i>, 2024, 1;201:107580. DOI:10.1016/j.appet.2024.107580</p> <p>Hamulka J., Sulich A., Górnicka M. Jeruszka-Bielak.: Changes in Plasma Carotenoid Concentrations during the AntioxObesity Weight Reduction Program among Adults with Excessive Body Weight, <i>Nutrients</i>, 2023, 15(23):4890 DOI:10.3390/nu15234890</p> <p>Zielińska-Pukos M., Wesolowska A. and Hamulka J.: Longitudinal and circadian variation in breastmilk macronutrient composition across the first six months of lactation – associations with maternal determinants and infant anthropometric development, <i>Acta Scientiarum Polonorum Technologia Alimentaria</i>, 2024, 23(1):65-76. DOI:10.17306/J.AFS.001205</p>

<p>Experience in work with doctoral students (defended doctoral dissertations, initiated doctoral procedures) in chronological order</p>	<p>2016 - Agnieszka Sulich: <i>The impact of body mass reduction program on the concentration of carotenoids among adults with overweight and obesity</i>. Faculty of Human Nutrition and Consumer Sciences.</p> <p>2018 - Karolina Gajda: <i>The influence of selected nutritional programming factors on weight loss in children with simple obesity</i>. Faculty of Human Nutrition and Consumer Sciences.</p> <p>2019 - Monika A. Zielińska: <i>The influence of selected maternal eating habits on infants' psychomotor development in the first sixth months of life</i>. Institute of Human Nutrition Sciences.</p> <p>2023 - Agnieszka Białkowska: <i>Metabolic disorders and the profile of bioactive compounds in the blood of adults</i>. Institute of Human Nutrition Sciences.</p> <p>In progress (in review): Daria Masztalerz-Kozubek: <i>Associations between nutritional, environmental, and sociodemographic factors and early childhood development</i>. Medical University of Warsaw.</p>
<p>Achievements in the area of projects/grants (in the last 5 years)</p>	<p>Research task IMPA-CT/SUPRIM: <i>Effect of the Consumption of Milk with Beta-Casein A2A2, Milk with Beta-Casein A1A2 and a Plant-Based Drink on Metabolic Health in Adults</i>. in Research network of natural science universities for the development of the Polish dairy sector - research project (SUP-RIM). MEiN/2023/DPI/2866 (2024-2027).</p> <p>Project NCN OPUS 28: <i>Analysis of the transmission of overweight/obesity in the mother-breastmilk-child triad in relation to maternal cardiometabolic status and diet</i>. 2024/55/B/NZ9/01126. (2025-2029).</p> <p>Research and Educational Project Junior-Edu-Żywnie (JEŻ): <i>Conducting scientific research on the nutrition of children and adolescents and developing and implementing a nutritional education program for students of grades 1-6 of primary schools</i>. MEiN/2022/DPI/96 (2022-2023).</p> <p>Research and Educational Project Junior-Edu-Żywnie (JEŻ-Bis): <i>Popularizing research and application results from studies on student nutrition and their attitudes towards food and nutrition, and implementing a nutritional education program for students in grades 1-8 of primary school</i>. MNiSW/2024/DPI/137 (2024-2025).</p>
<p>Subject area of the research project for which the candidate student is being recruited</p>	<p>Dietary assessment and nutritional status, dietary patterns and lifestyles of various population groups, with a particular focus on children, adolescents, pregnant and lactating women.</p> <p>The composition of breast milk and its effect on infants' development, and chronic disease prevention.</p> <p>The role of diet and nutrients (including bioactive nutrients) in the prevention of non-communicable chronic diseases.</p>
<p><u>Contact details:</u> Institute E-mail address Telephone number</p>	<p>Institute of Human Nutrition Sciences jadwiga_hamulka@sggw.edu.pl +22 59 371 12</p>