Vice-Chancellor’s PhD Scholarships

**Antioxidant and pro-oxidant status of Foods and Beverages from Culturally Diverse Backgrounds**

## School of Human Sciences

Extensive studies have been undertaken on antioxidant/pro-oxidant status of foods/beverages from typical “Western” diets. Many foods/beverages from culturally diverse backgrounds have not been studied to the same extent. Hence, communities with diverse cultural heritages may be consuming different patterns of bioactive compounds which have not been classified for their oxidant/antioxidant potential. These compounds influence the antioxidant status of people within communities and therefore the risk of certain health conditions.

This project aims to measure antioxidant/pro-oxidant status of understudied foods/beverages from culturally diverse backgrounds. Eventually, we aim to develop diagnostic tools to assess antioxidant/pro-oxidant status in individuals as part of a health clinic. This is a multidisciplinary project: the candidate will engage in analytical techniques such as EPR and HPLC, as well as food analysis and clinical studies. Outreach to the local community will be at the heart of this study, including nutrition education workshops and webinars to the local community.

For informal enquiries about the project, please contact:   
Dr Katherine Fisher [k.fisher1@londomet.ac.uk](mailto:k.fisher1@londomet.ac.uk) (PI)  
Prof. John Lodge [j.lodge@londonmet.ac.uk](mailto:j.lodge@londonmet.ac.uk) (Co-I)

Dr Abdollah Ghavami [a.ghavami@londonmet.ac.uk](mailto:a.ghavami@londonmet.ac.uk) (Co-I)