



Dr Gerda Pot is a nutrition scientist with a broad interest in nutrition and health using a pragmatic approach. She obtained her BSc and MSc from Wageningen University. Her PhD on fish consumption and colorectal carcinogenesis at Wageningen University was carried out in several hospitals, including Ziekenhuis Gelderse Vallei and Radboud University Medical Centre.

After completing her PhD in 2009, she moved to the UK where she worked at the MRC Human Nutrition Research in Cambridge and King's College London. Here she developed her interest in chrono-nutrition, studying not only *what* we eat but also *when*. In 2015, she moved back to the Netherlands where she worked as Assistant Professor in Health and Life Sciences at the Vrije Universiteit Amsterdam. In 2017, she carried out a knowledge synthesis on nutrition as treatment of chronic diseases commissioned by ZonMW. This pragmatic approach of how to use nutrition as treatment of chronic diseases led to a position as Researcher Nutrition and Health at the Louis Bolk Institute. She works on integrating (chrono-)nutrition as part of lifestyle medicine using practice-based studies. Gerda also continues her work and collaborations at King's College London as a visiting lecturer since 2015. From May 2022 onwards, Gerda will work as Programme Coordinator at the Alliance for Nutrition in Healthcare (Alliantie Voeding in de Zorg).

Gerda likes to connect people and initiatives and to systematically tackle a problem together. She is known for her systematic and pragmatic attitude. She likes to inspire others. Her personal ambition is to improve public health with nutrition.

Gerda has been a member of the NAV since 2008. In 2009, Gerda was a selected participant of the European Nutrition Leadership Platform (ENLP) and she has been an active volunteer for the ENLP since. She was Director of the networking group initiating the ENLP Local circles. She also actively seeks to connect the NAV with the ENLP by jointly organising meetings. Since 2021, Gerda is a member of the NAV Engagement committee.

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