

# Tacire Beril Ilter

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## EDUCATION

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### Bahcesehir University Faculty of Health Sciences

August 2022 – Ongoing  
Istanbul, Turkey

- Bachelor's in **Nutrition and Dietetics**; Current GPA 2.71
- List of relevant coursework available to see [on my GitHub page](#).
- Select Papers:
  - **NTD4107 Seminar (Individual)**: Wrote a seminar paper and prepared a poster on the topic of night eating behavior, sleep quality, and metabolic health, investigating night eating's key mechanisms, its metabolic outcomes, its effect on sleep architecture, and possible interventions to avoid the reinforcement of night eating leading to bad sleep and vice versa
  - **NTD4005 Food Legislation and Control (Group)**: Conducted a comparative analysis of the Turkish and French food codes, highlighting how France integrates cultural identity with scientific principles and sustainability, whereas Turkey emphasizes technical standards and hygiene control
  - **NMD3102 Globalization and Media (Individual)**: Wrote a report paper on the negative impact of misinformed diet and other food-related trends on social media on people's health and knowledge on nutrition, advocating for media awareness and literacy skills to be able to separate misinformation from potentially helpful healthy diets and lifestyles

### Private Doga High School

#### **Science-Math Concentration, Private Anatolian High School Diploma**

Sep 2018 – Jun 2022  
Istanbul, Turkey

- Graduated second in my year with a 95/100 GPA following the national Turkish High School curriculum

## EXPERIENCE

*For more, please [visit my GitHub page](#)*

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### Gokce Kitiz Nutrition and Diet Consultancy

#### **Intern**

Oct – Nov 2025  
Istanbul, Turkey

- Conducted comprehensive nutritional assessments, monitored patients' dietary progress throughout treatment plans, prepared detailed dietary reports, and analyzed nutritional records to track patient outcomes and treatment effectiveness
- Delivered nutritional education and personalized counseling to patients and family members to support adherence and lifestyle changes
- Conducted evidence-based research analyzing current scientific literature on several topics such as the relationship between obesity and sleep, and wrote up a report for my supervisor

### **Huz Praxis**

#### **Intern**

Jun – Sep 2025  
Köln, Germany

- Worked under the supervision of Dietician Micheala Huz and was evaluated on my performance in developing personalized nutrition programs tailored to individual patient needs, medical conditions, and treatment goals
- Applied German clinical nutrition guidelines and evidence-based protocols in patient assessment and care management
- Made a German presentation on the topic of food and fashion at a fashion atelier
- Participated in multidisciplinary team meetings, collaborating with physicians, nurses, and healthcare staff to optimize patient care plans

### Gokce Kitiz Nutrition and Diet Consultancy

#### **Intern**

Feb – Mar 2025  
Istanbul, Turkey

- Analyzed and understood key differences between academic dietary approaches and real-world clinical diet applications, and created individualized diet plans by performing comprehensive nutritional assessments using dietary recalls, patient interviews, and laboratory data analysis
- Assisted in the creation of nutritional brochures and informational materials
- Managed patient reception and developed effective communication skills with diverse patient populations

- Worked with salary in Bahçeşehir University's Buddy Program, serving as liaison for Erasmus students
- Coordinated student onboarding processes including airport reception, SIM card procurement, and essential documentation completion, and maintained long-term mentorship relationships with the exchange students, to provide continuous academic and cultural support beyond official program duration
- Facilitated cultural integration by organizing city orientation tours to provide ongoing support throughout the academic semester, and collaborated with team members to plan and execute social events and activities for the wide international student community

## **ACADEMIC ENRICHMENT ACTIVITIES**

*For more, please [visit my GitHub page](#)*

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### **EIT Food Learning Services: [Inspire Explore Programme](#)**

- Learned about food system innovation, covering problem identification, sustainable solution development, market evaluation, and resource mobilization for startup ventures
- Developed foundational skills in applying systems analysis to food sustainability challenges and creating social and environmental value through innovation
- Earned the EIT Food certificate in collaboration with Aarhus University, Technion, University of Cambridge, and University of Warsaw

### **The Good Food Institute: [The Science Behind Alternative Proteins](#)**

- Studied alternative protein science covering plant-based meat, fermentation technologies, and cultivated meat production, looking at biological and chemical processes, nutritional composition, and sensory properties of sustainable protein alternatives
- Analyzed environmental and economic drivers behind protein transition and global food security challenges, and examine production technologies, regulatory frameworks, and commercial scalability of emerging protein industries

### **MOOC: [Demenz und Ernährung \(Dementia and Nutrition\)](#)**

- Completed a German-taught MOOC on nutritional management and care strategies for individuals with dementia and neurocognitive impairments, acquiring knowledge of dementia recognition, risk factors, and nutrition-related prevention strategies including Mediterranean and Austrian dietary approaches
- Learned evidence-based interventions for managing malnutrition, food refusal, appetite stimulation, and eating behavior documentation, and studied practical applications of occupational therapy techniques, adaptive eating aids, and assistive technologies for supporting daily nutrition activities
- Developed skills in creating individualized nutritional care plans and implementing appropriate interventions for dementia patients

### **The Nestlé Nutrition Institute: [SickKids Public Health Nutrition Course](#)**

- Followed specialized course in global public health nutrition with focus on maternal and child health populations, focusing on evidence-based nutrition interventions, recommendations for low-resource and clinical settings and gaining knowledge in addressing contemporary global nutrition challenges through community and population-level approaches

### **Enstitu Istanbul ISMEK: [Occupational Health and Hygiene in the Food and Beverage Industries](#)**

- Completed training covering workplace hazard identification, occupational disease prevention, accident and fire response protocols, and legal procedures for workplace incidents

### **[Go Academy Sprachschule Düsseldorf](#)**

- Earned a German B2.1 certificate following a 3-month language course for B1-B2 held in Düsseldorf

## **SKILLS AND HOBBIES**

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**Technical:**

Microsoft Office (Word, Excel, PowerPoint)

**Language:**

Turkish (Native), English (C1), German (B2)

**Sports:**

Volleyball (formerly licensed player)