

Tacire Beril Ilter

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EDUCATION

Bahcesehir University
Faculty of Health Sciences

August 2022 – Ongoing
Istanbul, Turkey

- Bachelor's in **Nutrition and Dietetics**
- List of relevant coursework available to see [on my GitHub page](#).
- Select Works:
 - **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
 - **GEP1372 Sustainability and Social Inclusion (Individual)**: Designed and proposed 5 strategic food security projects for local government addressing multidimensional urban challenges including food insecurity, spatial inequality, and child nutrition through an integrated approach combining social policy, public health, and sustainability principles after comprehensive policy analysis
 - **GEP1378 Sustainable Talent Management and Innovation (Individual)**: Conducted an ESG performance analysis of Nestlé's 2024 sustainability report, evaluating environmental, social, and governance metrics against international frameworks (CSRD, ESRS, GRI, SASB, TCFD) including double materiality assessment, climate strategy review, and supply chain risk analysis, and integrated dietetics expertise to assess nutrition commitments and translate corporate sustainability data into actionable public health insights

EXPERIENCE

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

Kanuni Sultan Suleyman Training and Research Hospital
Intern

Dec 2025 – Ongoing
Istanbul, Turkey

- Conducted patient nutrition assessments across oncology, pediatrics, and multiple clinical departments, including obtaining nutrition histories, reviewing laboratory results, and evaluating dietary compliance and tolerance and developed and adjusted individualized diet plans for inpatient and outpatient cases under physician and dietitian supervision, incorporating patient feedback collected during meal distribution rounds
- Supported hospital foodservice operations including menu planning, portion control, therapeutic diet implementation, and food safety protocols in kitchen and cafeteria settings
- Collaborated with multidisciplinary healthcare teams to optimize patient nutritional care throughout admission and follow-up processes

Gokce Kitz 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

- 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
- Delivered a German "Fashion Meets Food" presentation at a German fashion atelier on how hydration, antioxidants, micronutrients, collagen synthesis and gut microbiota plays a role in skin elasticity, hair and nail vitality, inflammation, hormonal balance and mood regulation, translating complex nutritional science topics into an accessible narrative that demonstrates how internal health translates to external appearance
- Participated in multidisciplinary team meetings, collaborating with physicians, nurses, and healthcare staff to optimize patient care plans

Gokce Kitz 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

ACADEMIC ENRICHMENT ACTIVITIES

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

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, and 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

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

SKILLS AND HOBBIES

Technical:	Microsoft Office (Word, Excel, PowerPoint)
Language:	Turkish (Native), English (C1), German (B2)
Sports:	Volleyball (formerly licensed player)