

# Dr Charlotte Mills



Image of Dr Charlotte Mills. Charlotte is photographed against a black background. Charlotte is wearing a red top with white polka dots and has shoulder length brown hair.

## Bio

Charlotte Mills is a Hugh Sinclair Lecturer in Nutritional Sciences within the Department of Food and Nutritional Sciences at University of Reading.

Her research employs a multidisciplinary approach, combining clinical and basic/analytical science to investigate the impact of plant bioactives and other nutrients on cardiometabolic health and the mechanisms underpinning these effects.

She is specifically interested in methods for maximising beneficial health effects e.g. through food processing and synergy. As well as the cross-talk between the gut microbiota, metabolism and health outcomes.

## Personal Interests

**Category of Interest**

**Organisation / Body and Nature of Interest (period)**

Direct  
employment

University of Reading

Clubs and other  
organisations

- Academic member of Nutrition Society and co-chair of associated Special Interest Group on Phytochemicals and Health
- Academic member and committee member (new investigator sub-committee) of International Society of Hypertension