
BIOGRAPHICAL SKETCH



Sarah Berry is a Professor in Nutritional Sciences at King's College London and Chief Scientific Officer at ZOE Ltd. Her research interests relate to the influence of dietary components on cardiometabolic disease risk, with particular focus on; personalised nutrition, menopause, postprandial lipid metabolism and food and fat structure. Since commencing her research career at King's, she has been the academic leader for more than 35 human nutrition studies in cardio-metabolic health.

At ZOE Ltd, and part of the original founding team, she leads the ZOE PREDICT programme of research, assessing the genetic, metabolic, metagenomic, and meal-dependent effects on metabolic responses to food. This research is at the forefront of developments in personalised nutrition and is forging a new way forward in the design and implementation of large-scale remote nutrition research studies integrating novel technologies, citizen science and AI. Sarah's ZOE PREDICT research and its application has significantly contributed to healthcare and research innovation. She was instrumental in the design, implementation and continued progression of three prominent App based research platforms with large and far-reaching study populations; the ZOE Covid Symptom Study App (CSS) (during the pandemic), the ZOE Health Study App (formerly CSS App) and the ZOE Nutrition App. These App's combine cutting-edge research, remote digital and clinical technologies, AI and 'user experience' expertise, enabling the collection and analysis of data beyond what has traditionally been possible within an academic setting.