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Marta Garaulet Aza is Doctor in Pharmacy, Nutritionist and Master in Public Health from Harvard University (USA), as well as Professor of Physiology and Physiological Basis of Nutrition at the University of Murcia. Garaulet is also award for **the best professional trajectory in the field of Endocrinology and Nutrition** of the European community in 2011; **Award Dr. Gregorio Marañón** to the best researcher in the field of food in 2012; And **Obesity Research Award of 2015** granted by the Spanish Society for the Study of Obesity (SEEDO). In 2016, she received the **national award to the most relevant personality in the field of gastronomy**, awarded by the Royal National Academy of Gastronomy. She has also received the **"Grand Prix of the Science of l'Alimentation"** by the International Academy of Gastronomy. Her teaching and research activity have always been related to nutrition topics, especially obesity, publishing more than 200 scientific articles in high impact factor journals on the field of nutrition and obesity. Her research has been crucial to the discovery of the importance of mealtime in obesity and weight loss. She is currently a **Collaborative Researcher at Brigham's and Women's Hospital** (Harvard University) and she is member of the committee of different scientific societies such as the Spanish Nutrition Foundation (FEN) and she is also **Number Academician of the National Academy of Nutrition**.