

## Dr. Marianella Herrera of Food Evidence Recently Featured on Close Up Radio

BOSTON, MA, UNITED STATES, March 11, 2025 /EINPresswire.com/ -- Food Evidence, co-founded by Dr. Marianella Herrera with her partner, Dr. Virginia Tijerina Walls, is a beacon of innovation and advocacy in global nutrition, humanitarian nutrition, and food security. As a recognized professor at Framingham State University, Dr. Herrera is committed to advancing the dialogue around food quality, human rights, and nutrition education on an international scale.

Dr. Marianella Herrera's journey began in Venezuela, where she earned her medical degree from Central University. Early in her career, Dr. Herrera worked as a primary care physician in low-income areas, where



she quickly realized the profound impact of nutrition on health outcomes. "As a medical doctor, I found myself helpless against malnutrition and obesity due to a lack of nutritional training," she recalls. This gap in knowledge fueled her pursuit of a PhD in nutrition, public policies and food security. Now Dr. Herrera is positioned as a global advocate for nutrition and human rights.

Dr. Herrera's diverse experiences, including her studies in Boston and work with humanitarian groups in Venezuela, laid the groundwork for navigating the complex layers of global hunger and nutrition challenges. "Hunger today is a multifaceted issue, not limited to food distribution; it's interwoven with cultural, economic, and environmental factors," Dr. Herrera explains.

Food Evidence: Bridging Knowledge and Action

Food Evidence was born from a dire need to provide accurate information and actionable solutions to global nutrition challenges. The consulting firm focuses on dispelling misinformation

about food and nutrition, empowering consumers to make informed decisions. "Our goal is to address the complexities that impact food consumption and improve public understanding through accurate communication," explains Dr. Herrera.

The organization collaborates with agricultural agencies and corporations to address soil degradation and climate change's impacts on food production. Their research and advocacy emphasize sustainable practices while recognizing the role of corporations in shaping food systems.

#### Promoting a Global Perspective on Nutrition

Dr. Herrera's work at Framingham State University provides a platform to educate students on global nutrition issues, emphasizing the importance of cultural sensitivity in nutritional interventions. "Understanding the diverse backgrounds and needs of migrant populations is vital," Dr. Herrera asserts, highlighting the difference between food security issues in the U.S. and those in countries like South Sudan or Venezuela.

Through Food Evidence, Dr. Herrera also addresses the need for balanced diets and the role of processed and fortified foods in combating malnutrition. "This is not about promoting one type of diet over another but finding holistic, culturally sensitive solutions to meet nutritional needs," she emphasizes.

#### Advocating for Education and Sustainable Practices

A critical aspect of Dr. Herrera's advocacy is education. She believes that enhanced nutrition education, particularly about the benefits and complexities of plant-based diets, is crucial for better health outcomes. "We need to inform people about the full spectrum of their nutritional choices, including the benefits and limitations of plant-based diets," she explains.

Food Evidence also explores the potential of bio-fortification and responsible food processing as tools to address nutrient deficiencies. "With an ever-growing global population, science and innovation are vital to ensuring food security and nutritional adequacy," Dr. Herrera notes.



As Food Evidence continues to champion integrated solutions for nutrition challenges, the firm remains committed to influencing policy, changing perceptions, and fostering a more equitable global food system. “Our mission is to inspire a movement where informed consumers and responsible corporations work together to achieve sustainable nutrition solutions,” Dr. Herrera concludes.

Close Up Radio recently featured author Marianella Herrera, MD of Food Evidence in an interview with Jim Masters on March 5th at 4pm Eastern

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For more information about Marianella Herrera, MD and Food Evidence, please visit

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