

CV Evgen Benedik

Gender: Male | [REDACTED] | **Nationality:** Slovenian

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Dr Evgen Benedik is an Associate Professor of Nutrition at the University of Ljubljana and a **Senior Dietitian Consultant** and researcher at the University Medical Centre Ljubljana, Division of Paediatrics, Slovenia.

His research focuses extensively on **nutrition across the life course**, particularly early-life nutritional programming and its relevance for growth, development, metabolic health, and the prevention of chronic diseases. He is especially interested in how nutritional exposures during critical developmental periods shape long-term health outcomes, including obesity, diabetes, and cardiovascular disease. Alongside his research, Dr Benedik is deeply committed to education and mentorship at the University of

Ljubljana, where he teaches future nutrition professionals and has supervised numerous degree theses.

In his clinical practice, Dr Benedik provides advanced, evidence-based nutritional care for paediatric patients. He is actively involved in high-stakes clinical environments, **specialising in Neonatal Intensive Care Unit (NICU) and Paediatric Intensive Care Unit (PICU)** nutritional management. His clinical and research expertise covers a broad spectrum of **complex and specialised medical areas**, including **inflammatory bowel disease (IBD)**, **coeliac disease**, **ketogenic diet** therapies, clinical **hydration**, and the dietary management of **rare diseases**.

Dr Benedik is a prominent member of several prestigious **international organisations**, notably the European Society for Paediatric Gastroenterology, Hepatology and Nutrition (**ESPGHAN**), where he serves as an active member of the prestigious **Committee of Nutrition**. He is also a member of the European Society for Clinical Nutrition and Metabolism (**ESPEN**) and the European Society of Paediatric and Neonatal Intensive Care (**ESPNIC**).

An accomplished academic and communicator, he has authored **42 peer-reviewed scientific publications** and delivered **118 conference presentations**. Beyond academia and clinical practice, he actively contributes to the broader public understanding of nutrition and health through social media.