



Rita Hesz

- *Dietitian, Specialist in Sport Dietetics*
- *Center for Sports Nutrition Sciences*
- *Year of birth: 2000*

Qualifications, academic degrees

University degrees

- *Specialist in Sport Dietetics (Hungarian University of Sports Science, Budapest)*
- *Dietitian (Semmelweis University Faculty of Health Sciences, Budapest)*

Professional career

Previous and current jobs, positions and titles

- *2025- : Dietitian, Center for Sports Nutrition Science, Hungarian University of Sports Science*
- *2023-2024: Saint Cosmas Health Center of Józsefváros*

Awards, titles, honours

- *2024: "Pro Epistulis Diaetae" Publication Excellence Award*

Language skills

language	speaking skills	writing skills	reading skills	take part in a media event?
English	B2	B2	B2	yes

Research, expert activities

Major subjects and topics taught

- *Sport-specific Dietetics*
- *Sports Nutrition*
- *Nutrition and Metabolism*
- *Dietetics*

Field and discipline

- *Dietetics, Nutrition*
- *Sports Nutrition*

Current research topics

- *Use of dietary supplements in sport*
- *Sport-specific body composition measurement*

Former research topics

- *Characterization and Physiological Effects of Resistant Starches*
- *Assessment of Knowledge About Dietary Fiber Among Recreational Athletes*

Membership of a scientific or professional organisation or body

- *Hungarian Dietetic Association*
- *Chamber of Hungarian Health Care Professionals*
- *Hungarian Society of Sports Medicine*
- *Hungarian Association of Crohn's and Colitis Patients*

Publications

- *My publications in MTMT (Catalogue of Hungarian Scientific Works)*
<https://m2.mtmt.hu/gui2/?mode=search&query=publication;labelOrMtid;eq;hesz%20rita>

Contacts

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