



CURRICULUM VITAE

Name and Surname: Miraç Bulut
Date of Birth: 1999
Academic Title: Research Assistant
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Foreign Languages Known (Score and Year): English, B2 Upper Intermediate, 2024

Degree	Department/Program	University	Year
Doctorate	BESLENME VE DİYETETİK (DR)	Health Sciences University	Continues
Master's Degree	BESLENME VE DİYETETİK (YL) (TEZLİ)	Akdeniz University	2025
Bachelor's Degree	EGZERSİZ VE SPOR BİLİMLERİ PR. (AÇIKÖĞRETİM)	İstanbul University	Continues
Bachelor's Degree	BESLENME VE DİYETETİK BÖLÜMÜ	Gazi University	2022

Master's Thesis Title (abstract attached) and Thesis Supervisor(s):

The effect of meal frequency and timing on lipid profile, glycemic control, and body composition in individuals with Type 2 Diabetes

Position Title	Workplace	Year
Research Assistant	Demiroglu Science University	2024-Continues
Researcher		2023

Roles in Projects:

1. Sakinleştirici Özelliği Olduğu Belirtilen Çayların Myeloperoksidaz (MPO) Aktivitelerinin Ve Üniversite Öğrencilerinin Stres Düzeyleri İle İlişkilerinin Belirlenmesi: Pilot Çalışma, TUBITAK Project, Bulut M., 2021-2022.

PUBLICATIONS

E. Papers presented at national scientific meetings and published in proceedings:

E1. Bulut M., Piyasada satılan “sakinleştirici” çayların miyeloperoksidaz aktivitelerinin karşılaştırılması, In: 2. ULUSLARARASI GAZI SAĞLIK BİLİMLERİ KONGRESİ, Türkiye, 2023.