Lista de lucrări
Dr. Ruța Florina Daniela

1. **Teza de doctorat**

Titlul Tezei: "Studiul tabagismului și a factorilor care influențează abandonul fumatului la gravide și femei tinere în arealul mureșean"
Anul susținerii: 2016 confirmat prin Ordinul Ministrului Educației și Crecetării Științifice nr. 3867 din 27.05.2016
Conducător științific: Prof.dr. Abram Zoltan
Instituția eliberatoare a diplomei: Universitatea de Medicină și Farmacie Târgu Mureș
Calificativul obținut: "Foarte bine"
Distincția: "Magna cum laude"

2. **Cărți de specialitate**

1. **Ruța FD**, Maior R, Avram, C, Nașca C, Nyulas V. Bazele nutriției și dieteticii. Ghid practic. Edit. University Press, Tg. Mureș, 2025, ISBN 978-973-169-915-8.
2. Buicu F, Moldovan I, Ceana DE, Neagu C, **Ruța FD**, Buicu AL. A dietetikus szakma törvényi szabályozása: jegyzetek. Edit. University Press, Tg. Mureș, 2025, ISBN 978-973-169-907-3.
3. Buicu F, Moldovan I, Ceana DE, Neagu C, **Ruța FD**, Buicu AL. Reglementarea legislativă a profesiei de dietetician: note de curs. Edit. University Press, Tg. Mureș, 2025, ISBN 978-973-169-865-6.
4. Cernea S, Fodor A, Rusu A, **Ruța FD**. *Terapia medicală nutrițională în diabetul zaharat și alte boli metabolice*. Editura Casa Cărții de Știință Cluj-Napoca, 2021, 284 pg, ISBN 978-606-17-1797-2, cod CNCS 24, **co-autor.**
2. **Ruța FD**, Tarcea M. *Bazele nutriției*. Editura University Press Târgu Mureș, 2018, 149 pg, ISBN 978-973-169-533-4, Cod CNCS 210, **autor principal**
3. **Ruța FD**. *Studiul tabagismului și a factorilor care influențează abandonul fumatului la gravide și femei tinere în arealul mureșean (după teza de doctorat)*. Editura University Press Târgu Mureș, 2018, 132 pg, ISBN 978-973-169-524-2, Cod CNCS 210, **autor principal**
4. Tarcea M, Crăciun C, **Ruța FD**, Rus V. *Alimentația în colectivități*. Editura University Press Târgu Mureș, 2017, 149 pg, ISBN 978-973-169-506-8, Cod CNCS 210, **autor principal**
5. Tarcea M, Pitea AM, Crăciun C, Ignat S, **Ruța FD**, Rus V, Szasz S, Iacob O, Sălcudean M, Nașca C, Nemes L. *Nutriția în ciclul de viață.* Editura University Press Târgu Mureș, 2017, 178 pagini, ISBN 978-973-169-507-5, Cod CNCS 210, **co-autor**
6. Voidăzan S, **Ruța FD**. *Epidemiologia bolilor canceroase.* Editura University Press Târgu Mureș, 2016, 161 pg, ISBN 978-973-169-480-1, Cod CNCS 210, **autor principal**
7. **Ruța FD**, Rus Victoria. *Mini-ghid pentru sănătatea viitoarei mame*. Editura University Press Târgu Mureș, 2014, 52 pg, ISBN 978-973-169-303-3, Cod CNCSIS 210, **autor principal**
8. Dobrin C, Rus V, **Ruța FD**, Tarcea M. *Ghid dietetic în patologia gastrointestinală*. Editura University Press Târgu Mureș, 2015, **CD**, ISBN 978-973-169-418-4, Cod CNCS 210, **co-autor**
9. Cotruță S, Tarcea M, **Ruța FD**, Rus V. *Tehnologia procesării alimentelor, vol.I*. Editura University Press Târgu Mureș, 2015, **CD**, ISBN 978-973-169-417-7, Cod CNCSIS 210, **co-autor.**

2. **Capitole în volume colective**

1. Tarcea M. Fazakas Z, Buicu F, **Ruta F**, Rus V, et al. Information, perceptions and motivations for healthy eating on a group of European countries. In Healthy lifestyle and healthy eating. Editor Lena Wislon. Edit. Nova, 2020, ISBN 978-1-53618-399-3.

Îndrumător de lucrări practice

1. Tarcea M, **Ruța FD**, Rus V, Sălcudean M. *Principii de igienă și siguranță alimentară*. UMF Tîrgu Mureș, 2017.

2. Tarcea M, **Ruța FD**, Rus V, Sălcudean M. *Principii de tehnologie alimentară*. UMF Tîrgu Mureș, 2017.
3. Moldovan G, Tarcea M, **Ruța FD**, Fazakas Z, Rus V, Martin A, Cotruță S, Hadmaș R, Conțiu L. *Ghid practic de alimentație în colectivități (intervenții nutriționale comunitare) pentru studenții Facultății de Nutriție și Dietetică*. UMF Tîrgu Mureș, 2015

3. **Articole publicate *in extenso***
   (1) Articole în reviste ISI, cu factor de impact (2018-2025)

2025

1. **Ruta F**, Georgescu IM, Moldovan G, Avram L, Onisor D, Abram Z. Smoking Pregnant Woman: Individual, Family, and Primary Healthcare Aspects. *Healthcare*. 2025; 13(9):1005. **FI 2,4, prim autor**
2. Onisor D, Avram C, **Ruta F**, Brusnic O, Boeriu A, Stoian M, Boicean A, Sasaran M. Burden of Common Mental Disorders in Ulcerative Colitis and Irritable Bowel Syndrome Patients: An Analysis of Risk Factors. J Clin Med. 2025;14(2):499. **FI 3**, **coautor**
3. Avram C, Nyulas V, Onisor D, Georgescu IM, Szakacs J, **Ruta F.** Food Behavior and Lifestyle Among Students: The Influence of the University Environment. *Nutrients*. 2025; 17(1):12. **FI 4,8 autor principal**
4. Czinege M, **Ruța F**, Nyulas V , Halațiu VB, Nyulas T, Benedek T. Serum albumin concentration and the risk of cardiovascular disease and acute coronary syndrome — a narrative review.Journal of Cardiovascular Emergencies 2024. DOI: 10.2478/jce-2024-0020. **FI 0,6 autor principal**

2024

5. **Ruța F**, Avram C, Mardale E, Pribac M, Suciu S, Nyulas V. A Perspective on the Interaction Between Recurrent Lower Urinary Tract Infections and Irritable Bowel Syndrome. *Nutrients*. 2024; 16(21):3613.**FI 4,8 prim-autor**
6. Bucurica S, Nancoff AS, Dutu M, Mititelu MR, Gaman LE, Ioniță-Radu F, Jinga M, Maniu I, **Ruța F**. Exploring the Relationship between Lipid Profile, Inflammatory State and 25-OH Vitamin D Serum Levels in Hospitalized Patients. *Biomedicines*. 2024; 12(8):1686. **FI 3,9, autor principal**
7. **Ruta F**, Pribac M, Mardale E, Suciu S, Maior R, Bogdan S, Avram C. Associations between Gut Microbiota Dysbiosis and Other Risk Factors in Women with a History of Urinary Tract Infections. Nutrients 2024, *6*(11), 1753. **FI 4,8, prim autor**

2023

7. **Ruta F,** Avram C, Timus M, Sipos R, Ciucan-Rusu L. *Knowledge, Attitudes and Practices Regarding the Dietary Sources of Healthy Fats and Essential Oil Supplements*. British Food Journal 2023, 125(8): 3069-3080, ISSN 0007-070X . **FI: 3,3, *prim-autor***
8. Sipos RS**,** Szasz S, Fechete R, Coman E, **Ruta F**. *"Pullum ovum" - highlighting the nutrient content through innovative determination methods.* Agriculture 2023, 13(9):1648, ISSN 2077-0472, **FI: 3,6, *autor principal***

2022

10. Avram C, Bucur OM, Zazgyva A, Avram L, **Ruta F**. *Vitamin Supplementation in Pre-Pregnancy and Pregnancy among Women—Effects and Influencing Factors in Romania*. International Journal of Environmental Reasearch and Public Health 2022, 19(14): 8503, ISSN: 1660-4601, **FI: 4,614**, ***autor principal***
11. Negrut CA, Avram C, Rachita A, **Ruta F**. *Risk factors for obesity and overweight in children and adolescents from Romania.* Bulletin Of University Of Agricultural Sciences And Veterinary Medicine Cluj-Napoca Food Science And Technology 2022, 79(1):87, ISSN 2344-2344, **FI: 0,3, *autor principal***
12. Man A, Mare AD, Mares M, **Ruta F**, Pribac M, Maier AC, Cighir A, Ciurea CN. *Antifungal and anti-virulence activity of six essential oils against important Candida species - a preliminary study.* Future

Microbiology 2022, 17(10):737-753. ISSN, 0746-0913, **FI: 3,553**, ***co-autor***

2021

13. Avram C, Avram L, Olah P, Rus V, Georgescu IM, Bucur OM, **Ruta F**. *Knowledge about food additives among adults-pilot study. Progress in Nutrition* 2021, 25 (1): 1-8. ISSN 1129-8723, **FI: 0,567**, ***autor principal***

2020

14. **Ruta F**, Voidăzan S, Marginean C, Avram C, Sipos R, Molnar C, Tarcea M, Penzes M, Fogarasi-Grenczer A, Meghea C, Foley KL. *Evidence-based practices to promote tobacco cessation during pregnancy in a sample of Romanian general practitioners. Journal of Community Health* 2020, 45(3): 440-445, ISSN 0094-5145, **FI: 1,883**, ***prim-autor***
15. Avram C, Avram L, **Ruta F,** Georgescu IM, Rus VA. *Consumer profile in terms of food label reading in Mures county, Romania, a pilot study. Progress in Nutrition* 2020, 22, (4): 1-8. ISSN 1129-8723, **FI: 0,567, *co-autor***

2019

16. Georgescu IM, Rus VA, Tarcea M, **Ruta F,** Fazakas Z, Guine R, Serban C, Iacob O, Frigy A. *Population preferences for sources that offers information about dietary fibres health effects – an international cross-sectional survey*. Journal of the Pakistan Medical Association 2019, 69(7): 985-990, ISSN 00309982 , **FI: 0.573**, ***co-autor***

2018

17. Voidazan S, Tarcea M, Abram Z, Georgescu M, Marginean C, Grama O, Buicu F, **Ruta F.** *Associations between lifestyle factors and smoking status during pregnancy in a group of Romanian women*. Birth Defect Research 2018, 110(6): 519-526**,** eISSN 2472-1727, **FI: 2,1, *autor principal***
18. Iacob OM, Bacarea A, **Ruta F**, Bacarea V, Gliga F, Buicu F, Tarcea M, Avram C, Costea G, Sin A. *Anthropometric indices of newborns related with some lifestyle parameters of women during pregnancy in Tirgu Mures region – a pilot study.* Progress in Nutrition, 2018, 20(4):585-591. eISSN: 1129-8723**, FI: 0.265**, ***co-autor***

Articole în reviste ISI, cu factor de impact (2015-2016)

2016

19. **Ruta F**, Avram C, Voidazan S, Marginean C, Bacarea V, Abram Z, Foley K, Fogarasi-Grenczer A, Penzes M, Tarcea M. *Active smoking and associated behavioural risk factors before and during pregnancy: Prevalence and attitudes among new mothers in Mures County, Romania.* Central European Journal of Public Health 2016, 24(4): 276-280; ISSN: 1210-7778, FI: 1,1, ***prim-autor.***
20. Tarcea M, Bacarea A, Fulop E, **Ruta F**, Comaneanu RM, Hancu V, Ormenișan A: Chemical pollution with nitrates of underground water supplies and risk evaluation for methemoglobinemia on infants. Revista de Chimie 2016, **December**, 67(12): 2556-2560, ISSN 0034-7752, **FI: 0,956**, **co-autor**

2015

21. Bacarea A, Tarcea M, Botianu P, **Ruta F**, Bacarea V. *Age cut-off type diabetes mellitus screening amongst young adults from Mures District, Romania – A pilot study*. Obesity Research in Clinical Practice 2015; 9(5):527-3, ISSN 1878-0318, ISI cu FI: 2,094, **co-autor.**

(2) Articole în reviste ISI, fără factor de impact

2023

1. Ruta F, Avram C, Maior R. *Physico-Chemical and Microbiological Differences between Mains and Bottled Water, in an Area in the Central Area of Romania.* International Journal of Environmental Reasearch and Public Health 2023, 20(2): 1115, eISSN 1660-4601, *prim-autor*

2018

2. Simion I, Rus V, Salcudean M, Dogar C, Tarcea M, **Ruta F**. A pilot study evaluating preferences for caffeinated drinks consumption among Mures medical students. Bulletin of University of Agricultural Sciences and Veterinary Medicine Cluj-Napoca Food Science and Technology, 2018, 75(1): 15-20, ISSN 2344-2344, ***autor principal***

2016

3. Tarcea M, Fazakas Z, **Ruta F**, Rus V. Zugravu C, Guine R. *Romanian Knowledge and Attitudes regarding Dietary Fibers.* Bulletin of University of Agricultural Sciences and Veterinary Medicine Cluj-Napoca Food Science and Technology 2016, 73(2): 123-128, ISSN 2344-2344, ***co-autor***

(3) Articole în reviste indexate BDI (2017-2025)

2024

1. Beresescu L, Oprea D, Ruta F, Sabau R, Stoica AM. The association between decay missing filled tooth index and body mass index in a group of preschool children. Acta Medica Marisiensis 2024**, 70**(4): 255-259**,** ISSN 2668-7755**, autor principal**
2. Avram C, Glogor A, Ruta F, Avram L. Machine learning comparative for enhanced identification potential of clinical features from medical data. Acta marisiensis. Seria Tchnologica. 2024, 2: 20-25.**2023**
3. **Ruta F,** Mardale E, Pintea A, Avram C. The role of diet in modulating the intestinal microbiota in healthy adults: Is the evidence enough? Acta Medica Marisiensis 2023**,** 69(3):147-52**,** ISSN 2668-7755**, autor principal**
   https://research.ebsco.com/c/ylm4lv/details/houpesv5pz
4. Cernea S, **Ruta F**. *Intermittent fasting for the management of NAFLD: Is there enough evidence?* Acta Medica Marisiensis 2023, 69(1):3-10, ISSN 2668-7755, ***autor principal*** https://www.ebsco.com/m/ee/Marketing/titleLists/a9h-journals.htm

2022

3. Avram C, Avram L, Rus V, Georgescu IM, **Ruta F,** Olah P. Food Labels. Consumer understanding of the information contained – a pilot study. *Progress in Nutrition* 2022, 24 (3): e2022100. ISSN 1129-8723, **co-autor**
   https://www.ebsco.com/m/ee/Marketing/titleLists/a9h-journals.htm
4. Bojian IE, **Ruţa F.** *Prevalența și validarea adicției alimentare în lumea contemporană.* Medic.ro 2022, 5(149):16, ISSN 1584-3513, ***autor principal***
   https://www.ebsco.com/m/ee/Marketing/titleLists/a9h-journals.htm
5. Maior R, **Ruța FD**, Orban E. *Dieta – parte integrantă a tratamentului patologiei digestive.* Medic.ro 2022, 4(148):34, ISSN 1584-3513, ***co-autor***
   https://www.ebsco.com/m/ee/Marketing/titleLists/a9h-journals.htm
6. Şipoş RS, **Ruţa FD**, Coman E, Fechete R. *Calitatea oului, aliment de bază cu potențial nutraceutic.* Medic.ro 2022, 4(148):42, ISSN 1584-3513, ***co-autor***
   https://www.ebsco.com/m/ee/Marketing/titleLists/a9h-journals.htm
7. Ropotan E, **Ruța FD**, Pitea AM. *Complementary feeding for infants*. Medic.ro 2022, 3(147):52, ISSN 1584-3513 , ***co-autor***
   https://www.ebsco.com/m/ee/Marketing/titleLists/a9h-journals.htm
8. **Ruța FD**, Rus V, Popşa R, Maior R, Sofia Hărşan TF, Avram C. *Importanța alimentației bazate pe alimente vegetale integrale (ABAVI).* Medic.ro 2022, 2(146):12, ISSN 1584-3513, ***autor principal***
   https://www.ebsco.com/m/ee/Marketing/titleLists/a9h-journals.htm
9. Popşa R, Rus V, Avram , Maior R, Hărşan ST, Golea C, **Ruța FD**. Factorii de risc în alimentația și stilul de viață pe perioada sarcinii la un lot de femei din sudul României. Medic.ro 2022, 1(145):12, ISSN 1584-3513, ***autor principal***
   https://www.ebsco.com/m/ee/Marketing/titleLists/a9h-journals.htm

10. Şipoş RS, But DF D, **Ruța FD**. *Oul – prieten sau dușman?*, Medic.ro 2022, 1(145):28, ISSN 1584-3513, ***autor principal***
https://www.ebsco.com/m/ee/Marketing/titleLists/a9h-journals.htm

2021

11. Nitu I, Rus V, Sipos RS, Nyulas T, Cherhat PM, **Ruta F**, Nitu CC. *Assessment of Eating Behavior During the COVID-19 Pandemic Period. A Pilot Study*. Journal of interdisciplinary Medicine 2021, 6(27): 67-73, ISSN 2501 – 5974, ***co-autor***
https://www.ebsco.com/m/ee/Marketing/titleLists/a9h-journals.htm
12. **Ruța F**, Avram C, Potcoavă C, Șipoș RS, Maior R, Golea C, Rus V. Medicina culinară- importanță și beneficii. Medic.ro 2021, nr. 144(6), ISSN 1584-3513, ***autor principal***
https://www.ebsco.com/m/ee/Marketing/titleLists/a9h-journals.htm
13. **Ruța F**, Șipoș RS, Maior R, Hârșan ST, Rus V, Avram C. *Efectele suplimentării cu micronutrienți în perioada de sarcină*. Medic.ro 2021, 140(2), ISSN 1584-3513, ***autor principal***
https://www.ebsco.com/m/ee/Marketing/titleLists/a9h-journals.htm
14. Maior R, **Ruţa FD**, Şipoş RS. Rolul dietei autoimune paleo (AIP) în tratarea bolii Hashimoto (tiroidita cronică limfocitară). Medic.ro 2021, 1(139):34, ISSN 1584-3513, ***co-autor***
https://www.ebsco.com/m/ee/Marketing/titleLists/a9h-journals.htm

2020

15. **Ruța F,** Avram C, Romonți A, Rus V, Cînpeanu OC, Golea C, Badea M. *Nutriția pacientului cu fibroză chistică în contextul îngrijirii multidisciplinare*. Medic.ro 2020, nr. 138(6), ISSN 1584-3513, ***autor principal***
https://www.ebsco.com/m/ee/Marketing/titleLists/a9h-journals.htm
16. **Ruța F**, Tarcea M, Rus V, Galdea A, Șipos RS. *Sindromul de intestin iritabil. Caracteristici și aspecte nutriționale.* Medic.ro 2020, nr. 136(4), ISSN 1584-3513, ***autor principal***
https://www.ebsco.com/m/ee/Marketing/titleLists/a9h-journals.htm

2019

17. Bucur O, Avram C, Tarcea M. Sin A, **Ruta F.** *Mureș county women's behavoiur associated pregnancy risk factors.* Acta Medica Transilvanica-Sibiu 2019, 4: 12-14, ISSN 2285-7079, ***autor principal***
https://www.ebsco.com/m/ee/Marketing/titleLists/a9h-journals.htm
18. **Ruta F,** Iacob O, Nasca C, Sin A. *The prevalence of tobacco consumption among women in Tirgu Mureş and associations with socio-demographic and cultural factors.* Buletin Științific-Academia Forțelor Terestre 2019, 1(47): 76-81, ISSN 2247-8396, ***autor principal***
https://www.ebsco.com/m/ee/Marketing/titleLists/a9h-journals.htm

2018

19. Salcudean M, Rus V, **Ruta F**, Dogar C, Simion I, Nemes L. *Eating Behaviour and Food Preferences of Tîrgu Mures High School Students.* Acta Medica Marisiensis 2018, 64(4): 157-160, ISSN 2668-7755, ***co-autor***
https://www.ebsco.com/m/ee/Marketing/titleLists/a9h-journals.htm
20. Rus V, **Ruta F**, Salcudean M, Tarcea M, Șerban C, Avram C, Simion I, Benedek T. *Adherence to the DASH-style diet and the presence of cardiovascular risk factors in adults from Tirgu Mures*. Journal of Interdisciplinary Medicine 2018, 3(3):134-140, ISSN 2501 – 5974, ***autor principal***
https://www.ebsco.com/m/ee/Marketing/titleLists/a9h-journals.htm
21. Nasca C, Rus V, Salcudean M, Simion I, Tarcea M, **Ruta F**. *Apitherapy pilot study – how to reduce risk for viral infections by strengthening the immune system in preschool children*. Acta Medica Transilvanica-Sibiu 2018, 23(3): 83-86, ISSN: 1453-1968, ***autor principal***
https://www.ebsco.com/m/ee/Marketing/titleLists/a9h-journals.htm

2017

22. Georgescu M, Tarcea M, Marginean C, **Ruta F**, Rus V, Șipoș R, Abram Z. *Relationship between high level of salivary cotinine test and demographic characteristics of pregnant smokers from Mures County*. Acta Medica Marisiensis 2017, 63(1):31-35, ISSN 2668-7755, ***co-autor***
https://www.ebsco.com/m/ee/Marketing/titleLists/a9h-journals.htm

Articole în reviste indexate BDI (2013-2015)

2015

23. **Ruta F**, Tarcea M, Stere V, Abram Z, Avram C. Identification of behavioral risk factors during pregnancy. Buletin Științific - Academia Forțelor Terestre 2015, 1(39):79-85, ISSN: 2247-8396, ***autor principal***
https://www.ebsco.com/m/ee/Marketing/titleLists/a9h-journals.htm
24. **Ruta F**, Avram C, Voidazan S, Rus V, Georgescu M, Abram Z, Tarcea M. Associated behavioral risks in a group of women during pregnancy from Mures District. Acta Medica Marisiensis 2015, 61(3):236-240, ISSN 2668-7755***, autor principal***
https://www.ebsco.com/m/ee/Marketing/titleLists/a9h-journals.htm
25. Stere V, Tarcea M, **Ruta F**. Assesing the Knowledge, Attitudes and Eating Habits of Dietary Fibers in Tîrgu-Mureș Population. Acta Medica Marisiensis 2015, 61(2):128-131, ISSN 2668-7755, ***autor principal***
https://www.ebsco.com/m/ee/Marketing/titleLists/a9h-journals.htm
26. Rus V, **Ruta F**, Avram C, Tarcea M. Prevalence of obesity overweight and high blood pressure in a suburban community of Tîrgu Mureș County. Acta Medica Transilvanica-Sibiu 2015, 20(3): 17-19 ISSN: 1453-1968, ***autor principal***
https://www.ebsco.com/m/ee/Marketing/titleLists/a9h-journals.htm

2013

27. Ceană D, Tarcea M, **Ruta F,** Moldovan G, Voidăzan S. Anthropometric and biochemical indicators and the prevalence of chronic diseases in the adult population of Tîrgu Mureș. Acta Medica Transilvanica-Sibiu 2013, 2(2):45-49, ISSN 2258-7079, ***co-autor***
https://www.ebsco.com/m/ee/Marketing/titleLists/a9h-journals.htm

4. **Articole publicate în rezumat** în reviste și volumele unor manifestări științifice cu ISBN sau ISSN (2017-2023)

2023

1. **Duna RN, Ruta F.** Risk profile evaluation and dietary behavior in patients with hashimotos thyroiditis and hypothyroidism in Romania. International Congress for Students, Young Doctors and Pharmacists Marisiensis, Târgu Mureș, 17-21.05.2023, (Rezumat publicat în Acta Medica Marisiensis 2023, 69(1):104, ISSN 2068-3324), **rezumat publicat studenți.**

2022

2. Vrapcea G, Galbură S, Antonie AR, Tarcea M, **Ruta F**. Evaluation of a nutrition care platform developed for the Romanian dietitians. Congress for Students, Young Doctors and Pharmacists Marisiensis, Târgu Mureș, 4-8.05.2022, (Rezumat publicat în Acta Medica Marisiensis 2023, 68(3):104, ISSN 2068-3324), **rezumat publicat studenți.**
3. Ursu V, **Ruta F.** The effectiveness of online nutrition webinars on an adult population group and its adherence to dietary trecomandations. Congress for Students, Young Doctors and Pharmacists Marisiensis, Târgu Mureș, 4-8.05.2022, (Rezumat publicat în Acta Medica Marisiensis 2023, 68(3):104, ISSN 2068-3324), **rezumat publicat studenți.**

2020

4. Oltean CS, Petere R, Alecu A, **Ruta FD**. Lactose or milk proteins, frequent confusion of food sensitivity. International Congress for Students, Young Doctors and Pharmacists Marisiensis, Târgu Mureș, 25-29.03.2020, (Rezumat publicat în Acta Medica Marisiensis 2020, 66(3):55, ISSN 2068-3324), **rezumat publicat de studenți.**

2019

5. Moldovan G, Tarcea M, **Ruta F**, Salcudean M, Rus V, Sipos R, Voidazan S. Evaluating of knowledge of Mures County population regarding nitrite and nitrate content of food products. The 6th, National Conference on Nutrition and Dietetics with International Participation "Nutrition in Relation to general and Oral Health-an interdisciplinary approach", Targu Mures, 09-11.05.2019, (Rezumat publicat în Acta Medica Marisiensis 2019, 65(3):14, ISSN 2068-3324), **co-autor**
6. Moreanu C, Rus V, Salcudean M, **Ruta F**. Influence of nutritional status on clinical evolution in a group of patients with myocardial infarction. The 6th, National Conference on Nutrition and Dietetics with International Participation "Nutrition in Relation to general and Oral Health-an interdisciplinary approach", Targu Mures, 09-11.05.2019, (Rezumat publicat în Acta Medica Marisiensis 2019, 65(3):15, ISSN 2068-3324) **co-autor.**
7. Pop AM, Timar IA, Rus V, **Ruta F**, Tarcea M, Sipos R. Role of multidisciplinary team in the management of digestive pathologies. The 6th, National Conference on Nutrition and Dietetics with International Participation "Nutrition in Relation to general and Oral Health-an interdisciplinary approach", Targu Mures, 09-11.05.2019, (Rezumat publicat în Acta Medica Marisiensis 2019, 65(3):17, ISSN 2068-3324), **co-autor.**
8. **Ruta F,** Tarcea M, Salcudean M, Moldovan G, Sipos R. Assessment of consumption of foods containing food additives in a lot of young people from Targu Mures. The 6th, National Conference on Nutrition and Dietetics with International Participation "Nutrition in Relation to general and Oral Health-an interdisciplinary approach", Targu Mures, 09-11.05.2019, (Rezumat publicat în Acta Medica Marisiensis 2019, 65(3):19, ISSN 2068-3324), **prim-autor.**
9. Salcudean M, Tarcea M, **Ruta F,** Moldovan G. Food consumption and its impact on health in a community from Targu Mures. The 6th, National Conference on Nutrition and Dietetics with International Participation "Nutrition in Relation to general and Oral Health-an interdisciplinary approach", Târgu Mureș, 09-11.05.2019, (Rezumat publicat în Acta Medica Marisiensis 2019, 65(3):19, ISSN 2068-3324) **co-autor.**
10. Cazacu AE, Rus V, **Ruta F,** Tarcea M, Sipos R. The importance of lifestyle in preventing iatrogenic disorders of sexual dynamics. The 6th, National Conference on Nutrition and Dietetics with International Participation "Nutrition in Relation to general and Oral Health-an interdisciplinary approach", Targu Mures, 09-11.05.2019, (Rezumat publicat în Acta Medica Marisiensis 2019, 65(3):21, ISSN 2068-3324), **co-autor.**
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13. Ungureanu LC, Maios S, **Ruta F**. How can you influence your eating habits by providing minimal information to middle school children? The 6th, National Conference on Nutrition and Dietetics with International Participation "Nutrition in Relation to general and Oral Health-an interdisciplinary approach", Targu Mures, 09-11.05.2019, (Rezumat publicat în Acta Medica Marisiensis 2019, 65(3):25, ISSN 2068-3324, **co-autor.**
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2018

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19. Timar I, Rus V, **Ruta F**, Sipos R. Comparative study of receptivity to nutritional counseling. International Congress for Students, Young Doctors and Pharmacists Marisiensis, Târgu Mureș, 28.03-01.04.2018, (Rezumat publicat în Acta Medica Marisiensis 2018, 64(1):45, ISSN 2068-3324), **rezumat publicat studenți.**
20. Timar I, Rus V, **Ruta F**, Tarcea M, Sipos R. Assessment of medical services suppliers attitude from muresan primary medical assistance towards the importance of nutritional counseling assured by dieteticians. International Congress for Students, Young Doctors and Pharmacists Marisiensis, Târgu Mureș, 28.03-01.04.2018, (Rezumat publicat în Acta Medica Marisiensis 2018, 64(1):45, ISSN 2068-3324), **rezumat publicat studenți.**
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23. Padureanu A, Mardale E, Timar I, **Ruta F**. The influence of mass-media towards teenagers'nutritional behavior. The 5th National Conference of Nutrition and Dietetics "Current nutritional approaches to food allergies and intolerances", Târgu Mureș, 4-5.05.2018, (Rezumat publicat în Acta Medica Marisiensis 2018, 64(2):13, ISSN 2068-3324), **co-autor.**
24. Rus V, **Ruta F**, Sipos R, Avram C, Salcudean M, Dogar C, Tarcea M. Analysis of gluten-free diet in a group of people from Târgu Mureș. The 5th National Conference of Nutrition and Dietetics "Current nutritional approaches to food allergies and intolerances", Târgu Mureș. 4-5.05.2018, (Rezumat publicat în Acta Medica Marisiensis 2018, 64(2):14, ISSN 2068-3324), **co-autor.**
25. **Ruta F**, Rus V, Avram C, Sipos R, Tarcea M. The prevalence of food allergy cases among Mures population in relation to attitudes towards healthy diet. The 5th National Conference of Nutrition and Dietetics "Current nutritional approaches to food allergies and intolerances". Târgu Mureș, 4-5.05.2018, (Rezumat publicat în Acta Medica Marisiensis 2018, 64(2):15, ISSN 2068-3324), **prim-autor.**
26. Tarcea M, Rus V, Fazakas Z, Farr AM, Gliga F, Sălcudean M, **Ruta F**, Szucs V. Celiac disease and Romanian pacient's accessibility to gluten free food products. The 5th National Conference of Nutrition and Dietetics "Current nutritional approaches to food allergies and intolerances". Târgu Mureș ,4-5.05.2018, (Rezumat publicat în Acta Medica Marisiensis 2018, 64(2):16, ISSN 2068-3324), **co-autor.**

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28. Ungureanu LC, Pop AM, Maios S, **Ruta F.** The prevalence of food allergies and intolerances to a group of teenagers and their degree of addressability to a dietitian. The 5th National Conference of Nutrition and Dietetics "Current nutritional approaches to food allergies and intolerances". Târgu Mureș, 4-5.05.2018, (Rezumat publicat în Acta Medica Marisiensis 2018, 64(2):17, ISSN 2068-3324), **co-autor.**
29. Rus V, Fazakas Z, Tarcea M, **Ruta F**, Iacob O, Leal M, Szucs V, Guine R.: *Consumul de fibre alimentare in UE – atitudini si practici*. Conferința națională interdisciplinară *Certitudini și perspective în nutriție și dietetică, de la copil la adult*, București, 8-10.03.2018, vol rez. pg 28, ISBN 978-606-94539-2-6, **co-autor.**
30. Fazakas Z, Rus V, Nyulas T, **Ruta F**, Sălcudean M, Nechifor L, Dogar Moise C, Tarcea M.: *Motivațiile pentru alegerile alimentare ale persoanelor diagnosticate cu boli cardiovasculare*. Conferința națională interdisciplinară *Certitudini și perspective în nutriție și dietetică, de la copil la adult*, București, 8-10.03.2018, vol rez. pg 20, ISBN 978-606-94539-2-6, **co-autor.**

2017

31. Iacob O, Bacârea A, **Ruta F**, Bacârea V, Rus V, Gliga F, Tarcea M, Sin A. *Cardiovascular risk factors present in patients diagnosed with myocardial infarction comparative to those with stable angina.* The 4th Dietitian National Conference "Child obesity - Updates, Prevention and Treatment Perspectives", Tirgu Mureș, 1-2.11.2017 (Rezumat publicat în Acta Medica Marisiensis 2017, 63(3):27, ISSN 2068-3324), **co-autor.**
32. Nasca C, Tarcea M, Rus V, Salcudean M, Maios S, Torpan L, **Ruta F**. *Viral infections and apitherapy in preschool children*. The 4th Dietitian National Conference "Child obesity - Updates, Prevention and Treatment Perspectives", Tirgu Mureș, 1-2.11.2017 (Rezumat publicat în Acta Medica Marisiensis 2017;63(3):19, ISSN 2068-3324), **co-autor.**
33. Nechifor L, Vlasin A, Avram C, Salcudean M, **Ruta F**, Rus V. *Assessment of nutrition status of young people via body mass index*. The 4th Dietitian National Conference "Child obesity - Updates, Prevention and Treatment Perspectives", Tirgu Mureș, 1-2.11.2017 (Rezumat publicat în Acta Medica Marisiensis 2017, 63(3):20, ISSN 2068-3324), **co-autor.**
34. Rus V, Nasca C, Dogar C, Salcudean M, Sipos R, Avram C, Morariu M, **Ruta F***. Relationship between dash-style diet and chronic disease in Tirgu Mures adults.* The 4th Dietitian National Conference "Child obesity - Updates, Prevention and Treatment Perspectives", Tirgu Mureș, 1-2.11.2017 (Rezumat publicat Acta Medica Marisiensis 2017, 63(3):26, ISSN 2068-3324), **co-autor.**

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36. Sipos RS, **Ruta F**, Rus V, Timar A, Tarcea M. *Dietitian's role in the interdisciplinary medical team.* The 4th Dietitian National Conference "Child obesity - Updates, Prevention and Treatment Perspectives", Tirgu Mureș, 1-2.11.2017 (Rezumat publicat în Acta Medica Marisiensis 2017, 63(3):29, ISSN 2068-3324), **co-autor.**
37. Timar A, Rus V, **Ruta F**, Sipos R, Tarcea M. *The receptiveness of family physicians towards dietitian's curative and prophylactic intervention*. The 4th Dietitian National Conference "Child obesity - Updates, Prevention and Treatment Perspectives", Tirgu Mureș, 1-2.11.2017 (Rezumat publicat în Acta Medica Marisiensis 2017, 63(3):29, ISSN 2068-3324), **co-autor.**
38. Tarcea M, Simion I, **Ruta F**, Salcudean M, Dogar C, Buicu F. *The risk of energy drinks consumption and obesity at Mures students.* The 4th Dietitian National Conference "Child obesity - Updates, Prevention and Treatment Perspectives", Tirgu Mureș, 1-2.11.2017 (Rezumat publicat în Acta Medica Marisiensis 2017, 63(3):30, ISSN 2068-3324), **co-autor.**
39. Vlasin A, Nechifor L, Salcudean M, **Ruta F**, Avram C, Rus V. *Performing the nutritional anamneses of inpatients from internal ward, at Tirgu-Mures municipal hospital.* The 4th Dietitian National Conference "Child obesity - Updates, Prevention and Treatment Perspectives", Tirgu Mureș, 1-2.11.2017 (Rezumat publicat în Acta Medica Marisiensis 2017, 63(3):32, ISSN 2068-3324), **co-autor.**
40. Salcudean M, Nasca C, Dogar C Simion I, Rus V, Tarcea M, **Ruta F**. *Eating behavior and food preferences of Tirgu Mures high school students.* The 16th International Simposium "Prospects for the 3rd Millennium Agriculture", Cluj Napoca, 28-30 sept 2017, (Rezumat publicat în Bulletin of University of Agricultural Sciences of Veterinary Medicine Cluj Napoca, Agriculture 2017, 4:405, ISSN 1843-5246), **co-autor.**
41. Simion I, Rus V, Sălcudean M, Tarcea M, **Ruta F**. *The risk profile for caffeine drinks consumption among Mures medical students.* The 16th International Simposium "Prospects for the 3rd Millennium Agriculture", Cluj Napoca, 28-30 sept 2017, (Rezumat publicat în Bulletin of University of Agricultural Sciences of Veterinary Medicine Cluj Napoca, Agriculture 2017, 4:406, ISSN 1843-5246), **co-autor.**
42. Stoichitescu O, Rus V, Tarcea M, **Ruta F.** *Consumption of processed foods by school children.* International Congress for Students, Young Doctors and Pharmacists Marisiensis, 29.03-02.04.2017, (Rezumat publicat în Acta Medica Marisiensis 2017, 63(1):71, ISSN 2068-3324), **rezumat publicat studenți.**

5. **Alte lucrări**

Ghid de alimentație:
Ceană D, Farr AM**, Ruța FD,** Tarcea M. Ghid de intervenție pentru alimentație sănătoasă și activitate fizică în grădinițe și școli, în cadrul proiectului "Intervenții la mai multe niveluri pentru prevenția bolilor netransmisibile asociate stilului de viață în România", finanțat în Programul RO 19 "Inițiative în Sănătate Publică", 2019.

6. **Granturi/proiecte**

Director proiect
Titlu proiect: Eficacitatea modificărilor dietetice și a utilizării de suplimente alimentare standardizate în modularea microbiotei intestinale, în contextul infecțiilor urinare recidivante – studiu pilot.
Tip proiect: Competiție pentru granturi de cercetare
Autoritatea contractantă care a organizat competiția: UMFST " G.E.Palade din Tg. Mureș"
Cod proiect: GE-ct 9400/24.10.2022
Perioada: 21.11.2022-21.11.2023
Finanțare: Finanțator extern-companie privată
Valoarea proiectului: 20.000 Euro
Statutul în proiect: director proiect

Membru în proiecte
Titlu proiect: Comunitățile antreprenoriale SAS, accelerator pentru Dezvoltarea culturii și acțiunii antreprenoriale în Ecosistemul UMFST la nivel Regional.
Tip proiect: FDI
Autoritatea contractantă: UMFST " G.E.Palade din Tg. Mureș"
Cod proiect: CNFIS-FDI-2025-F-0211
Perioada: 15.05.2025-16.12.2025
Statutul în proiect: membru în proiect

Titlu proiect: *Smoking and Exposure to secondhand smoking among Pregnant Women and Children*", parte din proiectul „Building Capacity for Tobacco Research in Romania"
Autoritatea contractantă care a organizat competiția: National Institutes of Health - Fogarty International Center, SUA
Cod proiect: contract nr. 1RO1TW009280-01, nr. Subcontract 2011-36
Perioada: 2012-2016
Suma finanțată a acestei acțiuni: $133,515, total $664,644
Statutul în proiect: membru în echipă

Titlu proiect: Intervenții la mai multe niveluri pentru prevenția bolilor netransmisibile asociate stilului de viață în România", finanțat în Programul RO 19 "Inițiative în Sănătate Publică"
Autoritatea contractantă care a organizat competiția: Mecanism financiar Norvegian 2009-2014, în Parteneriat cu Institutul Național de Sănătate Publică București ca Promotor
Cod proiect: Acord de parteneriat nr 4852 din 24.04.2014 la MS/Inst. Național de Sănătate Publică București
Perioada: 1 aprilie 2014 – 31 martie 2016
Valoarea proiectului: 17.500 Euro
Statutul în proiect: membru în echipă

Titlu proiect: Junior Business Academy – accelerator al integrării pe piața muncii a noilor generații de studenți și absolvenți antreprenori inovatori.
Autoritatea contractantă care a organizat competiția: UMFST " G.E.Palade din Tg. Mureș"
Nr POCU/829/6/13/141809
Cod proiect: MySmis 141809
Perioada: 03.02.-30.06.2022
Valoarea proiectului: 9.693.559,22 lei
Statutul în proiect: membru în proiect- formator evaluator

Titlu proiect: "S.A.S-Știința în acțiune pentru Succes în era digitalizării afacerilor",
Autoritatea contractantă care a organizat competiția: UMFST " G.E.Palade din Tg. Mureș"
Cod proiect: CNFIS-FDI-2021-4080
Perioada: 19.05-17.12.2021

Valoarea proiectului: 163.000 lei
Statutul în proiect: lector universitar/șef lucrări

Titlu proiect: Psycho-social motivations associated with food chices and eating practices (EATMOT),
Autoritatea contractantă care a organizat competiția: Parteneriat cu Escola Superior Agrari di Instituto Politecnico de Viseu / Portugal, Departamento de Industrias Alimentares
Cod proiect: PROJ/CI&DETS/2015/0008
Perioada: 1 iunie 2016 – 31 decembrie 2018
Valoarea proiectului: fără finanțare
Statutul în proiect: membru în echipă