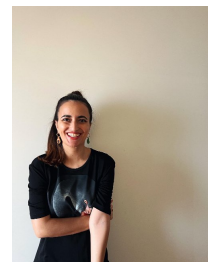


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## Biography

I earned my bachelor's and master's degrees in Microbiology from the School of Biotechnology at the Universidade Católica Portuguesa. After careful consideration, I embarked on a tripartite doctoral journey (Universidade Católica Portuguesa, University of Minho, and University of Aveiro) in Food Science and Technology and Nutrition. In December 2022, I successfully defended my PhD thesis and have been a researcher at the School of Biotechnology at the Universidade Católica Portuguesa since June 2021.

## Qualifications

PhD

## Employment

### Researcher

Centre for Biotechnology and Fine Chemistry (CBQF)  
Universidade Católica Portuguesa  
Portugal  
1 Jun 2021 → 31 Dec 2025

## Research outputs

**Be@t: sustainable chemical processes for developing regenerative materials and ingredients in the textile industry**  
Afonso, T. B., Bonifácio-Lopes, T., Costa, E. M., Costa, A. F., Oliveira, J. & Pintado, M., 29 Oct 2024, p. 1-3. 3 p.

**Byproducts as sources of phenolic compounds for functional textiles**  
Afonso, T. B., Bonifácio-Lopes, T., Costa, E. M. & Pintado, M., Sept 2024, p. 1-1. 1 p.

**A circular economy approach to leather by products valorization towards a zero-waste process**  
Bonifácio-Lopes, T., Afonso, T. B., Coscueta, E., Costa, E. M. & Pintado, M., 13 May 2024. 1 p.

**A circular economy approach to leather by products valorization towards a zero-waste process**  
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**SE-HPLC as a tool to guide the production of novel peptide fractions for textile application**  
Bonifácio-Lopes, T., Afonso, T. B., Coscueta, E., Costa, E. M. & Pintado, M., 25 Mar 2024. 1 p.

**SE-HPLC as a tool to guide the production of novel peptide fractions for textile application**  
Bonifácio-Lopes, T., Afonso, T. B., Coscueta, E., Costa, E. & Pintado, M., 25 Mar 2024. 1 p.

**Phenolic compounds from by-products for functional textiles**  
Afonso, T. B., Bonifácio-Lopes, T., Costa, E. M. & Pintado, M. E., 20 Nov 2023, In: Materials. 16, 22, 23 p., 7248.

**Impact of gastrointestinal digestion simulation on brewer's spent grain green extracts and their prebiotic activity**  
Bonifácio-Lopes, T., Castro, L. M. G., Vilas-Boas, A., Campos, D., Teixeira, J. A. & Pintado, M., Mar 2023, In: Food research international. 165, 10 p., 112515.

**Estratégias de recuperação do amadurecimento da pera 'Rocha' tratada com 1-MCP no pós-armazenamento**

Dias, C., Rodrigues, A. C., Ribeiro, T., Bonifácio, T., Gómez-García, R., Ferrante, A., Vasconcelos, M. & Pintado, M., 10 Feb 2023, p. 1-2. 2 p.

**Development and characterization of functional ingredients through valorization from brewer's spent grain**

Lopes, M. T. B. V., 14 Dec 2022, 211 p.

**Impact of circular brewer's spent grain flour after in vitro gastrointestinal digestion on human gut microbiota**

Bonifácio-Lopes, T., Catarino, M. D., Vilas-Boas, A. A., Ribeiro, T. B., Campos, D. A., Teixeira, J. A. & Pintado, M., 30 Jul 2022, In: Foods. 11, 15, 27 p., 2279.

**Exploring the bioactive potential of brewers spent grain ohmic extracts**

Bonifácio-Lopes, T., Vilas-Boas, A., Machado, M., Costa, E. M., Silva, S., Pereira, R. N., Campos, D., Teixeira, J. A. & Pintado, M., Mar 2022, In: Innovative Food Science and Emerging Technologies. 76, 12 p., 102943.

**Erratum: Bioactive extracts from brewer's spent grain (Food and Function (2020) 11 (8963–8977) DOI: 10.1039/D0FO01426E)**

Bonifácio-Lopes, T., Boas, A. A. V., Coscueta, E. R., Costa, E. M., Silva, S., Campos, D., Teixeira, J. A. & Pintado, M., 7 Dec 2021, In: Food & function. 12, 23, p. 12162-12162 1 p.

**Impact of phlorotannin extracts from fucus vesiculosus on human gut microbiota**

Catarino, M. D., Marçal, C., Bonifácio-Lopes, T., Campos, D., Mateus, N., Silva, A. M. S., Pintado, M. M. & Cardoso, S. M., 29 Jun 2021, In: Marine Drugs. 19, 7, 17 p., 375.

**Prebiotic effects of olive pomace powders in the gut: in vitro evaluation of the inhibition of adhesion of pathogens, prebiotic and antioxidant effects**

Ribeiro, T. B., Costa, C. M., Bonifácio-Lopes, T., Silva, S., Veiga, M., Monforte, A. R., Nunes, J., Vicente, A. A. & Pintado, M., Mar 2021, In: Food Hydrocolloids. 112, p. 1-14 14 p., 106312.

**Bioactive extracts from brewer's spent grain**

Bonifácio-Lopes, T., Vilas Boas, A. A., Coscueta, E. R., Costa, E. M., Silva, S., Campos, D., Teixeira, J. A. & Pintado, M., Oct 2020, In: Food & function. 11, 10, p. 8963-8977 15 p.

**Current extraction techniques towards bioactive compounds from brewer's spent grain: a review**

Bonifácio-Lopes, T., Teixeira, J. A. & Pintado, M., 2020, In: Critical Reviews in Food Science and Nutrition. 60, 16, p. 2730-2741 12 p.

**Antimicrobial activity and biofilm inhibition activity of clean label extracts of Brewer's spent grain**

Bonifácio, T., Campos, D., Teixeira, J. & Pintado, M., Dec 2019, p. 318-318. 1 p.

**Toxicity and antihypertensive activity of brewer's spent grain extracts**

Bonifácio-Lopes, T., Teixeira, J. A. & Pintado, M., Sept 2019. 1 p.

**Bioavailability of phenolic compounds from brewer's spent grain extracts**

Bonifácio-Lopes, T., Batista, P., Silva, S., Teixeira, J. A. & Pintado, M., Sept 2018. 1 p.

**Brewer's spent grain as a potential source of antioxidants: characterization of extracts**

Bonifácio-Lopes, T., Silva, S., Teixeira, J. A. & Pintado, M., Dec 2017.

**Brewers spent grain as a potential source of antioxidants: characterization of extracts**

Bonifácio-Lopes, T., Silva, S., Teixeira, J. A. & Pintado, M., Dec 2017, p. 332-332. 1 p.

**Caracterização microbiológica de matérias primas e validação do binómio: tempo x temperatura de esterilização de preparados alimentares**  
Lopes, M. T. B. V., 2014

## **Projects**

### **BE@T: Bioeconomia para têxtil e vestuário**

Pintado, M. M. (PI), Oliveira-Silva, P. (Researcher), Oliveira, A. L. (Researcher), Vasconcelos, M. (Researcher), Tavaría, F. (Researcher), Couto, J. A. (Researcher), Sousa, C. (Researcher), Costa, E. (Researcher), Bonifácio-Lopes, T. (Research Assistant) & Afonso, T. B. (Researcher)  
1/07/22 → 1/07/25

### **RE-EAT ROCHA PEAR: Ripening recovery strategies in the post-storage of Rocha pear treated with 1-MCP, aimed at different markets**

Pintado, M. M. (PI), Ribeiro, T. (Researcher) & Bonifácio-Lopes, T. (Research Assistant)  
1/10/19 → 30/09/22