



CURRICULUM VITAE

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 Current Position : Associate Professor
 Field of Specialization : Clinical Nutrition and Dietetics; Diabetes, Obesity and
 Metabolism; Glycemic Index; Nutrition Education and
 Counselling

KELAYAKAN AKADEMIK (<i>Academic Qualification</i>)			
Nama Sijil / Kelayakan (<i>Certificate / Qualification obtained</i>)	Nama Sekolah Institusi (<i>Name of School / Institution</i>)	Tahun (<i>Year obtained</i>)	Bidang pengkhususan (<i>Area of Specialization</i>)
BS (Dietetics)	UKM	2002	Dietetics
Ph.D	UKM	2009	Dietetics

PENGALAMAN SAINTIFIK DAN PENGKhususan (<i>Scientific experience and Specialisation</i>)				
<i>Organization</i>	<i>Position</i>	<i>Start Date</i>	<i>End Date</i>	<i>Expertise</i>
Joslin Diabetes Center, Harvard Medical School Affiliated	Research Fellow	1 st Oktober 2015	30 th September 2016	Diabetes Clinical Nutrition

ANUGERAH DAN AKTIVITI LAIN (*Award and other activities*)

2017 - Excellent Service Award UPM
 2016 - Scholarship from MOHE for postdoctoral training
 2015 - Supervisor and Selected Lecturers Faculty of Medicine & Health Sciences UPM
 2014 - Excellent Service Award UPM
 2013 - Best Oral Presenter. Sangeetha S, Fatimah A, Nik SS, Barakatun Nisak MY et al. Low GI diet in the Management of Insulin Resistance Among Women with Previous History of GDM. Scientific Conference and 19th AGM of Malaysian Dietitians' Association. National.

2013- Second Best Oral Presenter. Farhanah AS, **Barakatun-Nisak MY**. Current Dietetic Practices in the Management of Gestational Diabetes Mellitus: A survey among Malaysian Dietitians. Scientific Conference and 19th AGM of Malaysian Dietitians' Association. National.

2013- Young Researcher Symposium (Consolation Award). Noor Kamsina Aziz & **Barakatun Nisak MY**. Obesity in men and its associated risk factors: A sample from selected FELDA in Pahang. 28th Scientific Conference & AGM of Nutrition Society of Malaysia National.

2012- Best Poster Presentation (Consolation Award). Nain Farahin MT, **Barakatun Nisak MY** & Nor Azmi K. Rice Consumption Pattern (Amount and Type) in relation to glycemic control among individuals with type 2 diabetes mellitus. 27th Scientific Conference & AGM of Nutrition Society of Malaysia National.

2011- Howard Scholarship, International Association Study of Obesity. International.

2011 - Granted Financial Support Allocation from Vice Chancellor UPM to attend SCOPE Summer School at Cambridge University UK

2011 - Best Poster Presentation (Consolation Award). Song YW, **Barakatun Nisak MY**, Nor Mazni I & Nor Azmi K Assessment of nutritional status and calculated dietary GI/GL in patients with type 2 diabetes mellitus. 26th Scientific Conference & AGM of Nutrition Society of Malaysia. National

SENARAI PENERBITAN (Sila masukan nama pengarang, tajuk, nama jurnal, jilid, muka surat dan tahun diterbitkan)

• **Journal and Proceeding**

1. Yong, Heng Yaw; Shariff, Zalilah Mohd; Rejali, Zulida; Yusof, Barakatun Nisak Mohd; Yasmin, Farah; Palaniveloo, Lalitha; Seremban Cohort Study (SECOST): a prospective study of determinants and pregnancy outcomes of maternal glycaemia in Malaysia 2018. *BMJ Open* 8 e018321.
2. Mottalib, Adham; Salsberg, Veronica; Mohd-Yusof, Barakatun-Nisak; Mohamed, Wael; Carolan, Pdraig; Poher, David M; Mitri, Joanna; Hamdy, Osama; Effects of nutrition therapy on HbA1c and cardiovascular disease risk factors in overweight and obese patients with type 2 diabetes. 2018. *Nutrition Journal* 17: 1-42.
3. Cheng, Shi-Hui; Ismail, Amin; Anthony, Joseph; Ng, Ooi Chuan; Hamid, Azizah Abdul; Yusof, Barakatun-Nisak Mohd; Effect of *Cosmos caudatus* (Ulam raja) supplementation in patients with type 2 diabetes: Study protocol for a randomized controlled trial.
4. Somayyeh Firouzi, Hazreen Abdul Majid, Amin Ismail, Nor Azmi Kamaruddin, Mohd-Yusof Barakatun-Nisak. Effect of multi-strain probiotics (multi-strain microbial cell preparation) on glycemic control and other diabetes-related outcomes in people with type 2 diabetes: a randomized controlled trial. 2016. *European Journal of Nutrition*. 1-16 Q1
5. Zheng Yii Lee • Mohd Yusof Barakatun Nisak • Ibrahim Noor Airini. Enteral Nutrition Feeding Adequacy among Mechanically Ventilated Critically Ill Patients with High Nutrition Risk in a selected Public Hospital in Malaysia : A preliminary study. *Bangladesh Crit Care J* 2016; 4 (1): 9-13 CIJ
6. S-H Cheng, HE Khoo, A Ismail, A Abdul-Hamid, MY Barakatun-Nisak. Influence of Extraction Solvents on *Cosmos caudatus* Leaf Antioxidant Properties. *Iranian Journal of Science and Technology, Transactions A: Science*. 40 (1) 51-58 CIJ
7. Shi-Hui Cheng, Amin Ismail, Joseph Anthony, Ooi Chuan Ng, Azizah Abdul Hamid, Barakatun-Nisak Mohd Yusof. Effect of *Cosmos caudatus* (Ulam raja) supplementation in patients with type 2 diabetes: Study protocol for a randomized controlled trial. *Evidence-Based* 2016. *BMC complementary and alternative medicine* 16 (1), 1 Q2
8. Subramaniam Jeevetha, Mohd Yusof Barakatun Nisak, Hui-Beng Ngan, Amin Ismail and Azrina Azlan. Relationship between Amylose Content and Glycemic Index of Commonly Consumed White Rice. *IOSR Journals*. 2014
9. Mohd Faez Bachok, Barakatun Nisak Mohd Yusof, Amin Ismail and Azizah Abdul Hamid. 2014.

Effectiveness of traditional Malaysian vegetables (*ulam*) in modulating blood glucose levels. *Asia Pac J Clin Nutr* 2014;23(3)

10. A Othman, A Ismail, FA Hassan, **BNM Yusof**, A Khatib, 2016. Comparative evaluation of nutritional compositions, antioxidant capacities, and phenolic compounds of red and green sessile joyweed (*Alternanthera sessilis*) *Journal of Functional Foods* 21, 263-271, 2016
11. SH Cheng, A Ismail, J Anthony, OC Ng, AA Hamid, **BNM Yusof**. 2016. Effect of *Cosmos caudatus* (*Ulam raja*) supplementation in patients with type 2 diabetes: Study protocol for a randomized controlled trial. *BMC Complementary and Alternative Medicine* 16 (1), 1, 2016
12. S Firouzi, **BN Mohd-Yusof**, HA Majid, A Ismail, NA Kamaruddin. 2015. Effect of microbial cell preparation on renal profile and liver function among type 2 diabetics: a randomized controlled trial. *BMC complementary and alternative medicine* 15 (1), 1, 2015
13. SH Cheng, **MY Barakatun-Nisak**, J Anthony, A Ismail. 2015. Potential medicinal benefits of *Cosmos caudatus* (*Ulam Raja*): A scoping review. *Journal of Research in Medical Sciences* 20 (10), 1000, 2015
14. FW Rezali, YS Chin, Z Mohd Shariff, **M Yusof**, **B Nisak**, K Sanker, et al. 2015. Evaluation of diet quality and its associated factors among adolescents in Kuala Lumpur, Malaysia. *Nutrition research and practice* 9 (5), 511-516, 2015
15. C. Huei Phing, H Abu Saad, **BN Mohd Yusof**, MN Mohd Taib. 2015. Workplace health programme among individuals with metabolic syndrome. *International Journal of Workplace Health Management* 8 (3), 175-188, 2015
16. Z Mohd Shariff, GL Khor, S Sariman, HS Lee, CY Siew, **M Yusof**, **B Nisak**, ...et al. 2015. The relationship between household income and dietary intakes of 1-10 year old urban Malaysian. *Nutrition research and practice* 9 (3), 278-287, 2015
17. SY Ooi, MT Mohd Nasir, **MY Barakatun Nisak**, YS Chin. 2015. Validation of a Food Choice Questionnaire among Adolescents in Penang, Malaysia. *Malaysian Journal of Nutrition* 21 (1), 25-35, 2015
18. ARR Ali K Al-Hasnawi, **Barakatun Nisak MY**, AS Hazizi. 2015. Nutritional Status-Related Factors Contribute to Poor Glycemic Status in a Sample of Iraqi Patients with Type 2 Diabetes. *Journal of Clinical Science and Medical Research* 3 (Issue 08 August), 7212-7214,
19. ZY Lee, **MY Barakatun-Nisak**, IN Airini, DK Heyland - Nutrition in Clinical Practice, 2015. Enhanced Protein-Energy Provision via the Enteral Route in Critically Ill Patients (PEP uP Protocol): A Review of Evidence *Nutr Clin Pract*, 2015
20. CH Phing, HA Saad, **BNM Yusof**, MNM Taib. 2014. Stages of change for regular physical activity among government employees. *Journal of Physical Education and Sport* 4 (4), 609, 2014
21. Firouzi, S., **Barakatun Nisak, M.**, & Nor Azmi, K. (2015). Nutritional status, glycemic control and its associated risk factors among a sample of type 2 diabetic individuals, a pilot study. *Journal Of Research In Medical Sciences*, 20(1).
22. A.S. Farhanah, M.D. Fatin Nasirah, M.Y. **Barakatun Nisak**, Nor Azlin and M.S. Zalilah. 2014. Current Dietetic Practices in the Management of Gestational Diabetes Mellitus: A Survey of Malaysian Dietitians. *Asian Journal of Clinical Nutrition*. 6:3: 67-74.
23. Subramaniam Jeevetha, **Mohd Yusof Barakatun Nisak**, Hui-Beng Ngan, Amin Ismail and Azrina Azlan. Relationship between Amylose Content and Glycemic Index of Commonly Consumed White Rice. *IOSR Journals*. 2014
24. Mohd Faez Bachok, **Barakatun Nisak Mohd Yusof**, Amin Ismail and Azizah Abdul Hamid. 2014. Effectiveness of traditional Malaysian vegetables (*ulam*) in modulating blood glucose levels. *Asia Pac J Clin Nutr* 2014;23(3)
25. **Barakatun Nisak Mohd Yusof**, Somayyeh Firouzi, Zalilah Mohd Shariff, Norlaila Mustafa, Nor Azlin Mohamed Ismail & Nor Azmi Kamaruddin. 2014. Weighing the evidence of low glycemic index dietary intervention for the management of gestational diabetes mellitus: an Asian

- perspective. *Int J Food Sci Nutr*, 2014; 65(2): 144–150 *Impact Factor: 1.26 Indexed in Scopus*
26. **Barakatun Nisak MY**, Ruzita AT, Norimah AK and Nor Azmi Kamaruddin. Medical Nutrition Therapy Administered by a Dietitian Yields Favourable Diabetes Outcomes in Individuals with Type 2 Diabetes Mellitus. *Med J Malaysia* 2013 13-18. *Indexed in Pubmed*
 27. Somayyeh Firouzi, **Mohd Y. Barakatun-Nisak**, Amin Ismail, Hazreen Abdul Majid and Kamaruddin Nor Azmi. Role of probiotics in modulating glucose homeostasis: evidence from animal and human studies. 2013 *Int J Food Sci Nutr* 1-7- *Journal Impact Factor: 1.26 Indexed in Scopus*
 28. **Barakatun Nisak MY**, Ruzita AT, Norimah AK, Gilbertson H, Nor Azmi K., 2010. Improvement of Dietary Quality with the Aid of a Low Glycemic Index Diet in Asian Patients with Type 2 Diabetes Mellitus. *J Am Coll Nutr.* 29, 3, 161-170. *Impact Factor: 1.74 Indexed in Pubmed*
 29. **Barakatun Nisak MY**, Ruzita AT, Norimah AK, Gilbertson H, Nor Azmi K., 2009. A Low Glycemic Index Diet is Associated with Short-term Improvement of Glycemic Control in Asian Patients with Type 2 Diabetes Mellitus. *Diabetes, Obesity & Metabolism.* 11, 387-396. *Impact Factor: 5.18 Journal Indexed in Scopus*
 30. **Barakatun Nisak MY**, Ruzita AT, Norimah AK, Gilbertson H, Nor Azmi K, 2009. Acute Effect of Low and High Glycemic Index Meals on Postprandial Glycemia and Insulin Responses in Patients with Type 2 Diabetes Mellitus. *Malaysian Journal of Medicine and Health Sciences.* 5, 1, 11-20. *Indexed in Scopus*
 31. **Barakatun Nisak Mohd Yusof**, Ruzita Abd. Talib, Norimah A. Karim, Nor Azmi Kamarudin. 2009. Glycemic Index of Four Commercially Available Breads in Malaysia. *Int J Food Sci Nutr.* 10, 1-10 *Impact Factor: 1.26 Indexed in Scopus*
 32. **Barakatun Nisak MY**, Ruzita AT, Norimah AK, Nor Azmi K and Fatimah A. 2008. The Effect of Low Glycemic Index Bread Eaten with Different Fillings on Blood Glucose Response in Healthy Individuals. *Jurnal Sains Kesihatan Malaysia* 6 (1) 2008: 1-10 *Non-indexed*
 33. **Barakatun Nisak MY**, Ruzita AT & Norimah AK. 2005. Glycemic Index of Eight Commercial Rice in Malaysia. *Mal J Nutr* 11 (2): 151-163: 2005 *Non-indexed*
 34. **Barakatun Nisak MY**, Ruzita AT & Norimah AK. 2005. A study of Blood Glucose Response Following Temperate and Tropical Fruit Ingestion in Healthy Adults. *Mal J Nutr* 11(1):47-57, 2005. *Non-indexed*
 35. M. Emad, M Kandiah, WK Lim, **MY Barakatun Nisak**, et al. Physical Fitness and Metabolic Profiles among Malay Undergraduates of Public University in Selangor, Malaysia. *Asean J. Sc. Technol Dev.* Vol 30 (1&2), 2013. *Non CI*
 36. Chee, HP, Hazizi AS., **Barakatun Nisak MY** & Mohd Nasir MT. Metabolic Risk Factors among Government Employees in Putrajaya, Malaysia. *Sains Malaysiana* 43(8); 2014: 1165-1174. *Non CI*
 37. Chee HP, Hazizi AS, **Barakatun-Nisak MY**, Mohd Nasir MT. The Validity and Intramodel Reliability of The Omron HJ-005 Pedometer for Quantifying Steps in Free-Living Conditions and Over a 400-Meter Walk. 2014. *Journal of Health and Environmental* Volume 5, No 1, Pp98-112. *Non CI*
 38. F. Wahida, C.Y. Siew, K. Sanker, W.F. Chee, **B.N.M. Yusof**, Z.M. Shariff. Behavioural risk factors of abdominal obesity among adolescents in selected schools in Kuala Lumpur, Malaysia. 2013. *Obesity Research & Clinical Practice* Volume 7, Supplement 1, October 2013, Page 21-24 *Impact Factor: 0.51 Indexed in Pubmed*
 39. Maryam Mashmoul, Azrina A, **Barakatun Nisak MY**, Huzwah Khaza'ai, Norhafizah M, Mohammad Taher Boroushaki. Effects Of Saffron Extract And Crocin On Anthropometrical, Nutritional And Lipid Profile Parameters Of Rats Fed A High Fat Diet. 2014. *Journal of Functional Foods* 8 (2014)180–187. *Non CI*
 40. Zabidah Ahmad Aufa, Fouad Abdulrahman Hassan, Amin Ismail, **Barakatun Nisak Mohd-Yusof** & Muhajir Hamid. 2014. Chemical Compositions, Antioxidative and Antidiabetic Properties of Underutilized Vegetable Palm Hearts from *Plectocomiopsis geminiflora* and *Eugeissona*

- insignis. J. Agric. Food Chem., 62 (9), pp 2077–2084 Impact Factor: 2.91 Indexed in Scopus
41. Zanariah Hussein, Osama Hamdy, Yook Chin Chia, Shueh Lin Lim, Santha Kumari Natkunam, Husni Hussain, Ming Yeong Tan, Ridzoni Sulaiman, **Barakatun Nisak Mohd Yusof**, Winnie Siew Swee Chee, Albert Marchetti, Refaat A. Hegazi & Jeffrey I. Mechanick. 2014. Transcultural Diabetes Nutrition Algorithm: A Malaysian Application. Hindawi Publishing Corporation. International Journal of Endocrinology, Volume 2013, 7 pages.
 42. Rohana Abd Ghani, Sangeetha Shyam, Fatimah Arshad, Norasyikin Abdul Wahab, Nik Shanita S, **Barakatun Nisak MY**. The Influence of Fasting Insulin Level in Post- Gestational Diabetes Mellitus Women Receiving Low Glycaemic Index Diets. Nutrition and Diabetes 2013 In Press. Indexed in Scopus
 43. Maryam Mashmoul, Azrina A, Huzwah Khaza'ai, **Barakatun Nisak MY** and Sabariah MN. Review Saffron: A Natural Potent Antioxidant as a Promising Anti-Obesity Drug. Antioxidants 2013, 2, 293-308 Indexed In Scopus
 44. Sangeetha-Shyam, Fatimah A, Rohana AG, Norasyikin AW, Karuthan C, Nik Shanita S, **Mohd Yusof BN** and Nor Azmi K. Lowering Dietary Glycemic Index through Nutrition Education among Malaysian women with a history of Gestational Diabetes Mellitus. 2013 Mal J Nutr 19: 9-23 Indexed In Scopus
 45. Sangeetha-Shyam, Fatimah A, Rohana AG, Norasyikin AW, Nik Shanita S, **Mohd Yusof Barakatun-Nisak**, Karuthan C and Nor Azmi K. 2013. Low glycemic index diets improve glucose tolerance and body weight in women with previous history of gestational diabetes: a six months randomized trial. Nutrition Journal 12:68 Impact Factor: 2.65 Indexed In Scopus
 46. Saman KS, Rosita J, Hadi T, Barakatun Nisak MY, Shahnaz A, Su-Peng L, Leila R. 2013. Effects of flaxseed consumption on systemic inflammation and serum lipid profile in hemodialysis patients with lipid abnormalities. Hemodialysis International 2013; 17:275-281. Indexed In Scopus
 47. Fara Wahida Rezali, Yit Siew Chin, **Barakatun Nisak MY**. Obesity-related behaviors of Malaysian adolescents: a sample from Kajang district of Selangor state. Nutr Research and Practice 2012 6: 458-465 Impact Factor: 0.97 Indexed In Scopus

- **Presentation**

1. **Barakatun Nisak MY**. Meal Replacement Therapy as a Weight Loss strategy: Evidences and Challenges. Diabetes Complications Conference and Grand Rounds. 9 – 11 May 2014. Hotel Istana, Kuala Lumpur Malaysia. National
2. **Barakatun Nisak MY**. Diet and Exercise for Diabetes: What do you tell your patients? MEMS Annual Congress (MAC) 2014. 22 – 25th May Bayview Beach Resort Penang Malaysia. National
3. **Barakatun Nisak MY**. Glycemic index: Is the Jury in or Out 25 – 26 April 2014. Malaysian Diabetes Educator Society Conference 2014. Petaling Jaya, Selangor. National
4. **Barakatun Nisak MY**. White Rice and Diabetes: Lesson from animal model and human study. Diabetes Asia 2013 Conference 24-27th October 2013. Palace of Golden Horses Selangor.
5. **Barakatun Nisak Mohd Yusof**. Guidelines - Putting into Practice! Malaysian Dietitian Association 2013 21-23 June 2013. Kuala Lumpur, Malaysia National.
6. **Barakatun Nisak Mohd Yusof**. Role of Meal Replacement for Obesity Management. MAC 2013 - Obesity Management. 24-26 May 2013. Kuala Lumpur, Malaysia National.
7. **Barakatun Nisak Mohd Yusof**. Management of Obesity via Lifestyle Modification. MAC 2012. 27 May 2012. Kelantan Malaysia National.
8. **Barakatun Nisak MY**. Low Glycemic Index Diet in the management of diabetes, July 2010, Malaysian Dietitian Scientific Conference 2010, National Kuala Lumpur, Malaysia;

National

9. **Barakatun Nisak Mohd Yusof.** White Rice Consumption and Type 2 Diabetes Mellitus: Lesson from human study and animal model. Diabetes Asia 2013. 24-27 October-2013. National. **2nd Prize Young Investigator Award**
10. **Barakatun Nisak Mohd Yusof,** Ruzita Abd. Talib, Norimah A Karim, Nor Azmi Kamarudin. Can low glycemic index-based dietary intervention program create sustained improvements in glycemic control after discontinuation of intensive control? Diabetes Asia 2011 5-9 September 2011 Asia Pacific **Young Investigator Award Nomination**
11. **Barakatun Nisak MY,** Ang Yi-Pei, Mohd Husaini AH, Rafidah O. Oral Nutritional Supplement Enriched with Omega-3 PUFA improved nutritional status of patients with gastric cancer-related cachexia: A case study. 7th Asian Pacific Conference on Clinical Nutrition 5-9 June 2011. Asia Pacific
12. **Barakatun Nisak Mohd Yusof,** Ruzita Abd. Talib, Norimah A Karim, Nor Azmi Kamarudin. Effect of low glycemic index dietary advice on dietary quality in patients with type 2 diabetes mellitus. 24th Scientific Conference of the Nutrition Society of Malaysia. Kuala Lumpur. 26-27 March 2009.
13. **Barakatun Nisak Mohd Yusof,** Ruzita Abd. Talib, Norimah A Karim, Nor Azmi Kamarudin. The Effect of Low Glycemic Index Dietary Advice versus Conventional Carbohydrate Exchange Method on Glycemic Control In Type 2 Diabetes. 15th International Congress of Dietetics (ICD 2008). Yokohama, Japan, on September 8-11, 2008
14. **Barakatun Nisak Mohd Yusof,** Ruzita Abd. Talib, Norimah A Karim, Nor Azmi Kamarudin. The Effect of Low Glycemic Index Bread Eaten With Fillings on Blood Glucose Response Among Healthy Malay Individuals. *Health Symposium- 6, Faculty of Allied Health Sciences,* Kuala Lumpur, 6-7 June 2006.
15. **Barakatun Nisak Mohd Yusof,** Ruzita Abd. Talib, Norimah A Karim, Nor Azmi Kamarudin. Use of Glycemic Index in Dietary Management of Diabetics. 21st Scientific Conference. Kuala Lumpur. 30-31 March 2006
16. **Barakatun Nisak MY.** Binge eating behavior is associated with obesity and high caloric intake: a population-based study. 25-26th March 2010. Nutrition Society of Malaysia. National. Kuala Lumpur, Malaysia