

CURRICULUM VITAE



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 Department of Dietetics
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Education

1. PhD in Nutrition and Food Sciences, Wayne State University, Michigan, USA. (2014)
2. MSc in Nutrition and Food Sciences, Wayne State University, Michigan, USA. (2010)
3. MHsc in Nutrition, Universiti Kebangsaan Malaysia, Malaysia. (2007)
4. BHSc (Dietetics), Universiti Sains Malaysia, Malaysia. (2003)

Areas of Interest

1. Renal Nutrition
2. Omics-based Clinical Nutrition
3. Digital Dietetics Innovation
4. Capacity building in dietetics education
5. Oncology Nutrition

Professional Qualification/ Membership/ Affiliation

1. Professional Qualification: Registered Dietitian (Malaysian Allied Health Profession Council) - Reg. No: MAHPC(DTN)000005 (2020—Present)
2. Professional Qualification: Certified Level 2 Anthropometrist, ISAK (2016—Present)
3. Membership : Ordinary Member of Malaysian Dietitians' Association (Current Role: Honorary Treasurer 2023-2025)
4. Membership: Associate Member of the International Society of Renal Nutrition and Metabolism & National Kidney Foundation of USA.
5. Membership: Ordinary Member of Malaysian Society of Body Composition
6. Membership: International Society of Nephrology
7. Membership: Life Member of Nutrition Society of Malaysia

Appointments (Inside and Outside UPM)

Date	Designation	Remarks
1. 2025 - current	Operational Deputy Director (Clinical Support Services)	Hospital Sultan Abdul Aziz Shah (HSAAS), UPM
2. 2020 - 2021 2024 - 2025	Head, Department of Dietetics	Faculty of Medicine & Health Sciences & Hospital Sultan Abdul Aziz Shah (HSAAS), UPM
3. 2017 - current	Allied Fellow	Center for Quality Assurance, UPM



4. 2023 – 2026	External Assessor	Universiti Kebangsaan Malaysia (UKM)
5. 2024 – 2026	External Examiner	Cyberjaya University, Malaysia
6. 2024 – 2025	External Clinical Examiner	Universiti Sains Malaysia (USM)
7. 2023 – 2024	Visiting academic & member board of studies	Chandigarh University, India
8. 2025 – 2026	Member Board of Studies	Universiti Malaysia Sabah (UMS)

Publications

Journals (in 5 years) – Selected 10 that reflecting my area of interest

1. Investigating the Impact of Dietary Guidelines Transition on Cardiometabolic Risk Profile: A Forensic Analysis Using Diet Quality Metrics
Scientific Reports, 2024.
2. Bioelectrical Impedance Analysis-Derived Phase Angle as a Pragmatic Screening Tool for Assessing Sarcopenia in Multi-Ethnic Peritoneal Dialysis Patients
Clinical Nutrition Open Science, 2024.
3. Weight Loss in Post-Chemoradiotherapy Head and Neck Cancer Patients
Nutrients, 2022.
4. Effect of Perioperative Immunonutrition Intervention Among Gynecological Cancer Patients: A Systematic Review
Clinical Nutrition ESPEN, 2024.
5. Casein Hydrolysates Produced via Sequential Enzymatic Hydrolysis: Characterisation and Their Effect on Calcium Uptake by Caco-2 Cell Line
International Journal of Food Science and Technology, 2024.
6. Effects of Flavanols and Procyanidins-Rich Cocoa Consumption on Metabolic Syndrome: An Updated Review (2013 to 2023)
Bioscience, Biotechnology, and Biochemistry, 2024.
7. Dietary Factors and Sleep Quality Among Hemodialysis Patients in Malaysia
Journal of Renal Nutrition, 2022.
8. Dietary Fatty Acid Intake in Hemodialysis Patients and Associations with Mortality: A Prospective Cohort Study
Clinical Nutrition, 2019.
9. Exploring Metabolic Signature of Protein Energy Wasting in Malaysian Hemodialysis Patients
International Journal of Nephrology and Renovascular Disease, 2020.
10. Dietitian-Led Cluster Randomised Controlled Trial on the Effectiveness of Medical Nutrition Therapy on Glycaemic Control Among Patients with Type 2 Diabetes Mellitus in Primary Care: A Study Protocol
BMJ Open, 2022.

Conference Proceedings (in 5 years)

- 1.
- 2.

Books (If any)

1. Food Phosphate Guide for Chronic Kidney Disease (2019), PMG Integrated Communication
2. Panduan Fosfat Makanan untuk Pesakit Buah Pinggang Kronik (2019), PMG Integrated Communication

Chapter in Books (If any)

1. Virtual Reality Simulation as a Strategy to Implement Interprofession Students. Penerbit UPM (2019)
2. Daud ZAM. Ascorbic Acid: Properties, Determination and Uses. In: Encyclopedia of Food and Health. Academic Press, 2016.
3. Daud ZAM, et al. Health and Nutritional Properties of Palm Oil and Its Components. In: Palm Oil: Production, Processing, Characterization, and Uses. AOCS Press, 2012.

Research Grants (as Principal Investigator)				
No.	Project Title	Amount (RM)	Year	Source of Fund
1.	Exploring Metabolic Signature of Protein Energy Wasting in Malaysian Hemodialysis Patients	97,200	2016	FRGS-Ministry of Higher Education
2.	Delineating the Complex Interplay among Dietary Exposure, Genome and Epigenome for Cardiovascular Risk among Adult Type 2 Diabetes Patients using Stage-based Structural Equation Modelling, Artificial Neural Network and Nutritional Genomics (SEANGE) Approach	164,670	2022	FRGS-Ministry of Higher Education
3.	Development and Evaluation of a Mobile Diet Application to Enhance Dietetics Care for Patients with Chronic Kidney Diseases in Malaysia	53,410	2016	Geran Putra-IPM, UPM.
4.	Effects of Ramadhan Fasting on Nutritional Status Among Muslims End Stage Renal Disease	21,000	2018	Geran Putra-IPS, UPM.
5.	Unravelling the Predictive Role of Bioelectrical Impedance Analysis-Derived Phase Angle to Detect Sarcopenia in Malaysian Peritoneal Dialysis Patients	22,448	2022	Geran Putra-IPS, UPM
6.	Assessment of Muscle Wasting in Malaysian Hemodialysis Patients Using Ultrasound Imaging	80,400	2016	National Kidney Foundation Malaysia
7.	A Randomized and Open Label Phase 2 Clinical Trial of Low-GI, Polyphenol-rich UKMRC-9 Red Rice on Cardiometabolic Parameters in Patients with Type 2 Diabetes	141,400	2020	Subcontract Grant – Taylor’s University
8.	Comparing the Extent and Nature of Unhealthy Food and Drink TV Marketing to Girls and Boys across Nine Countries in Asia (IDRC/2020/SBS/001)	280,000	2023	Subcontract Grant – Taylor’s University
9.	Effects of Dietary Supplementation Using Palm Tocotrienols in Chronic Hemodialysis (PATCH) Patients - A Multicenter Study Evaluating Markers of Inflammation, Oxidative Stress and Blood Lipids	1,050,343	2015	Wayne State University, USA
10.	Mobile apps to improve nutrition literacy among chronic kidney disease patients	88,700	2024	International Society of Nephrology

Awards/ Recognition (Current)				
No.	Name of awards	Award Authority	Award Type	Year
1.	Bronze Medal at PECIPTA 2022	University Malaysia Kelantan	Innovation Award	2022
2.	Gold Medal, International Innovation Award at MTE 2022	Malaysia Technological Expo	Innovation Award	2022
3.	Gold Medal, Putra Innocreative Poster Competition 2023	Universiti Putra Malaysia	Innovation Award	2023
4.	Silver Medal, Putra Innocreative Poster Competition 2023	Universiti Putra Malaysia	Innovation Award	2023
5.	Best Abstract Award	Asia Pacific Congress on Nephrology & Korean Society of Nephrology	Research Award	2024
6.	Best Paper Award	Malaysian Society of Nephrology Congress	Research Award	2024
7.	Best Master Thesis Award	Nutrition Society of Malaysia	Research Award	2008
8.	High Performance Research Award (Health Science Cluster)	Faculty of Medicine and Health Sciences, UPM	Research Award	2022
9.	Excellence Service Award	Universiti Putra Malaysia	Service Award	2016; 2020

Professional Services/ Consultation			
No.	Year	Title	Authority
1.	2023	Comparing the Extent and Nature of Unhealthy Food and Drink TV Marketing to Girls and Boys across Nine Countries in Asia (IDRC/2020/SBS/001)	Parked under UPM Consultancy & Services Sdn Bhd

Student Supervision			
PhD (Main Supervisor)			
No.	Name	Title	Status
1.	Hasmiza Halib	Effects of Dark Chocolate Consumption on Metabolic Profiles in Obese Adults – A Randomized Controlled Trial	Ongoing
2.	Lim Jun Hao	Gene-Diet Interactions fo Cardiovascular Risks in Adults Type 2 Diabetes Patients in the Klang Valley, Malaysia	Ongoing
3.	Ho Chiou Yi	Perioperative Immunonutrition Intervention On Postoperative Outcomes Among Gynecological Cancer Patients Under Enhanced Recovery After Surgery Setting: An Exploratory Mixed Method Study	Ongoing
4.	Leong Sim Kian	Clinical Effectiveness of MyNutriKidney® for Dietary Self-Management in Chronic	Ongoing

Kidney Disease Patients: Study Protocol for a Pragmatic Randomized Controlled Trial

5.	Othman Ghatar	Effectiveness of Personalized Nutritional Education on Nutritional Status and Quality of Life among Patients Undergoing Haemodialysis in Jazan, Saudi Arabia	Ongoing
6.	Amna Mohamadmahmod Mokhtar	TBC	Ongoing
7.	Shakil Ahmed	Investigating Acute & Chronic Impact of Red Pigmented Rice on Metabolomics Profile in Malaysian Adults Population	Ongoing
8.	Alattar Shata Ibraheem	Impact of an Intervention Education Program on The Knowledge, Attitudes, and Practices of Dietitians Working with Chronic Kidney Disease Patients in Public Hospitals of Saudi Arabia	Ongoing

Master with Thesis (Main Supervisor)			
No.	Name	Title	Status
1.	Aziatul Natasha Ahmad	Biochemical Profile and Anti-Diabetic Activity of <i>Morinda Citrifolia L.</i> Fruit Extract using Metabolomics Approach	Completed
2.	Fatin Athirah Pauzi	Exploring Metabolic Signature of Protein Energy Wasting in Malaysian Hemodialysis Patients	Completed
2	Leong Sim Kian	Factors Associated with Low Protein Diet Adherence among Chronic Kidney Disease Patients in Malaysia	Completed
3.	Muhammad Syafiq Md Ali	Development and Validation of Food Frequency Questionnaire for Urban Hemodialysis Population in Malaysia	Completed
4.	Lim Jun Hao	Relationship between Nutrition-Related Health Literacy and Dietary Adherence among Hemodialysis Patients from Selected Dialysis Centers in Klang Valley, Malaysia.	Completed
5.	Cordelia Lim Kheng May	Assessing Protein Energy Wasting among Hemodialysis Patients using Bioelectrical Impedance Analysis-Derived Phase Angle at Selected Dialysis Centers in the Klang Valley, Malaysia	Completed
6.	Nurul Iman Hafizah Adanan	Effect of Ramadan Fasting on Nutritional and Functional Status among Muslims End Stage Renal Disease (ESRD) Patients undergoing Maintenance Hemodialysis	Completed



6.	Lee Shi Wah	Assessing Sarcopenia Among Multi-Ethnic Peritoneal Dialysis Patients Using Bio-Electrical Impedance Analysis-Derived Phase Angle	Completed
7.	Imliya Ibrahim	Beyond Nutrient Intakes: Integrative Analysis of Dietary Patterns to Elucidate the Unexplained Ramadan-Induced Nutritional Biochemical Alterations in Malaysian Hemodialysis Patients	Thesis Submitted
8.	Jazlina Syahrul	TBC	Ongoing

Attended Seminars/ Workshops/ Forums both National and International

No.	Year	Title	Organizers
1.	2025	International Diabetes Federation 2025	International Diabetes Federation
2.	2025	31 st Malaysian Dietitian Association Conference	Malaysian Dietitians' Association
3.	2025	Clinic Diabetes 2025	National Diabetes Association

Intellectuals Property

Patent Granted

No.	Date	Patent No.	Name
1.	30-May-2021	TM2020012033	National Trade Mark
2.	30-May-2021	TM2020012034	National Trade Mark

Patent Field

No.	Date	Patent No.	Name
1.			
2.			