

Good Food Fellows Program Announcement



IN RECOGNITION

Food EDU is facilitated by the American Heart Association (AHA) and the Alliance of Bioversity and CIAT as co-secretariats of the Periodic Table of Food Initiative (PTFI)



American
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PERIODIC
TABLE OF FOOD
INITIATIVE

Food EDU and Good Food Fellows are supported by:



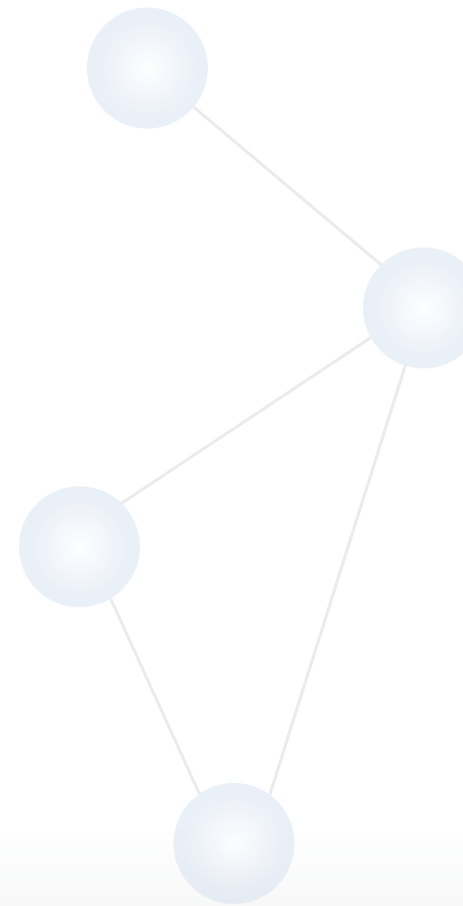


FOOD EDU: Education to Nourish People and Planet

Food EDU is an open-access educational platform focused on the translation and application of cutting-edge research in food, agriculture, health, and nutrition. We aim to empower leaders across the globe to create and lead data-driven solutions to urgent human and planetary health challenges. With curricula that spans disciplines and geographies, Food EDU promotes scientific literacy and interdisciplinary collaboration worldwide.

Food EDU is building the capacity of scientific communities by helping bridge the gap between research and education with our unique approach to developing curricula. We collaborate with world-renowned experts to deliver trusted science through engaging storytelling and global case studies.

Through our online courses, webinars, networking hub, and fellows program highlighted here we provide educational and professional development opportunities for scientists, policy makers, and food and health practitioners around the world.





EDUCATION

GOOD FOOD FELLOWS: PROGRAM OVERVIEW

Food EDU is excited to announce the launch of our **Good Food Fellows program**.

This program supports scientists as they research solutions to improve food quality, sustainable agricultural practices, health and nutrition in communities across the globe.

Through training and research fellowships, this program will provide an international cohort of graduate students and researchers with opportunities to generate and apply data on food quality using innovative, evidence-based science and technology. The aim of the program is to prepare fellows as leaders in advancing our knowledge of food quality to improve human and planetary health.

Central to the work of the **Good Food Fellows program** is the **Periodic Table of Food Initiative (PTFI)**, which is leading the way for a good food future by building the world's most comprehensive food biomolecular database. Six of the PTFI's Centers of Excellence are training hubs for the program.

These are the Centers of Excellence supporting the inaugural cohort of Good Food Fellows:

Javeriana University (Colombia)

Ethiopia Public Health Institute (Ethiopia)

The University of the South Pacific (Fiji)

Kwame Nkrumah University of Science and Technology (Ghana)

National Institute of Medical Sciences and Nutrition Salvador Zubirán (Mexico)

Mahidol University (Thailand)

Good Food Fellows research grants fund master's and doctoral students, select researchers and postdoctoral fellows, to contribute to community-engaged research projects that apply PTFI analytics while contributing to the PTFI database.



NUTRITION

GOOD FOOD FELLOWS AND CENTERS OF EXCELLENCE

JAVERIANA UNIVERSITY

PROJECT SUMMARY:

Good Food Fellows at Javeriana University will support a project titled, “**Community-based Diabetes Risk Management.**” They will collaborate with people in the communities of Valle del Cauca and Cauca in Colombia to promote dietary changes to prevent diabetes. Project objectives are to evaluate food consumption habits, their determinants, and their relationship with the risk of diabetes using molecular characterization tools from the **PTFI program**, and to generate participatory strategies for diet modification. In addition, the Fellows will be trained in the foundations of public health, public policies related to health, food, nutrition, and chronic diseases and strategies for community engagement in research. They will also learn to use PTFI analytical approaches and the food composition database.

JAVERIANA PROGRAM SUPPORT:

Maria Del Pilar Zea, *Program Director, Director and Chair, Department of Food and Nutrition*

Maria Teresa Varela Arevalo, *Mentor, Professor, Department of Social Sciences*

Fabian Suarez-Ortegon, *Mentor, Professor, Department of Food and Nutrition*

Diana Caicedo, *Mentor, Professor, Public Health and Epidemiology*

Andres Jaramillo Botero, *Mentor, Professor and Director of iÓMICAS Institute*

Juliana Chaura, *Mentor, Laboratory Coordinator, iÓMICAS Institute*

Program Contact: maria.zea@javerianacali.edu.co



JAVERIANA UNIVERSITY FELLOWS



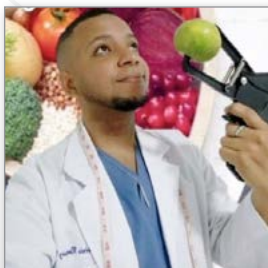
CATALINA PARRA MARTÍNEZ

is a nutritionist-dietitian who graduated in 2023 from the Pontificia Universidad Javeriana in Cali, Colombia. She is earning her master's degree in public health. Catalina has academic and research experience in clinical nutrition and public health, focusing on the investigation of urban food environments. **As a Good Food Fellow**, Catalina will characterize food consumption patterns in three communities in Valle del Cauca and Cauca to relate the risk of diabetes with more specific dietary factors.



MATEO REINOSO SÁNCHEZ

is Sánchez is a psychologist who graduated from the Pontificia Universidad Javeriana in Cali, Colombia in 2023. He is a member of an undergraduate research group interested in vulnerable populations affected by the armed conflict, participating in initiatives for reparation, memory processes and dissemination of information about these topics. **As a Good Food Fellow**, Mateo will contribute to the development of the communities in this project by helping bridge the gap between academic research and public awareness of diabetes risk.



ROBINSON ANDRÉS RODRÍGUEZ VERGARA

is a nutritionist-dietitian who graduated from the Pontificia Universidad Javeriana in Cali, Colombia in 2022. He is earning his master's degree in clinical epidemiology. Robinson Andrés has studied protein quality assessment, food fortification and biofortification strategies, genetically modified foods and the correlation between dietary patterns and non-communicable chronic diseases. **As a Good Food Fellow**, he will support diabetes prevention education for the program.



JEISON SUESCUN HOLGUÍN

is a biologist who graduated from the Pontificia Universidad Javeriana in Cali, Colombia in 2022 with dual emphases in biotechnology and conservation biology. Jeison specializes in creating mathematical models for studying diseases and cellular signaling pathways. He has also contributed to developing bioinformatic tools for optimal gene identification in expression analysis normalization. **As a Good Food Fellow**, Jeison will promote healthier food choices that positively impact their community's well-being and empower others to adopt similar practices globally.



VIVIANA ORTEGA BURBANO

is a Ph.D. student in Engineering and Applied Sciences at Pontificia Universidad Javeriana, in Cali, Colombia, where she also earned her bachelor's and master's degrees in chemistry. Vivian has participated as a student and assistant in research associated with the selective chemical identification of pathogens and biomarkers associated with health conditions. **As a Good Food Fellow**, she will contribute to the metabolomic characterization and analysis of foods and their correlation with high prevalence of diabetes.



YURDEY FERNANDA HERRÁN MURILLO

is a Ph.D. student currently in the Psychology Doctorate program at Pontificia Universidad Javeriana, in Cali, Colombia. She is a nutritionist and psychologist with research experience in mental health, functional diversity, parenting practices, child nutrition and food environments. **As a Good Food Fellow**, she will promote the human right to adequate food and nutrition, while advocating for dietary change to prevent diabetes.

GOOD FOOD FELLOWS AND CENTERS OF EXCELLENCE

ETHIOPIAN PUBLIC HEALTH INSTITUTE

PROJECT SUMMARY:

Good Food Fellows with the **Ethiopian Public Health Institute (EPHI)** will support the work of this national research institute mandated with producing evidence on public health and nutrition for decision-makers. The Food Science and Nutrition Research Directorate of EPHI has been conducting several research projects to improve the implementation of food and nutrition policy and strategy. In partnership with the **Consortium of International Agricultural Research Centers (CGIAR)** the institute recently developed Food Based Dietary Guidelines to promote sustainable, healthy eating and Ethiopian food system transformation. Good Food Fellows will help to strengthen Ethiopia's food system transformation by researching underutilized food crops and promoting evidence-based, sustainable, healthy eating. The title of the fellows research project is, **"Leveraging the role of underutilized foods in a sustainable food system in Ethiopia."**

EPHI PROGRAM SUPPORT:

Endale Amare, Program Director and Mentor, Senior Researcher, Food and Nutrition Sciences

Adamu Belay, Mentor, Researcher, Food and Nutrition Sciences

Eskedar Getachew, Mentor, Assistant Professor of Food Science and Nutrition

Aderajew Mekonnen, Mentor, Senior Public Health Researcher

Anbissa Muleta, Mentor, Nutrition Research Advisor

Aregash Samuel, Mentor, Senior Researcher, Food and Nutrition Sciences

Masresha Tessema, Mentor, Director of the Food Science and Nutrition Research Directorate

Alganesh Tola, Mentor, Director of Food Science and Nutrition Research Directorate at Ethiopian Institute of Agricultural Research

Program Contact: endale.amarek@gmail.com



PARTNERSHIP

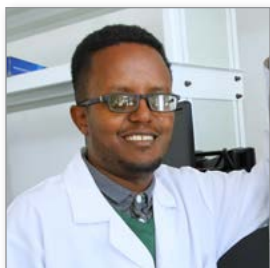


ETHIOPIAN PUBLIC HEALTH INSTITUTE FELLOWS



NIGAT ASHENAFI

is Associate Researcher at the Food Science and Nutrition Research Directorate of the EPHI. She has a MSc in Food Science and Technology from Hawassa University and BSc in Applied Chemistry from Addis Ababa University. Nigat has extensive experience in food laboratories and has worked on many national projects related to Ethiopian food composition tables, National Nutrition Survey, and the establishment of a surveillance system on food adulteration. **As a Good Food Fellow**, Nigat will use ionomics and fatty acid methyl ester (FAME) analysis to profile hyacinth bean, an underutilized and less studied food crop in Ethiopia. This research will help determine the effect of variety and geographical location on nutrient composition and evaluate the potential for new food product development.



ESAYAS ABRHA

has a MSc in Food Science and Nutrition from Addis Ababa University, and BSc in Applied Chemistry from Hawassa University. Esayas is a Researcher at the Food Science and Nutrition Program of Holetta Agricultural Research Center studying food composition and bioactive compound analysis. **As a Good Food Fellow**, he aims to leverage the role of underutilized foods in Ethiopia's sustainable food system by studying the nutritional value and development of Anchote-based food products. This project will evaluate the nutritional and biomolecular composition of Anchote cultivars, assess how variety and location affect nutritional quality, and determine their potential for use as food products for different target groups.



TADESSE G/GIYORGIS

is an Associate Researcher at the Food Science and Nutrition Laboratory of EPHI. He has a MSc in Analytical Chemistry and BSc in Applied Chemistry from Addis Ababa University. Tadesse was Chief Technical Assistant at Addis Ababa University Department of Pharmaceutical Chemistry and has experience conducting food composition analyses, pharmaceutical analysis and quality assurance practices. He participates in the National Nutrition Survey and the Ethiopian food composition table update. **As a Good Food Fellow**, Tadesse will assess and evaluate the nutritional content of an underutilized plant called stinging nettle (locally called 'Sama') and develop and evaluate new food products made with nettle flour that can be incorporated into the Ethiopian food system.



HAILU RETA

is a researcher at the Food Science and Nutrition Research Directorate of the Ethiopian Institute of Agricultural Research. He has a MSc in Analytical Chemistry and BSc in Applied Chemistry from Ambo University. Hailu's work experience focuses on nutritional quality, food processing and food safety research. He has held various leadership positions in the Food Science and Nutrition Research Directorate, including national case team leader. **As a Good Food Fellow**, Hailu will investigate the nutritional composition, anti-nutrients, antioxidants, and phytochemicals of Ethiopian gooseberry (*Dovyalis abyssinica* A.Rich. Warb), also known as koshum.



DANDI MITIKU

is pursuing a MSc in Food Science and Nutrition at Addis Ababa Science and Technology University. She has a BSc in Food Technology and Process Engineering from Haramaya University. Dandi has experience in the food industry working with a processing company optimizing production processes and ensuring food quality. **As a Good Food Fellow**, Dandi aims to advance sustainable food systems by harnessing the potential of underutilized plants in Ethiopia. This project will investigate an underutilized plant called *Portulaca quadrifida* for functional food product development by using omics techniques to enhance our understanding of this plant and promote its integration into the Ethiopian food system.



WOSENYELEH AMBAW

is pursuing a PhD in Food Science and Nutrition at Addis Ababa University, where he also earned a MSc in Food Science and Nutrition. Wosenyeleh is Lead Executive Officer of the food quality and safety control laboratory of the Ethiopian Food and Drug Authority and his research mainly focuses on food safety. **As a Good Food Fellow**, Wosenyeleh will evaluate the nutritional quality of Ethiopian field pea (*P. sativum* species *abyssinicum*), an underutilized and less studied indigenous food crop in Ethiopia. He will explore the impact of variety and growing location on nutritional quality of the crop. This information will be used to develop innovative food products.



TRAINING

GOOD FOOD FELLOWS AND CENTERS OF EXCELLENCE

THE UNIVERSITY OF THE SOUTH PACIFIC (USP)

PROJECT SUMMARY:

At the **University of the South Pacific**, **Good Food Fellows** will investigate the biochemical diversity in select varieties of indigenous and underutilized crops from the South Pacific. This will include forest foods, coastal food, seaweeds and plants that are native, home grown, cultivated and/or accessible at the municipal markets or supermarkets. In collaboration with the **Australian Centre for International Agricultural Research (ACIAR)**, **South Pacific Community (SPC)**, the **South Pacific Regional Herbarium at USP** and conservation researchers working in **Oceania**, fellows will also explore the effects of climate change on these crops. Key outcomes include determining the nutritional and medicinal value of the crops, include promoting community-based awareness of Pacific foods to inform dietary choices, and facilitating training on access and benefit sharing and sustainable agricultural practices.

USP PROGRAM SUPPORT:

Vincent Lal, *Program Director, Manager Laboratory Services, Institute of Applied Sciences, USP*

Marika Tuiwawa, *Mentor, Curator, South Pacific Regional Herbarium, USP*

Randolph Thaman, *Mentor, Emeritus Professor of Pacific Island Biogeography, USP*

Andrew Lowe, *Mentor, Professor, Director of Environment Institute, University of Adelaide*

Clare Morrison, *Mentor, Lecturer in Ecology, Griffith University*

Ravi Nadi, *Mentor, Professor and Director, Global Centre for Environmental Remediation*

Program Contact: vincent.lal@usp.ac.fj



THE UNIVERSITY OF THE SOUTH PACIFIC (USP) FELLOWS



RUPANTRI RAJU

has a PhD in Food Technology from Massey University in New Zealand. Her research tested the changes in bioactive composition of cocoa beans during postharvest processing. Dr. Raju teaches at the Fiji National University. She is also the Environment, Climate, and Resilience (ECR) Manager of the PHAMA Plus program. Her research interests are on the impact of post-harvest processing on the nutritional quality of food from the Pacific Islands. **As a Good Food Fellow**, she will support community participatory mapping of food resources and interventions to preserve the rich biochemical diversity in local foods during post-harvest activities. She will also investigate climate metrics that impact local food systems and identify intervention strategies to enhance climate resilience in communities.



JOAPE GINIGINI

has a MSc in chemistry from the University of the South Pacific where he is a Senior Scientific Officer at the Institute of Applied Sciences. He received a gold medal for his master's thesis. Joape is a member of the Indigenous Science Network and leads a number of initiatives at USP on issues relating to access and benefit sharing. He is a natural product research chemist and his research on marine resources and active compounds has been published in high impact journals. **As a Good Food Fellow**, he will help to create access and benefit sharing guidelines for local, national and regional stakeholders in the Pacific food and agriculture sector.



PRASHNEET MANI

is pursuing a MSc in Bioanalytical Chemistry from the University of the South Pacific where is a Laboratory Technician at the Institute of Applied Sciences. Prashneet specializes in analyzing the nutritional content of food (including vitamins, minerals, fatty acids, proximate analysis, sugars and starch). He has experience using High Performance Liquid Chromatography (HPLC), Infrared Spectroscopy (IR), Ultra-violet visible Spectroscopy (UV-Vis) and Atomic Absorption Spectroscopy. **As a Good Food Fellow**, his research will expand on the testing and method validation of the different types of sugars, oligosaccharides and polysaccharides in foods from the Pacific Island Countries.



SOFIA SHAH

is pursuing a PhD in Inorganic Chemistry at the University of the South Pacific and is a Lecturer in Chemistry at the Fiji National University. As an expert in water quality and environmental analytical chemistry, Sofia's research includes analyzing heavy metals in different types of seafood, water and soil samples from various land-use areas in Fiji. **As a Good Food Fellow**, she will be trained to operate an Inductively Coupled Plasma Optical Emission Spectrometry (ICPOES) and Mass Spectrometry (ICPMS) to analyze foods from the Pacific Islands. Her input as a fellow will facilitate the Ionics division of the USP to expand and validate methods for different foods.



JEREMAIA KOROJIUTA

is pursuing a MSc in Analytical Chemistry at the University of the South Pacific where he also works as Food Unit Key Technical Person at the Institute of Applied Sciences. He studies plant extracts and is a member of the Fiji Kava Council and CODEX committee in Fiji. Jeremaia has experience using High Performance Liquid Chromatography (HPLC) and Gas Chromatography (GC). **As a Good Food Fellow**, Jeremaia's research includes identifying and quantifying the active compounds in different cultivars of the Kava plant in the South Pacific.



KARALAINI RABO

is pursuing a PhD at the University of the South Pacific where she also earned a MSc in Chemistry. She is a Scientific Officer (Laboratory & Quality Assurance) at the Institute of Applied Sciences. Kara's research has focused on qualitative and quantitative analysis of minerals and heavy metals in water, food, biofuel and soil/sediment samples. **As a Good Food Fellow**, her research will focus on the environment and genotype as key factors determining the nutritional quality of underutilized Fijian crops. In addition to Kava, Kara will analyze several foods of the South Pacific, including leafy vegetables, fruits, as well as fish and shellfish.

Good Food Fellows and Centers of Excellence

KWAME NKRUMAH UNIVERSITY OF SCIENCE AND TECHNOLOGY (KNUST)

PROJECT SUMMARY:

Good Food Fellows at the **Kwame Nkrumah University of Science and Technology** will investigate the determinants of quality of 5 selected indigenous Ghanaian food crops: maize, cassava, cowpea, groundnuts, and tomatoes. Along with their mentors, they will explore indigenous knowledge and spirituality attachments to the growing, processing and consumption of these crops and the impact of agricultural practices and environmental factors on their biochemical diversity and sensory attributes. The Fellows will also investigate how eating these crops impacts the micronutrient and the nutritional status of individuals. Qualitative and quantitative approaches will be used for data collection, and core PTFI technology will be used for biochemical diversity analysis. The research project will integrate **PTFI Principles for Community-Engaged Research** by being responsive to the needs, rights, well-being, contexts, and culture of the local indigenous communities, enhancing their strengths, engaging local indigenous leadership for procurement of food materials and material transfer, and fostering collaborations across all stakeholders.

USP PROGRAM SUPPORT:

Reginald Annan, *Program Director, Associate Professor, Biochemistry and Biotechnology*

Amma Aboagyewa Larbi, *Mentor, Lecturer, Biochemistry and Biotechnology*

Gloria Matanda Ankaar-Brewoo, *Mentor, Senior Lecturer, Department of Food Science and Technology*

Charles Apprey, *Mentor, Senior Lecturer, Department of Biochemistry and Biotechnology*

Isaac Kankam Boadu, *Mentor, Lecturer, Department of Crop and Soil Science*

Paul Kumah, *Mentor, Lecturer, Sociology and Social Work*

Herman Eric Lutterodt, *Mentor, Senior Lecturer, Department of Food Science and Technology*

Lyndon Nii Adjiri Sackey, *Mentor, Lecturer, Environmental Science*

Program Contact: raannan.cos@knust.edu.gh



AGRICULTURE



KWAME NKRUMAH UNIVERSITY OF SCIENCE AND TECHNOLOGY (KNUST) FELLOWS



AMOS OTOPAH ANIM

is a MPhil student in the Department of Food Science and Technology (KNUST) where he also earned a BSc in Food Science and Technology. His undergraduate research was on the effects of the COVID-19 pandemic on the dietary habits of young adults living in Ghana. **As a Good Food Fellow**, Amos will assess the impact of agricultural practices, including farming techniques and post-harvest handling, and environmental factors, such as climate and geographical location, on the quality and sensory attributes of selected indigenous food crops.



MARY ANN NUNOO

is pursuing a MPhil in Human Nutrition and Dietetics at KNUST where she also earned a BSc in Biochemistry. Her undergraduate research was on the dietary intake and nutritional status of diabetic patients in the Ejisu Municipality. This served as a pivotal experience, igniting her fascination with the intricate relationship between diet and health outcomes. **As a Good Food Fellow**, Mary Ann will study the micronutrient and nutrition effects of eating indigenous Ghanaian food crops.



FRANK FRIMPONG

is pursuing a MPhil in Plant Breeding in the College of Agriculture and Natural Resources. He has a BSc in Biochemistry from KNUST. His undergraduate research determined the pectinolytic activities of fungal retting of the kenaf plant. **As a Good Food Fellow**, Frank will assess the impact of agricultural practices, including farming techniques and post-harvest handling, on the quality and biochemical diversity of selected indigenous food crops.



EUNICE AFIA AMPONSAH

is pursuing a MPhil in Biochemistry at KNUST where she also earned a BSc in Biochemistry. Her undergraduate research assessed the phytoconstituents of Lippia tea. As a **Good Food Fellow**, Eunice will examine the effect of genetic variations and crop diversity in determining the biochemical diversity and sensory attributes of indigenous Ghanaian food crops.



JANET BEYUO

is pursuing a MSc in Environmental Science at KNUST where she also earned a BSc in Environmental Science. Her undergraduate research focused on the environmental management of used face/nose masks resulting from the prevention of COVID-19 in a tertiary educational setting. **As a Good Food Fellow**, Janet will assess the impact of environmental factors, such as climatic conditions and geographical location on the biochemical diversity and quality of selected indigenous food crops.



FELIX SENIOR OBENG

is pursuing a MPhil Sociology at KNUST where he also earned a BSc in Sociology. His undergraduate research explored lecturer-student intimate relationships and their associated predictors. **As a Good Food Fellow**, Felix will explore indigenous knowledge and spiritual attachments to the growing, processing and consumption of the selected indigenous Ghanaian food crops.



SHEILA MENSAH

is pursuing a MPhil in Food Science and Technology at KNUST where she also earned a BSc in Food Science and Technology. Her undergraduate research was on developing healthier nuggets from Heterotis niloticus, an underutilized freshwater fish. **As a Good Food Fellow**, Sheila will study the varying biochemical and sensory attributes of the selected crops and associated factors from farm to fork such as how the crops are grown and post-harvest handling (transit, preservation, market handling and household handling).

GOOD FOOD FELLOWS AND CENTERS OF EXCELLENCE

NATIONAL INSTITUTE OF MEDICAL SCIENCES AND NUTRITION SALVADOR ZUBIRÁN (INCMNSZ)

PROJECT SUMMARY:

Good Food Fellows at the **National Institute of Medical Sciences and Nutrition Salvador Zubirán (INCMNSZ)** will participate in an integrative and multidisciplinary program that includes basics in clinical studies with nutritional interventions, nutritional epidemiology, food science technologies, nutritional metabolomics, and evaluation of the metabolic response. The students' work is part of the project **BIAMEX**, which aims to discover biomarkers of intake of Mexican foods, namely guava, nopal, corn tortilla, avocado, amaranth, and mango. Biomarkers of intake are compounds found in foods that are present in our blood and urine after we eat. The goal of this project is to understand the connection between what people eat and the presence of different diseases. Four subprojects of BIAMEX aim to assess different aspects of the validation scheme designed for biomarkers of intake and explore the effect of specific compounds found in the selected foods on mitochondrial activity.

INCMNSZ PROGRAM SUPPORT:

Natalia Vázquez Manjarrez, Program Director, Mentor, Researcher in Medical Sciences, Department of Nutritional Physiology, INCMNSZ

Martha Kaufer Horwitz, Program Director, Mentor, Researcher in Medical Sciences, Department of Endocrinology and Lipid Metabolism

Lilia Noriega López, Mentor, Researcher in Medical Sciences, Department of Nutritional Physiology, INCMNSZ

Israel Garcia Cano, Mentor, Researcher in Medical Sciences, Head of Department of Food Science and Technology, INCMNSZ

Martha Guevara Cruz, Mentor, Researcher in Medical Sciences, Department of Nutritional Physiology, INCMNSZ

Daniel Illescas Zárate, Mentor, Researcher in Medical Sciences, Department of Nutritional Physiology, INCMNSZ

Program Contact: natalia.vazquezm@incmnsz.mx



COMMUNITY



NATIONAL INSTITUTE OF MEDICAL SCIENCES AND NUTRITION SALVADOR ZUBIRÁN (INCMNSZ) FELLOWS



ANA TERESA ARIAS MARROQUÍN

is pursuing a MSc in Health Sciences and has a BSc in Human Nutritional Sciences. She has a background in clinical and epidemiological research with interest in exploring how omics sciences contribute to understanding the impact of food on our bodies and our responses to it. **As a Good Food Fellow**, Ana will explore foodomics for a more precise understanding of how food impacts the human body.



MARIANA VILLEGAS ROMERO

is pursuing a PhD in Biochemical Sciences. She has a BSc in Food Chemistry and a MSc in Biochemical Science. Mariana is a food chemist specializing in developing methods to characterize food and is committed to team science. **As a Good Food Fellow**, Mariana will study how eating traditional Mexican food affects metabolism and characterize the nutritional profile of foods in order to predict possible health effects.



MARÍA DEL SOL PACHECO GÓMEZ

is a nutritionist at INCMNSZ with a BSc in Nutrition. Her research has focused on characterizing the impact of food intake biomarkers on cellular metabolism and she has experience using the Seahorse XF Analyzer to assess real-time energy metabolism. **As a Good Food Fellow**, she will advance our understanding of nutritional science and its implications on health, which helps in developing dietary patterns that promote health and sustainability.



REBECA LOERA ABUNDIS

is a nutritionist at INCMNSZ with a BA in Nutrition and Wellness. Rebeca has clinical experience in patient care and research interest in the human microbiota and its impact on host health. **As a Good Food Fellow**, she will use foodomics to understand the nutritional composition of traditional foods that will help provide informed dietary recommendations and develop healthier versions of popular Mexican dishes.



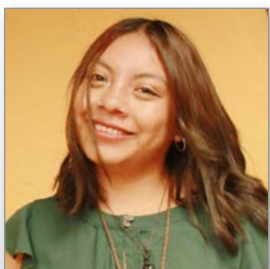
DAVID ARMANDO CHAVARO PÉREZ

is a laboratory specialist and undergraduate teacher with a BSc in Biological Pharmaceutical Chemistry and a MSc in Molecular Biomedicine. He has experience in molecular biology and human genetics studying the human microbiome, metabolites with probable therapeutics effects and novel therapeutics targets. **As a Good Food Fellow**, he will apply foodomics to assess foods and the effects of their intake and potentially improve new techniques that impact science and daily life.



ITZELLY IBARRA VALDOVINOS

has a BSc in Nutrition and a MSc in Biomedicine. She has studied the relationship between biomedicine and nutrition. **As a Good Food Fellow**, she aims to research food molecular composition and understand its impact on the human body. She also hopes to contribute to innovative solutions that address food-related challenges and their impact on planetary health.



ANELIZ DE ITA ZÁRATE ORTIZ

has a BSc in Biology from the University of the Sea in Puerto Escondido Oaxaca. She has experience working in the fields of molecular biology, metabolomics, and microbiology, and is interested in using omics sciences to connect biology and human health. **As a Good Food Fellow**, she will use foodomics to better understand the molecular composition of foods to inform strategies that prevent diet-related diseases.



RESEARCH

GOOD FOOD FELLOWS AND CENTERS OF EXCELLENCE

MAHIDOL UNIVERSITY

PROJECT SUMMARY:

At **Mahidol University** in Thailand, **Good Food Fellows** will contribute to variety of project workstreams implementing omics technology to study food biomolecules. They will analyze bioactive compounds and minerals in 120 frequently consumed foods in Thailand, which includes evaluating the fatty acid profile and nutritional quality of commonly consumed insects in the region. Their work is applicable to the agricultural industry and the development of food ingredients. It will also help standardize diet quality measures and key nutritional biomarkers to address the triple burden of malnutrition in low and middle-income countries. The **Asian Good Food Fellow program** at the **Institute of Nutrition and Mahidol University** will be co-managed by multiple mentors and researchers to sustain capacity for independent omics analyses and investigations into project workstreams.

MAHIDOL UNIVERSITY PROGRAM SUPPORT:

Warangkana Srichamong, Program Director, Mentor, Assistant Director of Collaboration Networks, Mahidol University

Sabri Bromage, Mentor, Researcher, Institute of Nutrition, Mahidol University

Worapan Kusakunniran, Mentor, Associated Professor, Faculty of ICT, Mahidol University

Nachon Raethong, Mentor, Lecturer, Institute of Nutrition, Mahidol University

Pradtana Tapanee, Mentor, Lecturer and Registered Dietician, Institute of Nutrition, Mahidol University

Program Contact: warangkana.sri@mahidol.ac.th



MAHIDOL UNIVERSITY FELLOWS



WORAKRIT SAIYASOMBAT

is a researcher in the food chemistry unit at Mahidol University's Institute of Nutrition. He has a PhD in Chemistry from Mahidol University and a BSc from Khon Kaen University. During his studies he developed small organic molecules as fluorescent sensors for cation and anion detection. His postdoctoral research at Suranaree University of Technology included developing photodynamic and photothermal agents for molecular therapy applications and is pursuing research in the chemical composition of food. **As a Good Food Fellow**, he will analyze the metabolic and ionomic properties of Thai rice.



KASIDIT RUAYDEE

is pursuing a MSc in Machine Learning and Deep Learning from Mahidol University where he also earned a BSc in Information and Communication Technology. He has taught and tutored computer science and coding and studied ways to automate measuring the carotenoid content of tomatoes. **As a Good Food Fellow**, he aims to transform how we access nutritional information, making healthy eating choices simpler and more informed for everyone.



PITCHAYAPORN SUKKHA

is a standard officer at the National Bureau of Agricultural Community and Food Standards in Thailand. She is pursuing a MSc in Toxicology and Nutrition for Food Safety at Mahidol University and has a BS in food science from the University of Missouri. Her research explores how the intricate microbial communities living in the human body are affected by food and how that interaction impacts health. **As a Good Food Fellow**, she will explore the interactions of food, gut microbiota, and health through multi-omics integration.



WIMONPHAN CHATHIRAN

is a researcher at the Institute of Nutrition at Mahidol. She has a BSc in microbiology from Silpakorn University and a MSc in Food Science for Nutrition from Mahidol. She has experience in food chemistry research, analyzing the chemical composition, metabolomics, fatty acid profile, and in vitro glycemic index of food. **As a Good Food Fellow**, she will use omics to determine the metabolomic profiles of organic and conventional milk. This study will also have implications for food products derived from on-farm agricultural research by identifying factors that influence food composition.



JARUWAN KHAOPLAB

is a researcher at the human nutrition unit in Mahidol's Institute of Nutrition. She has a B.Sc. in Medical Technology from Naresuan University and a M.Sc. in Forensic Science from Mahidol. She has experience in medical laboratory testing and DNA profiling. She developed and tested biological drugs and recombinant proteins as a research and development scientist at the Mahidol University Bio-industrial Development Center. **As a Good Food Fellow**, she will use omics technologies for the metabolic and ionomic analysis of Thai rice.



PATTARAPORN MORASIN

is pursuing a M.Sc in Toxicology and Nutrition for Food Safety at Mahidol where she also earned a B.Sc in Agriculture. She is a research technical officer in the Institute of Nutrition's food chemistry unit at Mahidol University. Her research helped to discover pathogens in pork meat sold in markets around the university. She also conducts research into antibiotic residues and drug resistance of pathogens in organic raw milk. **As a Good Food Fellow**, she will analyze the metabolomic profiles of organic milk and conventional milk.



SOLUTIONS



FOOD EDU

To learn more about FOOD EDU and GOOD FOOD FELLOWS email us at:
FoodEDU@heart.org

PROGRAM LEADERSHIP

SELENA AHMED, PHD

Global Director, Periodic Table of Food Initiative
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