



## Curriculum Vitae

Institute of Nutrition, Mahidol University (INMU)

999 Phutthamonthon 4 Rd., Salaya, Phutthamonthon

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**Name:** Aree Prachansuwan

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**Current position:** Lecturer

### Education

- 2009 Bachelor of Science (Nutrition and Dietetics), with the first-class honors (Gold medal), Faculty of Allied Health Sciences, Chulalongkorn University (Major in Nutrition and Dietetics, and Minor in Molecular Biology)
- 2019 Doctor of Philosophy (Nutrition), Faculty of Medicine, Ramathibodi Hospital and Institute of Nutrition, Mahidol University

### Research Interest and Expertise

1. Bioavailability of protein and protein quality evaluation
2. Intrinsically labelled plant protein
3. Childhood obesity and weight management
4. Nutrition related chronic diseases and behavior modification

### Research Experiences

- 2025 Development and validation of a semi-quantitative food frequency questionnaire for assessing dietary intake in Thai preschool children aged 3-5 years (*Co-investigator*)
- 2025 Development and production of ready-to-use, texture modified-blenderized diet from rice and Thai agricultural raw materials for commercial use (Year 2) (*Co-investigator*)
- 2024 Development of ready-to-use blenderized formula with high branched-chain amino acid and low glycemic index for reducing sarcopenia risk in elderly (*Co-investigator*)
- 2024 Formulation of plant-based protein complete meal focused on muscle improvement in one who risk of sarcopenia (*Co-investigator*)
- 2024 Impact of dietary supplementation with cricket powder on intestinal microbiota and cholesterol metabolism (*Co-investigator*)



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| 2024 | Study on effects of probiotic supplementation on glycemic response, other metabolic parameters, and clinical safety in type 2 diabetes patients in central region of Thailand ( <i>Principal investigator</i> )                                |
| 2024 | Exploring the association between taste threshold, dietary intake, and nutrition status ( <i>Co-investigator</i> )   |
| 2024 | Applying media and technology-assisted personalized nutrition to Nudge Plus for optimal fat intake “Replace fat consumption with fresh fruit” ( <i>Co-investigator</i> )   |
| 2024 | Development of noodles from broken rice of Pitsanulok-80 variety mixed with black eyed pea flour for glycemic control in Thai healthy adults ( <i>Co-investigator</i> )  |
| 2024 | The efficacy of vitamin B and D on modulating epigenetics and immunity in elderly with pre-frail ( <i>Co-investigator</i> )  |
| 2024 | Mothers in Mahidol: A mixed-method research to explore dietary intake and child feeding practices of mothers experiencing low socioeconomic status in Mahidol University, Thailand ( <i>Co-investigator</i> )                                  |
| 2023 | Effects of probiotics supplementation on changes in plasma lipid profile and other metabolic parameters in Thai adults with hypercholesterolemia ( <i>Principal investigator</i> )   |
| 2023 | Total Energy Expenditure Across the Life Course in Low and Middle-Income Countries (E43037) ( <i>Co-investigator</i> )   |
| 2023 | Long-Term Iron Absorption and Loss in Overweight/Obese Thai Middle-Aged Women ( <i>Co-investigator</i> )   |
| 2022 | Development of Low Glycemic Index Cracker produced by Alternative Flours for Type 2 diabetes patients ( <i>Co-investigator</i> )   |
| 2021 | Building capacity for standardized measurement of diet quality and key nutritional biomarkers for capturing the triple burden of malnutrition as part of population surveys and in low- and middle-income countries ( <i>Co-investigator</i> ) |
| 2021 | Development of Artificial Intelligence for image-assisted dietary assessment ( <i>Co-investigator</i> )  |

## Training

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## Publications

### *National*

1. Khumalo TC, **Prachansuwan A**, Sahasakul Y, Tapanee P. Body Image Perception and Eating Disorder Risks: Unexpected Patterns among Female University Students in Botswana. *Journal of Nutrition Association of Thailand*. 2025; 60(2), 87-96.
2. Sutantangjai J, Sridonphai P, **Prachansuwan A**, Vinitchagoon T, & Kriengsinyos W. Association Between Socio-Demographic Factors; Perception and Use of the Healthier Choice Logo Among Thai Adults. *Journal of Health Science and Medical Research*. 2025; 43(5), e20251178.
3. Kyi SM, **Prachansuwan A**, Kriengsinyos W, Pongcharoen T. Diet Quality, Protein Quality, and Micronutrient Adequacy of Myanmar Vegans and Lacto-Ovo-Vegetarians. *Journal of Nutrition Association of Thailand*. 2024; 59(2), 81-97.
4. Trangcasanchai P, Thiyajai P, Sridonpai P, Tongdonpo K, Kitdumrongthum S, Kriengsinyos W, **Prachansuwan A**. Development and Validation of a Semi-Quantitative Food Frequency Questionnaire for Assessing Prebiotic and Probiotic Intake among Thai Adults. *Journal of Nutrition Association of Thailand*. 2024; 59(2), 67-80.
5. Sridonpai P, Tongdonpo K, **Prachansuwan A**, Purttiponthanee S, Winuprasith T, Rungraung N, Muangpracha N, Kriengsinyos W. Glycemic Index and the Impact of Ready-to-Use Blenderized Diet on Glucose and Insulin Levels in People with Type 2 Diabetes Mellitus. *Journal of Nutrition Association of Thailand*. 2024; 59(1), 47-59.
6. Bwar NH, Kriengsinyos W, Tapanee P, and **Prachansuwan A**. Telenutrition Education on Weight Loss and Improved Dietary Patterns among Myanmar Adults. *Journal of Nutrition Association of Thailand*. 2024; 59(1), 13–28.
7. Singhato A, Booranasuksakul U, Daroonpant R, Rueangsri N, and **Prachansuwan A**. Acceptability and satisfaction toward the developed Khao Lam, steamed sticky rice in bamboo, recipes using isomaltulose as sweeteners instead of sugar. *Burapha Journal of Medicine*. 2023; 10(1), 18-28.
8. Wongdokmai R, **Prachansuwan A**. Development of Crackers Partially Substitution of Wheat Flour with Alternative Powders. *Journal of Nutrition Association of Thailand*. 2023; 58(1), 30–41.
9. **Prachansuwan A**, Kriengsinyos W. Protein: Importance and quality evaluation. *Journal of Nutrition Association of Thailand*. 2016; 51(1), 27–38.



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### **International**

1. Vinitchagoon T, Kriengsinyos W & **Prachansuwan A**. Factors influencing intention to pursue postgraduate studies in nutrition and dietetics among Thai dietitians: a qualitative study. BMC Medical Education. 2025; 25, 1634.
2. Thiyajai P, Trangcasanchai P, Thapprathum P, Soonkum T, Sridonpai P, Kitdumrongthum S, Judprasong K, Kriengsinyos W, **Prachansuwan A**. Faecal short-chain fatty acids and nutritional factors in Thai adults with hypercholesterolaemia compared to normocholesterolemic subjects. International Journal of Food Sciences and Nutrition. 2025; 1–13.
3. Chotwanvirat P, **Prachansuwan A**, Sridonpai P, Kriengsinyos W. Advancements in Using AI for Dietary Assessment Based on Food Images: Scoping Review. Journal of Medical Internet Research. 2024; 26:e51432.
4. Chotwanvirat P, **Prachansuwan A**, Sridonpai P, Kriengsinyos W. Automated Artificial Intelligence–Based Thai Food Dietary Assessment System: Development and Validation. Current Developments in Nutrition. 2024; 8(5), 102154.
5. Wongdokmai R, Sridonpai P, **Prachansuwan A**. Effects of nut and legume powder substitution in crackers prepared with wheat flour on postprandial plasma glucose response among healthy Thai adults. Malaysian Journal of Nutrition. 2024; 30(1), 95-106.
6. Sigdel R, Kriengsinyos W, Tangsuphoom N, **Prachansuwan A**. Multi-Level texture modified diets for elderly South-Asian population with oropharyngeal dysphagia based on home cooking. Malaysian Journal of Medicine and Health Sciences. 2023;19:21-22.
7. Bromage S, Pongcharoen T, **Prachansuwan A**, Sukboon P, Srichan W, Purtiponthanee S, Deitchler M, Moursi M, Arsenault J, Ali NB, Batis C, Fawzi WW, Winichagoon P, Willett WC, Kriengsinyos W. Performance of the Global Diet Quality Score (GDQS) App in Predicting Nutrient Adequacy and Metabolic Risk Factors among Thai Adults. The Journal of Nutrition. 2023 Oct; 153, 3576 - 3594.
8. Khongrum J, Yingthongchai P, Boonyapranai K, Wongtanasarasin W, Aobchecy P, Tateing S, **Prachansuwan A**, Sitdhipol J, Niwasabuttra K, Thaveethaptaikul P, Phapugrangkul P, Chonpathompikunlert P. Safety and Effects of Lactobacillus paracasei TISTR 2593 Supplementation on Improving Cholesterol Metabolism and Atherosclerosis-Related Parameters in Subjects with Hypercholesterolemia: A Randomized, Double-Blind, Placebo-Controlled Clinical Trial. Nutrients. 2023;15.
9. Khongrum J, Yingthongchai P, Boonyapranai K, Wongtanasarasin W, Donrung N, Sukketsiri W, **Prachansuwan A**, Chonpathompikunlert P. Antidyslipidemic, Antioxidant, and Anti-inflammatory Effects of Jelly Drink



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- Containing Polyphenol-Rich Roselle Calyces Extract and Passion Fruit Juice with Pulp in Adults with Dyslipidemia: A Randomized, Double-Blind, Placebo-Controlled Trial. *Oxidative Medicine and Cellular Longevity*. 2022 Sep 21;2022:4631983.
10. Tannirandorn A, Pangkanon W, **Prachansuwan A**, Isarashewawat P. Relationship between calf circumference and skeletal muscle index among community-dwelling Thai elderly. *Journal of the Medical Association of Thailand*. 2021; 104(11): 1814-1820.
  11. Sridonpai P, **Prachansuwan A**, Praengam K, Tuntipopipat S, Kriengsinyos W. Postprandial effects of a whey protein-based multi-ingredient nutritional drink compared with a normal breakfast on glucose, insulin, and active GLP-1 response among type 2 diabetic subjects: A crossover randomized controlled trial. *Journal of Nutritional Science*. 2021.
  12. **Prachansuwan A**, Kriengsinyos W, Judprasong K, Vibulkeaw M, Chanseetis C. Investigation of different time points of anthesis for intrinsically isotopic deuterium labelling on the enrichment of deuterium-labelled indispensable amino acids in mung bean (*Vigna radiata* L. Wilczek). *Acta Horticulturae*. 2021 Jun; 1312 (7): 45-52.
  13. **Prachansuwan A**, Kriengsinyos W, Judprasong K, Kovitvadhi A, Chundang P. Effect of different pre-boiling treatment on in vitro protein and amino acid digestibility of mung bean [*Vigna radiata* (L.) Wilczek]. *Malaysian Journal of Nutrition*. 2020 Jan; 25 (3):361-375.
  14. Visuthranukul C, Sirimongkol P, **Prachansuwan A**, Pruksananonda C, Chomtho S. Low-glycemic index diet may improve insulin sensitivity in obese children. *Pediatric Research*. 2015 Nov; 78 (5): 567-573.