



# Curriculum Vitae

Institute of Nutrition, Mahidol University (INMU)  
999 Phutthamonthon 4 Rd., Salaya, Phutthamonthon  
Nakhon Pathom 73170, Thailand

**Name:** Nattira On-nom, PhD  
ณัฐิรา อ่อนน้อม

**Email Address:** nattira.onn@mahidol.ac.th

**Current position:** Assistant professor

## Education:

2012	Ph.D. (Food Technology)	University of Reading	United Kingdom
2007	M.Sc. (Food Technology Quality Assurance)	University of Reading	United Kingdom
2005	B.Sc. (Zoology)	Kasetsart University	Thailand

## Research Interest

1. Milk and Dairy product
2. Functional food development
3. Value added from food waste

## Research Experiences

1. The values added of cheese shake biscuits with pineapple paste
2. Health benefit, food safety and product development of local plants at conserved area of Plant Genetic Conservation Project under the Royal Initiative of Her Royal Highness Princess Maha Chakri Sirindhorn, Kanchanaburi Province
3. Development of Healthy Instant Brown Rice Flour Dumpling in Cereal Cream
4. Development of mango jelly product to improve health benefits for elderly
5. Formulation of Thai desserts with natural sweeteners stevia replacement and their effect on blood glucose and insulin responses
6. Sweet potato elevation as healthy food and food in crisis situation for food and nutrition security
7. Preference mapping of commercial Khao-Tan rice cracker
8. Development of healthy food from edible mushroom in Amnat Charoen province and technology transfer of research
9. Development of nutritious snack from pea protein isolate and vegetable powder
10. Development of fresh Japanese white salted noodles (udon) and miso soup powder supplemented with calcium from Salmon fish bone
11. Formulation of reduced sugar herbal ice cream using lemongrass or ginger extract
12. Impact of Genetic Polymorphism on LDL-C Response to Plant Stanol Ester Intake
13. Effect of reducing dietary sodium on urinary calcium excretion in healthy adults from Mahidol University, Thailand
14. Development of rice paper by using germinated Homnin brown rice flour
15. Inhibitions of Key Enzymes Relevant to Obesity and Diabetes of Thai Local Mushroom Extracts
16. Development of reduced sodium GEANG-PA-KRA-CHAI-PRAN
17. Survey of consumption, medicinal use and toxicology of 10 edible mushrooms from DONG YAI community forest, AMNAT-CHAROEN province
18. Investigation on flavor, taste and health properties of Thai vegetables and herbs for preservation of Thai cuisine authenticity
19. The investigation of nutritive values, bioactive compounds, biochemical properties against some non-communicable diseases and product development from different parts of Noinakreua (*Kadsura spp.*)
20. Study on Drying Technology for Producing Thai Spice Powder with Authentic Flavor and Its utilization in Thai Cuisine



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21. Development Ready to Eat of Food Products for Health
22. Development healthy beverages from Noinakreua (*Kadsura spp.*) to reduce risk of cardiovascular disease
23. Effectiveness of instant beverages from Noinakreua (*Kadsura spp.*) on response to cardiometabolic risk in dyslipidemia subjects
24. The improvement of sourdough and bread quality by fermented water
25. Development of *Hodgsonia heteroclite* (Roxb.) oil nanoemulsion and protein hydrolysate from its residual waste

## Training

- 2564 CITI program  
โครงการติดอาวุธให้หนักวิจัยรุ่นใหม่ผ่าน Multi Mentoring System  
Health claims and functional food innovation roadmap
- 2563 FIT5.0 Food Industry Transformation 5.0
- 2560 MIT Beyond Food Bootcamp
- 2559 Human Subject Protection in Biomedical research  
Extending Shelf Life
- 2557 Hazard Analysis and Critical Control Points

## Publication

### 1. Research

#### Nation Level

1. Kaewsriro, P., **On-nom, N.**, Suttisansanee, U., Winuprasith, T., Chamchan, R., Sriden, N., Aursalung, A. and Sahasakul, Y. Development Of Healthy Tom Yum Flavored Rice Seasoning (Furikake) From Vegetable Powder. *Agricultural Sci. J.* 2018; 49(2)(Suppl.): 165-168.
2. Pongkunakorn, T., Watcharachaisoponsiri, T., Chupeerach, C., **On-nom, N.** and Suttisansanee, U. Inhibitions Of Key Enzymes Relevant To Obesity And Diabetes Of Thai Local Mushroom Extracts. *CAST.* 2017; 17(2): 181-190.
3. Chamchan, R., Chupeerach, C. and **On-nom, N.** Development Of Rice Paper By Using Germinated Homnin Brown Rice Flour. *Sci and Tech RMUTT J.* 2017; 7(2): 263-270.
4. Siriophak, N., Sinchaipanit, P., **On-nom, N.** and Naripahi, B. Effects Of Initial Moisture Influencing The Physical Quality Of Fried Pumpkins. *Sci and Tech RMUTT J.* 2016; 6(2): 157-165.
5. Thwe, AY., Pachotikarn, C., Taechangam, S., **On-nom, N.** and Tapanee, P. Effect Of Reducing Dietary Sodium On Urinary Calcium Excretion In Healthy Adults From Mahidol University, Thailand. *J Health Res.* 2016; 30(Suppl.1): S81-82.

#### International Level

1. Wannasaksri, W., Temviriyankul, P., Aursalung, A., Sahasakul, Y., Thangsiri, S., Inthachat, W., **On-Nom, N.**, Chupeerach, C., Pruesapan, K., Charoenkiatkul, S., Suttisansanee, U. Influence of plant origins and seasonal variations on nutritive values, phenolics and antioxidant activities of *Adenia viridiflora* Craib., an endangered species from Thailand. *Foods.* 2021; 10: 2799. <https://doi.org/10.3390/foods10112799>
2. Chupeerach, C., Cho, E.M., Suttisansanee, U., Chamchan, R., Khemthong, C., **On-nom, N.** Reducing calories, fat, saturated fat and sodium in Myanmar recipes: Effect on consumer acceptance. *NFS Journal.* 2021; 25: 51-55. <https://doi.org/10.1016/j.nfs.2021.11.001>



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3. Wannasaksri, W., **On-nom, N.**, Chupeerach, C., Temviriyankul, P., Charoenkiatkul, S., Suttisansanee, U. In vitro phytotherapeutic properties of aqueous extracted *Adenia viridiflora* Craib. towards civilization diseases. *Molecules*. 2021; 26(4): 1082. <https://doi.org/10.3390/molecules26041082>
4. Hirunyophat, P., Chalermchaiwat, P., **On-nom, N.**, Prinyawiwatkul, W. Selected physicochemical properties and sensory acceptability as affected by addition of lecithin and calcium carbonate in extruded breakfast cereals made with silkworm pupae powder and rice flour. *International Journal of Food Science & Technology*. 2021; <https://doi.org/10.1111/ijfs.15356>
5. Hirunyophat, P., Chalermchaiwat, P., **On-nom, N.** and Prinyawiwatkul, W. Selected Nutritional Quality And Physicochemical Properties Of Silkworm Pupae (Frozen Or Powdered) From Two Species. *IFST*. 2021. [doi.org/10.1111/ijfs.14985](https://doi.org/10.1111/ijfs.14985)
6. Chupeerach, C., Tapanee, P., On-Nom, N., Temviriyankul, P., Chantong, B., Reeder, N., Adegoye, G.A., Tolar-Peterson, T. The influence of TAS2R38 bitter taste gene polymorphisms on obesity risk in three racially diverse groups. *BioMedicine (Taiwan)*, 2021, 11(3), pp. 43–49
7. Hirunyophat, P., Chalermchaiwat, P. and **On-nom, N.** Optimization Of Ratio Of Silkworm Pupae Powder To Broken Rice Flour And Of Barrel Temperature To Develop High Protein Breakfast Cereal Using Response Surface Methodology. *Agr. Nat. Resour.* 2020; 54: 609–616.
8. Gunyaphan, S., **On-nom, N.**, Suttisansanee, U., Nana, A., Chamchan, R., Khemthong, C. and Chupeerach, C. Product Qualities And Sensory Evaluation Of High Protein Snack Bar Incorporated With Pea Protein Isolate. *Food Res.* 2020; 4(Suppl. 4): 51–55.
9. Kaewmak, N., Chupeerach, C., Suttisansanee, U., Siriwan, D., Chamchan, R., Khemthong, C. and **On-nom, N.** Production And Quality Evaluation Of Low Glycemic Index Crispy Waffle From Whole Wheat Flour Supplemented With Type 4-Resistant Starch And Sacred Lotus Stamen. *Food Res.* 2020; 4(Suppl. 4):1–8.
10. Temviriyankul, P., Sritalahareuthai, V., Promyos, N., Thangsiri, S., Pruesapan, K., Srinuanchai, W., Nuchuchua, O., Siriwan, D., **On-nom, N.** and Suttisansanee, U. The Effect Of Sacred Lotus (*Nelumbo Nucifera*) And Its Mixtures On Phenolic Profiles, Antioxidant Activities, And Inhibitions Of The Key Enzymes Relevant To Alzheimer's Disease. *Molecules*. 2020; 25(16): 3713. [doi: 10.3390/molecules25163713](https://doi.org/10.3390/molecules25163713)
11. Sritalahareuthai, V., Aursalung, A., **On-nom, N.**, Temviriyankul, P., Charoenkiatkul, S. and Suttisansanee, U. Nutritional Composition Of Conserved *Kadsura* Spp. Plants In Northern Thailand. *Heliyon*. 2020. [doi: 10.1016/j.heliyon.2020.e04451](https://doi.org/10.1016/j.heliyon.2020.e04451)
12. Sritalahareuthai, V., Temviriyankul, P., **On-nom, N.**, Charoenkiatkul, S. and Suttisansanee, U. Phenolic Profiles, Antioxidant, And Inhibitory Activities Of *Kadsura heteroclita* (Roxb.) Craib And *Kadsura coccinea* (Lem.) A.C. Sm. *Foods*. 2020; 9(9): 1222. [doi: 10.3390/foods9091222](https://doi.org/10.3390/foods9091222)
13. Khemthong, C., Chamchan, R., Suttisansanee, U., Charoenkiatkul, S., Chupeerach, C. and **On-nom, N.** Development Of Healthy Snack From Sa-Med Mushroom (*Boletus griseipurpureus* Corner). *Walailak J Sci & Tech.* 2020; 17(11): 1157-67.
14. **On-nom, N.**, Suttisansanee, U., Tongmai, J., Khemthong, C., Chamchan, R., Prangthip, P., Hanboonkunupakarn, B. and Chupeerach, C. Consumption Of Anthocyanin-Rich Mulberry Fruit Jelly With A High-Fat Meal Decreases Postprandial Serum Cardiometabolic Risk Factors In Dyslipidemia Subjects. *J. Nutr and Metab.* 2020; 1-9.
15. Tangpanithandee, N., **On-nom, N.** and Srichamnong, W. Effect Of Vegetable Oil Blending On Acrylamide During Potato Deep-Frying. *Malays Appl Biol.* 2019; 48(4): 47-51.
16. Chamchan, R., Charoenkiatkul, S., Thiyajai, P., Suwanwattana, W., Suttisansanee, U., Srichamnong, W. and **On-nom, N.** Development Of Dried Chili Paste With Added Indigenous Herbs From Conserved Area Of Plant Genetic Conservation At Kanchanaburi Province. *Walailak J Sci & Tech.* 2019; 16(5): 361-368.
17. Chuaychoo, B., Tungtrongchitr, R., Kriengsinyos, W., Tuntipopipat, S., **On-nom, N.** and Chupeerach, C. Correlation Of Vitamin D Binding Protein Gene Polymorphism And Protein Levels In Chronic Obstructive Pulmonary Disease Compared With Non-Chronic Obstructive Pulmonary Disease Subjects. *Per Med.* 2018; 15: 371-379.



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18. Chupeerach, C., Yothakulsiri, C., Chamchan, R., Suttisansanee, U., Sranacharoenpong, K., Tungtrongchitr, A. and **On-nom, N.** The Effect Of Coconut Jelly With Stevia As A Natural Sweetener On Blood Glucose, Insulin And C-Peptide Responses In Twelve Healthy Subjects. *Recent Pat Food, Nutr & Agr.* 2018; 9: 127-133.
19. Pongkunakorn, T., Watcharachaisoponsiri, T., Chupeerach, C., On-Nom, N., Suttisansanee, U. Inhibitions of key enzymes relevant to obesity and diabetes of thai local mushroom extracts. *Current Applied Science and Technology*, 2017, 17(2), pp. 181–190
20. Chamchan, R., Sinchaipanit, P., Disnil, S., Jittinandana, S., Nitithamyong, A. and **On-nom, N.** Formulation Of Reduced Sugar Herbal Ice Cream Using Lemongrass Or Ginger Extract. *Brit Food J.* 2017; 119(10): 2172-2182.

### **2. Book**

1. กล้วยไม้ อ่อนนุ่ม และคณะ, 30 เมนูสร้างสรรค์จากมันเทศ, กรุงเทพฯ: คงคาการพิมพ์, 2559.
2. สวามินี นวลแขกกุล และกล้วยไม้ อ่อนนุ่ม, ขนมอร่อยไม่ใช้แป้งสาลี, กรุงเทพฯ: อมรินทร์ Cuisine อมรินทร์พริ้นติ้งแอนด์พับลิชชิ่ง, 2559.

### **3. Articles**

1. กล้วยไม้ อ่อนนุ่ม. โรคแพ้อาหาร. *Food focus Thailand* 2014; 9(104): 38-40.
2. กล้วยไม้ อ่อนนุ่ม. กล้วยหวาน ทางเลือกใหม่สำหรับคนรักสุขภาพ. เอกสารประชุม TCN 2558.