



Curriculum Vitae

Institute of Nutrition, Mahidol University (INMU)

999 Phutthamonthon 4 Rd., Salaya, Phutthamonthon

Name: Wantanee Kriengsinyos, Ph.D., RD, CDT

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Current position: Associate Professor, Institute of Nutrition, Mahidol University

Education: Ph.D. (Nutritional Science)

Department of Nutrition, University of Toronto, Canada

Research Interest and Expertise

1. Body composition and energy metabolism
2. Protein quality and amino acid metabolism
3. Healthier logo for combating NCDs
4. Metabolic study of healthy foods in chronic degenerative disease
5. Diet and behavior modification for patients with diet-related chronic diseases

Research Experiences

1. Developing nutrient profiles of Thai dishes/meals
2. Bioavailability of protein in mungbean meal
3. Thailand's food policy on a trans-fat-free country
4. Development and promotion of simplified nutrition symbol to assist consumer in decision making leading to a balanced nutrition
5. Effects of coconut milk consumption on changes in plasma lipids and other cardiovascular risk factors in healthy volunteers
6. Assessment of energy requirements and body composition in Thai elderly
7. Glycemic index of food products
8. Glycemic control and substrate utilization of different meals in healthy subjects and type 2 diabetes mellitus
8. Serum cholesterol lowering efficacy of food products with added plant stanol ester



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9. Effect of capsaicinoid and grape seed extract enriched sausages on resting metabolic rate and triglycerides in adults
10. Effect of pre-germinated parboiled brown rice on blood glucose, insulin, lipid profiles, immunity and memory in elderly with type 2 diabetes
11. Development of cereal grains and legumes products for general and diabetic elderly
12. Risk assessment with a focus on approaches to setting safe upper limits for vitamins and minerals

Publications

National

1. Sridonpai P, Aramdoung P, Srichan W, Visetchart P, Kriengsinyos W. Study on total energy expenditure and physical activity level in Thai adults with sedentary behavior. *J Nutr Assoc Thailand* 55:2, July-Dec, 2020. ISSN 2630-0060 (online)
2. Sridonpai P, Visetchart P, Suksanan W, Tongdonpo K, Srichan W, Kriengsinyos W, Thasanasuwan W. Factors predicting the visceral fat area in functionally independent Thai elderly. *J Gerontol Geriatr Med* 2020, 19 (3) (online)
3. Mukdasakunphiban B, Kriengsinyos W, Charoenkiatkul S. Development of healthy snack recipes from mushroom that have proven for controlling blood sugar. *Journal of Nutrition Association of Thailand*. 2017; 52 (1): 1-11.
4. Tonglim J, Kittibunchakul S, Kriengsinyos W, Kettawan A and Suttisansanee U. Comparative study on anti-hypertension potential of Thai herbal tea and conventional tea (*Camellia sinensis*). *Agricultural Sci J*. 2015; 46(3)(Suppl.): 13-16.
5. Thatsanasuwan N, Chupeerach C, Kriengsinyos W and Suttisansanee U. The investigation on antioxidant activities of *Pandanus amaryllifolius* leaves extracted under different extraction conditions. *Food and Applied Bioscience Journal*. 2015; 3(2): 130-136



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6. Sahasakul Y, Thiyajai P, Kriengsinyos W, Charoenkiatkul S. Nutrients and Phenolic Acids in Krung Ba Dan (CycleabarbataMiers) Leaves and Aqueous Extract from UbonRatchathani Province วารสารวิทยาศาสตร์และเทคโนโลยี มหาวิทยาลัยอุบลราชธานี ปีที่ 17 ฉบับที่ 2 พฤษภาคม – สิงหาคม 2558, หน้า 1-7
7. Thatsanasuwan N, Chupeerach C, Kriengsinyos W and Suttisansanee U. The investigation of anti-acetylcholinesterase activity from Pandanus amaryllifolius leaf extract. Agricultural Sci J. 2013; 44(2)(Suppl): 413-416
8. จันทิมา โปธิ วิสิฐ จะวะสิต วันทนีย์ เกரியงสินยศ มยุรี ดิษย์เมธาโรจน์ ปริมาณกรดไขมันทรานส์ในอาหารและการกำกับดูแลของประเทศไทย วารสารโภชนาการ ปีที่54 ฉบับที่ 1 เดือนมกราคม-มิถุนายน 2562 หน้า 86-93
9. อารีย์ ประจันสุวรรณ และ วันทนีย์ เกரியงสินยศ โปรตีน: ความสำคัญและการประเมินคุณภาพ วารสารโภชนาการ ปีที่51 ฉบับที่ 1 เดือนมกราคม-มิถุนายน 2559 หน้า 28-38
10. วันทนีย์ เกரியงสินยศ ชนิพรรณ บุตรย์ พัทธี อินทรลักษณ์ การกำหนดปริมาณสูงสุดของวิตามินและแร่ธาตุในผลิตภัณฑ์เสริมอาหารโดยใช้การวิเคราะห์ความเสี่ยง วารสารพิษวิทยาไทย ปีที่ 26 ฉบับที่ 2 105-120 พ.ศ. 2554
11. วิสิฐ จะวะสิต และ วันทนีย์ เกரியงสินยศ คุณสมบัติและการใช้ประโยชน์ของโคโคแซนซึ่งผลิตจากกากเหลือทิ้งของโรงงานแปรรูปกุ้งและปูในประเทศไทย. วารสารการประมง 1009-1110
12. วิสิฐ จะวะสิต พัทธี วิจิจะกุล วันทนีย์ เกரியงสินยศ ไพโรจน์ หลวงพิทักษ์ รูปแบบที่เหมาะสมสำหรับการกระจายนมในโรงเรียนประถมศึกษา นิเวศวิทยา ปีที่ 25 ฉบับที่ 2 พฤษภาคม – สิงหาคม 2541

International

1. Bromage S, Pongcharoen T, Prachansuwan A, Sukboon P, Srichan W, Purttiponthanee 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. J Nutr. 2023 Oct 14:S0022-3166(23)72661-8. doi: 10.1016/j.tjnut.2023.10.007.
2. Halsey LG, Careau V, Ainslie PN, Alemán-Mateo H, Andersen LF, Anderson LJ, Arab L, Baddou I, Bandini L, Bedu-Addo K, Blaak EE, Blanc S, Bonomi AG, Bouten CVC, Bovet P, Brage S, Buchowski MS, Butte N, Camps SG, Casper R, Close GL, Colbert LH, Cooper JA, Cooper R, Dabare P, Das SK, Davies PSW, Deb S, Nyström CD, Dietz W, Dugas LR, Eaton S, Ekelund U, Hamdouchi AE, Entringer S, Forrester T, Fudge BW, Gillingham M, Goris AH, Gurven M, Haisma H, Hambly C, Hoffman D, Hoos MB, Hu S, Joonas N, Joosen A, Katzmarzyk P, Kempen KP, Kimura M, Kraus WE, Kriengsinyos W, Kuriyan R, Kushner RF, Lambert EV, Lanerolle P, Larsson CL,



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- Lessan N, Lof M, Martin C, Matsiko E, Meijer GA, Morehen JC, Morton JP, Must A, Neuheuser M, Nicklas TA, Ojiambo RM, Pietilainen KH, Pitsiladis YP, Plange-Rhule J, Plasqui G, Prentice RL, Rabinovich R, Racette SB, Raichen DA, Ravussin E, Redman L, Reilly JJ, Reynolds R, Roberts S, Rood JC, Samaranyake D, Sardinha LB, Scuit AJ, Silva AM, Sinha S, Sjodin AM, Stice E, Stunkard A, Urlacher SS, Valencia ME, Valenti G, van Etten LM, Van Mil EA, Verbunt JA, Wells JCK, Wilson G, Wood B, Yoshida T, Zhang X, Murphy-Alford A, Loechl C, Luke A, Pontzer H, Rood J, Sagayama H, Westerterp KR, Wong WW, Yamada Y, Speakman JR; IAEA DLW Database Consortium. Greater male variability in daily energy expenditure develops through puberty. *Biol Lett.* 2023 Sep;19(9):20230152. doi: 10.1098/rsbl.2023.0152. Epub 2023 Sep 20. PMID: 37727077.
3. Nguyen Ngoc H, Photi J, Tangsuphoom N, Kriengsinyos W*. Uptake of Front-of-Package Nutrition Labeling Scheme after 5 Years of Adoption in Thailand: An Analysis of New Launched Pre-Packaged Food and Beverages Products. *Nutrients.* 2023, 15(14), 3116.
 4. Julai K, Sridonpai P, Ngampeerapong C, Tongdonpo K, Suttisansanee U, Kriengsinyos W, On-Nom N, Tangsuphoom N. Effects of extraction and evaporation methods on physico-chemical, functional, and nutritional properties of syrups from Barhi Dates (*Phoenix dactylifera* L.). *Foods.* 2023 Mar 16;12(6):1268. doi: 10.3390/foods12061268.PMID: 36981193
 5. Yamada Y, Zhang X, Henderson MET, Sagayama H, Pontzer H, Watanabe D, Yoshida T, Kimura M, Ainslie PN, Andersen LF, Anderson LJ, Arab L, Baddou I, Bedu-Addo K, Blaak EE, Blanc S, Bonomi AG, Bouten CVC, Bovet P, Buchowski MS, Butte NF, Camps SG, Close GL, Cooper JA, Cooper R, Das SK, Dugas LR, Eaton S, Ekelund U, Entringer S, Forrester T, Fudge BW, Goris AH, Gurven M, Halsey LG, Hambly C, El Hamdouchi A, Hoos MB, Hu S, Joonas N, Joosen AM, Katzmarzyk P, Kempen KP, Kraus WE, Kriengsinyos W, Kushner RF, Lambert EV, Leonard WR, Lessan N, Martin CK, Medin AC, Meijer EP, Morehen JC, Morton JP, Neuheuser ML, Nicklas TA, Ojiambo RM, Pietiläinen KH, Pitsiladis YP, Plange-Rhule J, Plasqui G, Prentice RL, Rabinovich RA, Racette SB, Raichlen DA, Ravussin E, Redman LM, Reilly JJ, Reynolds RM, Roberts SB, Schuit AJ, Sardinha LB, Silva AM, Sjodin AM, Stice E, Urlacher SS, Valenti G, Van Etten LM, Van Mil EA, Wells JCK, Wilson G, Wood BM, Yanovski JA, Murphy-Alford AJ, Loechl CU, Luke AH, Rood J, Westerterp KR, Wong WW, Miyachi M, Schoeller DA, Speakman JR; International Atomic Energy Agency (IAEA) Doubly Labeled Water (DLW) Database Consortium. Variation in human water turnover associated with environmental and lifestyle factors *Science.* 2022 Nov 25;378(6622):909-915. doi: 10.1126/science.abm8668. Epub 2022 Nov 24.PMID: 36423296



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6. Rakyoo K, Vichayanrat T, Anunmana C, Kriengsinyos W, Gaewkhiew P. Effect of dentures and dietary advice on protein intake in older Thai adults with missing posterior occluding teeth. *Gerodontology*. 2022 Nov 22. doi: 10.1111/ger.12667. PMID: 36415170
7. Molinos GJ, Gavrielyeva T, Joompa P, Narita D, Chotiboriboon S, Parilova V, Sirisai S, Okhlopkov I, Zhang Z, Yakovleva N, Kongpunya P, Gowachirapant S, Gabyshev V, Kriengsinyos W. Study protocol: International joint research project 'climate change resilience of Indigenous socioecological systems' (RISE). *PLoS One*. 2022 Jul 21;17(7): e0271792. doi: 10.1371/journal.pone.0271792. eCollection 2022.
8. Chotwanvirat P, Hnoohom N, Rojroongwasinkul N, Kriengsinyos W*. Feasibility Study of an Automated Carbohydrate Estimation System Using Thai Food Images in Comparison with Estimation by Dietitians. *Front. Nutr.*, 2021 Oct; 8:202https://doi.org/10.3389/fnut.2021.732449
9. Mahmudiono T, Setyaningtyas SW, Rachmah Q, Nindya TS, Megatsari H, Indriani D, Rifqi M, Kriengsinyos W. Self-efficacy in physical activity and glycemic control among older adults with diabetes in Jagir Subdistrict, Surabaya, Indonesia. *Heliyon* 2021 Jul 15;7(7):e07578. doi: 10.1016/j.heliyon.2021.e07578. eCollection 2021 Jul.
10. 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 randomised controlled trial. *Journal of Nutritional Science* 2021; 10, E49. doi:10.1017/jns.2021.41
11. 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). *ISHS Acta Horticulturae* 1312: ISHS 2021. DOI 10.17660/ActaHortic.2021.1312.7
12. Kamchansuppasin A, Sirichakwal P, Bunprakong L, Yamborisut U, Kongkachuichai R, Kriengsinyos W, Nounmusig J. Glycaemic index and glycaemic load of commonly consumed Thai fruits. *International Food Research Journal* 2021; 28(4):788-794. DOI: 10.47836/ifrj.28.4.15



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13. Mahmudiono T, Setyaningtyas SW, Rachmah Q, Nindya TS, Megatsari H, Indriani D, Rifqi MA, Kriengsinyos W. Self-efficacy in physical activity and glycemic control among older adults with diabetes in Jagir Subdistrict, Surabaya, Indonesia. *Heliyon* 2021; 7 (7): e07578
doi.org/10.1016/j.heliyon.2021.e07578
14. Rachmah Q, Kriengsinyos W, Rojroongwasinkul N, Pongcharoen T. Development and Validity of Semi-Quantitative Food Frequency Questionnaire as a New Research Tool for Sugar Intake Assessment among Indonesian. *Heliyon* 2021; 7 (6): e07288
doi.org/10.1016/j.heliyon.2021.e07288
15. Ngoc HN, Kriengsinyos W*, Rojroongwasinkul N, Aekplakorn W. Prevalence of metabolic syndrome and its prediction by simple adiposity indices in Thai adults. *J Health Sci Med Res* 2021;39(4):331-343. doi: 10.31584/jhsmr.2021791
16. Tongchom W, Pongcharoen T, Judprasong K, Udomkesmalee E, Kriengsinyos W, Winichagoon P. Human Milk Intake of Thai Breastfed Infants During the First 6 Months Using the Dose-to-Mother Deuterium Dilution Method. *Food Nutr Bull.* 2020 Sep;41(3):343-354. doi: 10.1177/0379572120943092.
17. Benjapornlert P, Tuakta P, Kimhiah B, Wongphaet P, Kriengsinyos W, Wattanapan P, Jatchavala J. Food and Liquid Consistency Modification for Safe Swallowing in Elderly with Dysphagia Risk. *ASEAN J Rehabil Med.* Vol 30 No.2 (2020): May - August 2020.
18. Phyu Le, Kriengsinyos W, Rojroongwasinkul N, Chongviriyaphan N, Pongcharoen T. Validation of a pediatric nutrition screening tool in hospital outpatients of Myanmar. *Asian J Dietetics* Vol 2 No. 1, 2020 (online)
19. Rachmah Q, Setyaningtyas SW, Rifqi MA, Indriani D, Nindya TS, Megatsari H, Mahmudiono T, Kriengsinyos W. Self-efficacy to engage in physical activity and overcome barriers, sedentary behavior, and their relation to body mass index among Eederly Indonesians with diabetes. *Journal of Preventive Medicine and Public Health* 2019 Jul;52(4):242-249. doi: 10.3961/jpmp.19.003. Epub 2019 Jul 2.
20. 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 beans [*Vigna radiata* (L.) Wilczek] *Mal J Nutr* 25(3): 361-375, 2019 doi: <https://doi.org/10.31246/mjn-2019-004>.



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21. Chavasit v, Photi J, Kriengsinyos W, Ditmetharaj M, Preecha S, Tontisirin K. Overcoming the Trans Fat Problem in Thailand. *Curr Dev Nutr*. 2019 Jun; 3(6): nzz045 Published online 2019 Apr 13. doi: 10.1093/cdn/nzz045
22. Chavasit V, Kriengsinyos W. Front-of-Pack Labeling: Tool for Noncommunicable Diseases Prevention . *Ann Nutr Metab*. 2019;74(1):9-10. doi: 10.1159/000494986. Epub 2018 Nov 2
23. Ngoc HN, Kriengsinyos W*, Rojroongwasinkul N, Aekplakorn W. Association of Adiposity Indices with Hypertension in Middle-Aged and Elderly Thai Population: National Health Examination Survey 2009 (NHES-IV) J. *Cardiovasc. Dev. Dis*. 2019, 6, 13; doi:10.3390/jcdd6010013
24. Chavasit v, Kriengsinyos W, Ditmetharaj M, Photi J. Thailand's food policy on a trans fat-free country. Reference Module in Food Science 2018. Elsevier, p 1-5. Doi: <http://dx.doi.org/10.1016/B978-0-08-1005896-5.22393-7>.
25. Kriengsinyos W, Chan P, Amarra MSV. Consumption and sources of added sugar in Thailand: a review. *Asis Pac J Clin Nutr* 2018; 27(2): 262-283.
26. Chuaychoo B, Tungtrongchitr R, Kriengsinyos W, Tuntipopipat S, On-Nom N, 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. *Future Medicine* 2018 10.2217/pme-2018-0005 C
27. Kukreja RK, Sripum C., Charoenkiatkul S., Kriengsinyos W, Suttisansanee, U. Evaluation of ethanol concentration, temperature and shaking time of extracted Thai Jasmine rice on cholinesterase enzyme activity. *International Food Research Journal* 2018; 25(1): 227-233.
28. Chavasit V, Kriengsinyos W, Photi J and Tontisirin K. Trends of increases in potential risk factors and prevalence rates of diabetes mellitus in Thailand *European Journal of Clinical Nutrition* (2017) 71, 839–843; doi:10.1038/ejcn.2017.52; published online 19 April 2017
29. Sripum C., Kukreja RK, Charoenkiatkul S., Kriengsinyos W, Suttisansanee, U. The effect of extraction conditions on antioxidant activities and total phenolic contents of different processed Thai Jasmine rice. *International Food Research Journal* 2017; 24(4): 1644-1650.
30. Zaw HMM, Kriengsinyos W*, Pachotikan C, Tangsuphoom N. Enteral tube feeding practices in people with neurological problems in Myanmar: A cross sectional pilot study. *J Health Res* 2017; 31: 297-305



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31. Chavasit V, Kriengsinyos W, Photi J, Tontisirin K. Trends of Increases in Potential Risk Factors and Prevalence Rates of Diabetes Mellitus in Thailand. *EJCN*, 19 April 2017; doi:10.1038/ejcn.2017.52
32. Pongcharoen T, Judprasong K, Jitngarmkusol S, Kriengsinyos W, Winichagoon P. Body mass index is associated with fat mass in normal, overweight/obese, and stunted preschool children in central Thailand Asia Pac J Clin Nutr 2017; 26: 686-691.
33. Chupeerach C, Suttisansanee U, On-Nom N, Kriengsinyos W*. Impact of genetic polymorphism on LDL-C response to plant stanol ester intake. *J Med Assoc Thai* 2016; 99: 723-731.
34. Sripum C, Kukreja RK, Charoenkiatkul S, Kriengsinyos W, Suttisansanee U. The effect of storage time on antioxidant activities and total phenolic contents of parboiled germinated brown rice (Khao Dok Mali 105). *International Food Research Journal* 2016; 23(4): 1827-1831.
35. Sridonpai P, Komindr S. Kriengsinyos W*. Impact of Isomaltulose and Sucrose Based Breakfasts on Postprandial Substrate Oxidation and Glycemic/Insulinemic Changes in Type-2 Diabetes Mellitus Subjects. *J Med Assoc Thai* 2016; 99(3): 282-9
36. Sirichakwal PP, Kamchansupasin A, Akoh CC, Kriengsinyos W, Charoenkiatkul S, O'Brien KO. Vitamin D Status Is Positively Associated with Calcium Absorption among Postmenopausal Thai Women with Low Calcium Intakes. *J Nutr.* 2015, 145(5):990-5.
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40. Sirikanokvilai, P., Kriengsinyos, W., Nantiruj, K., Muangnoi, C., Chingsuwanroj, P., Praengam, K., Tuntipopipat, S. Anti-inflammatory activities of digested green curry paste in peripheral blood mononuclear cells from Rheumatoid Arthritis patients. *Malaysian Journal of Nutrition*. 2014; 20 (2): 271-282.



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42. Thatsanasuwan N, Chupeerach C, Kriengsinyos W, Suttisansanee U. The investigation of anti-acetylcholinesterase activity from *Pandanus amaryllifolius* leaf extract. *Agricultural Sci J* 2013; 44 (2) (suppl): 413-416
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45. Laohavechvanich P, Muangnoi C, Butryee C, Kriengsinyos W. Protective effect of makrut lime leaf (*Citrus hystrix*) in HepG2 cells: Implications for oxidative stress. *ScienceAsia*. 2010; 36: 112-7.
46. Chearskul S, Kriengsinyos W, Kooptiwut S, Sangurai S, Onreabroi S, Churintaraphan M, Semprasert N, Nitiyanant W. Immediate and long-term effects of glucomannan on total ghrelin and leptin in type 2 diabetes mellitus. *Diabetes Res ClinPract*. 2008 Dec 22.
47. Charoenkiatkul S, Kriengsinyos W, Tuntipopipat S, Suthutvoravut U, Weaver CM. Calcium absorption from commonly consumed vegetables in healthy Thai women *J Food Sci*. 2008 Nov; 73(9):H218-21.
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