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Sunard Taechangam

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Current positions : Associate Professor

Education :

1993 Ph.D. (Clinical Sciences in Nutrition), University of Sherbrooke, Canada

1978 M.S. (Clinical Nutrition), North Texas State University, U.S.A.

1975 B.Sc. (Biology), Chiang Mai University, Chiangmai, Thailand

Research Interest and Expertise

1. Oxygen free radicals and antioxidants
2. Dietary assessment
3. Nutrition and metabolic studies in different groups of patients
4. Nutritional care and management for patients with diet-related chronic disease
5. Nutrition education and dietary counseling tools

Publications

International Level

1. **Sunard Taechangam**, Chanida Pachotikarn. Practical dietary management for diabetes in Thailand. The 9th International Diabetes Federation Western Pacific Region Congress, the 4th Scientific Meeting of the Asian Association for the Study of Diabetes Kyoto, Japan. Journal of Diabetes Investigation 2012;3 (Suppl 1):63.
2. **Sunard. Taechangam**, Chanida. Pachotikarn Use of enteral immune formulas: Dietitian Aspect. Taiwan Society for Parenteral and Enteral Nutrition Conference 2010. Taipei, Taiwan.
3. **Sunard Taechangam**, Chanida Pachotikarn, Chavalit Ratanakul, Kanchali Timaphon, Sangwal Sirimangklakule, Supujchara Nopchinda. A renal nutrition education program for healthcare professionals in Thailand. Annals of Nutrition and Metabolism 2009; 55 (suppl 1):610.
4. Chanida Pachotikarn , **Sunard Taechangam**. A practical nutrition education tool for renal patients. Annals of Nutrition and Metabolism 2009; 55 (suppl 1):606.
5. Chanawangsa Thitiporn, Pachotikarn Chanida, Phanuphak Nittaya, **Taechangam Sunard**. Dietary intake and nutrition status in PLWHA: case study at Thai Red Cross anonymous clinic. Ann Nutr Metab. 2009;55 (suppl 1):450.
6. Chantima Uarak, **Taechangam Sunard**, Pachotikarn Chanida, Senavongse Wongwit. Development of a multimedia website educational tool for self-help meal planning in type 1 diabetic adolescents: carbohydrate counting concept. Ann Nutr Metab. 2009;55 (suppl 1):581.
7. Chaturawit C., Jantaraakde J., Pengnyong S., Pima W., Teeratakulpisarn S., Pachotikarn C., **Taechangam S.**, Phanuphak N., Ungaro P., Phanuphak P. A module of HIV nutrition training and education for PLHIV in Thailand. Ann Nutr Metab. 2009;55 (suppl 1):451.

8. Chaturawit C., Pachotikarn C., Kosulwat V., Mahachoklertwattana P., Chongviriyaphan N., **Taechangam S.** Educational tool model for self-help meal planning in type 1 diabetic adolescent: basic carbohydrate counting. *Ann Nutr Metab.* 2009;55 (suppl 1):53
9. Dzed Laigden, **Taechangam Sunard**, Pachotikarn Chanida, Rojroongwasinkul Nipa. Development of a nutrition educational tool for diabetic patients in Bhutan based on the basic level of carbohydrate counting concept. *Ann Nutr Metab.* 2009;55 (suppl 1):601.
10. Janejob Niratchaporn, Pachotikarn Chanida, **Taechangam Sunard**, Kriengsinyos Wantanee. Development of a nutrition educational tool: booklet for sodium content guideline in Thai foods. *Ann Nutr Metab.* 2009;55 (suppl 1):605.
11. Jumpated Suthida, **Taechangam Sunard**, Pachotikarn Chanida. Development of an advanced carbohydrate counting educational tool for type 1 diabetic adolescents. *Ann Nutr Metab.* 2009;55 (suppl 1):530.
12. Kansumrit Kallaya, Pachotikarn Chanida, **Taechangam Sunard**, Supasynndh Oppatham. Nutrition status among hemodialysis patients receiving anabolic steroid. *Ann Nutr Metab.* 2009;55 (suppl 1):529.
13. Luewaniwong Sunanta, **Taechangam Sunard**, Pachotikarn Chanida. Development of an additional Thai food exchange list. *Ann Nutr Metab.* 2009;55 (suppl 1):601.
14. Meechai Traipop, **Taechangam Sunard**, Pachotikarn Chanida, Senawong Wongwit, Wiriyasuttiwong Watcharachai. Development of a multimedia website nutrition education tool for meal planning in hypertensive subjects. *Ann Nutr Metab.* 2009;55 (suppl 1):246.
15. Pachotikarn Chanida, **Taechangam Sunard**. A practical nutrition educational tool for renal patients. *Ann Nutr Metab.* 2009;55 (suppl 1):606.
16. Satitpitakul Suchaya, Pachotikarn Chanida, **Taechangam Sunard**, Kiratisountorn Khakkanant. The effect of dietary counseling and using sodium booklet on sodium intake reduction in hypertensive patients. *Ann Nutr Metab.* 2009;55 (suppl 1):246.
17. Singhan Chomnad, **Taechangam Sunard**, Pachotikarn Chanida. Nutritional status in people with type 2 diabetes in Doi Tung development project area. *Ann Nutr Metab.* 2009;55 (suppl 1):582.
18. Songeaid Nuttiga, **Taechangam Sunard**, Komindr Surat, Charoenkiatkul Somsri, Pachotikarn Chanida. Development of healthy low-energy density Thai diets for weight management. *Ann Nutr Metab.* 2009;55 (suppl 1):543.
19. **Sunard Taechangam**, Chanida Pachotikarn, Chavalit Ratanakul, Kanchali Timaphon, Sangwal Sirimangklakule, Supujchara Nopchinda. A renal nutrition education program for healthcare professionals in Thailand. *Ann Nutr Metab.* 2009;55 (suppl 1):603.
20. **Taechangam Sunard**, Sukma Sutee, Komindr Surat, Nopchinda Supujchara, Pachotikarn Chanida. Effect of bitter melon juice on plasma glucose and lipid levels in type 2 diabetic patients. *Ann Nutr Metab.* 2009;55 (suppl 1):529.
21. **S. Taechangam**, C.Pachotikarn, J. Setthasawad, B. Prammanasudh, S. Keawtanom. A Practical education model for dietitians on enteral tube feeding care in Thailand. Congress of Parenteral and Enteral Nutrition Society of Asia (PENSA) 2009, Kuala Lumpur, Malaysia.
22. C. Pachotikarn, **S. Taechangam**, K.Timaphon and S. Nopchinda. Formulating enteral formulas for renal patients in Thailand. Congress of Parenteral and Enteral Nutrition Society of Asia (PENSA) 2009, Kuala Lumpur, Malaysia.
23. **Sunard Taechangam** and Chanida Pachotikarn. Nutrition: Strategies for Fat Burning. The First International Conference on Sports and Exercise Science 2009.
24. **Sunard Taechangam** and Chanida Pachotikarn, Roles of Dietitians in Patient-Care Service in Thailand. Japan Medical Planning, 2009.
25. **Sunard Taechangam**, Traditional Thai Foods and Diabetes. The 15th Congress of the ASEAN Federation of Endocrine Societies (AFES2009).
26. **Taechangam S**, Pinitchun U, Pachotikarn C. Development of nutrition education tool: healthy eating index in Thailand. *Asia Pacific Journal of Clinical Nutrition.* 2008; 17 Suppl 1:365-367.
27. **Sunard Taechangam** and Chanida Pachotikarn. Food culture, its transition and health in Thailand. The 15th International

Congress of Dietetics. Yokohama, Japan 2008.

28. **S. Taechangam**, P Kheawwan, R. Pakpeankitvatana. Effect of 1,000 kcal weight reduction diet on protein-energy status in obesity. The 8th International Congress of Nutrition, Durban, South Africa, 2005:315.
29. **Taechangam S.** Formulating diabetes formulas from locally available resource. The 10 Parenteral and Enteral Nutrition Society of Asia (PENSA) Congress, 2004.
30. **S. Taechangam.** Obesity management: Consideration for the clinical dietitian. The 3rd Asian Congress of Dietetics, Malaysia, 2002:22.
31. **Taechangam S**, Prakungpak J, Pakpeankitvatana R, Leelahagul P and Tanphaichitr V. Effects of 1,000 kcal weight reduction diets on lipid status in obesity: metabolic study. The 3rd Asian Congress of Dietetics, Malaysia, 2002:112.
32. Komindr S, Thirawitayakom,J, **Taechangam S**, Puchaiwatananon O, Songchisomboon S, Domrongkitchaiporn S. Nutritional Status in Chronic Hemodialysis Patients. Biomedical and Environmental Sciences. 1996;9(2-3):256-62.

Publications

National Level

1. Chanida Pachotikarn, **Sunard Taechangam**. Nutritional care process: From theory to practice. Proceeding of the annual conference of The Thai Dietetic Association. Journal of The Thai Dietetic Association. 2012;32:157-182.
2. Chanida Pachotikarn, **Sunard Taechangam**. Making low protein diet possible. Journal of The Thai Dietetic Association. 2010;30:62.
3. Parveena Sachasiri, Chanida Pachotikarn, **Sunard Taechangam**, Wantanee Kriengsinyos. Development of a booklet containing nutritional content and food exchange lists for common Indian food consumed among Sikhs living in Bangkok. Journal of The Thai Dietetic Association. 2010;30:102.
4. Jitralada Kittijaruwattana, Prapai Sri P. Sirichakwal, **Sunard Taechangam**, Chanida Pachotikarn. Knowledge, attitude and behavior of Thai Buddhist for foods given to the monks in Bangkok area. Journal of The Thai Dietetic Association. 2010;30:125.
5. Amornrat Hathaidechadusadee, Piyarat Nuchpongsoi, Chanida Pachotikarn, **Sunard Taechangam**. Development of menu sets for children with severe intellectual disability at lighthouse special learning center. Journal of The Thai Dietetic Association. 2010;30:148.
6. Sutatta Surassanant, Visith Chavasit, Chanida Pachotikarn, **Sunard Taechangam**, Ouppathum Supasindh. The possibility of using drinkable malva nut on constipated hemodialysis patients. Journal of The Thai Dietetic Association. 2010;30:176.
7. Soontharin Satjawatcharaphong. **Sunard Taechangam**, Chanida Pachotikarn, Chailerd Pichipornchai. Development of an educational multimedia program for healthy eating. Journal of The Thai Dietetic Association. 2010; 30:201.
8. Tisana Chanyachailert, **Sunard Taechangam**, Chanida Pachotikarn, Chailerd Pichipornchai. Research and development of interactive web-based education on nutrition for overweight and obese Thai people. Journal of The Thai Dietetic Association. 2010;30:205.
9. Yupa Chanwikrai, Chanida Pachotikarn, **Sunard Taechangam**, Ouppathum Supasindh. Dietary counseling on protein and sodium intake reduction among chronic kidney disease patients: the empowerment approach. Journal of The Thai Dietetic Association. 2010;30:206.
10. Suthida Jumpated, **Sunard Taechangam**, Chanida Pachotikarn. The effectiveness of diet counseling using carbohydrate counting on blood glucose control in type 1 diabetic. Journal of The Thai Dietetic Association. 2010;30:210.
11. Piangporn Charernwat, **Sunard Taechangam**, Chanida Pachotikarn, Sirintorn Chansirikarnjana. The effectiveness of nutrition education model on knowledge, attitude, and practice of caregivers of patients with Alzheimer's disease. Journal of The Thai Dietetic Association. 2010;30: 210.
12. Jutamas Onnom, Chanida Pachotikarn, **Sunard Taechangam**, Piyatida Chuengsamarn. Nutritional status among continuous

- ambulatory peritoneal dialysis patients receiving two sources of high protein seasoning. Journal of The Thai Dietetic Association. 2010;30:184.
13. Pradtana Tapanee, Chanida Pachotikarn, **Sunard Taechangam**, Ratchanee Mitkitte. Nutritive values of local foods and nutritional status in people with hypertension at Doi Tung development project area. Journal of The Thai Dietetic Association. 2010;30:187.
 14. Sopacha Jiamrungraksa, **Sunard Taechangam**, Chanida Pachotikarn, Sirintorn Chansirikarnjana. The prevalence of malnutrition in Thai patients with Alzheimer's disease. Journal of The Thai Dietetic Association. 2010;30: 194.
 15. Thitiporn Chanawangsa, Chanida Pachotikarn, **Sunard Taechangam**, Nittaya Phanuphak. Univariate risk factors for malnutrition in HIV-positive adults attending at the Thai Red Cross anonymous clinic. Journal of The Thai Dietetic Association. 2010;30: 193.
 16. **Sunard Taechangam**, Chanida Pachotikarn. Traditional Thai foods and diabetes. Pre-congress the 15th Congress Asean Federation of Endocrine Societies 2009. Thai Diabetes Bulletin 2009; 41 Suppl 1.
 17. Adikari Thakshila, Pachotikarn Chanida, **Taechangam Sunard**, Rojroongwasinkul Nipa. Development of nutrition educational tool on carbohydrate counting concept for adult Sri Lankans with diabetes. Ramathibodi Medical Journal. 2009;32 (suppl 1):511.
 18. Chanida Pachotikarn, **Sunard Taechangam**, Sallaya Kongsomboonvech. The role of food and memory. Journal of the Thai Dietetic Association. 2007;26-27:1-10.
 19. Chanida Pachotikarn, **Sunard Taechangam**. Diet for renal patients with CAPD. Journal of the Kidney Foundation of Thailand. 2006;39:17-40.
 20. Chanida Pachotikarn, **Sunard Taechangam**. The neglected nutrition therapy. The 6th Hospital Accreditation National Forum. 2005: 55.
 21. Surat Komintr, **Sunard Taechangam**, Jarunee Thirawitayakom, Somnuek Domrongkitchaiporn, Vasant Sumethkul. Nutritional improvement in chronic hemodialysis patients: Effect of dietary counseling on energy, protein and lipid status. Internal Medicine 1998; 14: 39-45.
 22. Tanphaichitr V, Leelahagul P, **Taechangam S**, Suwan K, Prakongpak J. Effect of a reduced caloric diet for the treatment in obesity : a preliminary report. Intern Med 1995; 11: 119-24.

Books

1. Chanida Pachotikarn and **Sunard Taechangam**. EDA: Easy Dietary assessment. In: Thai Dietetic Association, editors. The 31st Annual Conference of Thai Dietetic Association. Innovation of dietary therapy: From theory to practice. Bangkok: Metta Printing, 2011;207-212.
2. Chanida Pachotikarn, **Sunard Taechangam**, Chavalit Ratanakul. Nutritional assessment and management. In: Somchai Eiam-Ong, Kriang Tungsanga, et al. editors. Textbook of Peritoneal Dialysis. 1st ed. Bangkok: Text and Journal Publication Co. 2008 : 643-677.
3. Chanida Pachotikarn and **Sunard Taechangam**. Nutrition for renal patients with hemodialysis and peritoneal dialysis. In: Somchai Eiam-Ong, Kriang Tungsanga, et.al editors . Practical dialysis. 1st ed. Bangkok: Text and Journal Publication Co., Ltd, 2002:1083-1108.
4. Rujira Sammasut, **Sunard Taechangam**, Chanida Pachotikarn et.al. Healthy eating for diabestes. 4th ed. Bangkok: Imagery tree Co. Ltd. 2008:37.
5. Chanida Pachotikarn, **Sunard Taechangam**. Nutrition Management of Diabetes. In: Chulalongkorn University editors. Diabetes Program for Health Care Team: Training program in endocrine and metabolism, 2005:1-15.

Professional Experience/Committee of Professional Association

President and Council Member of Asia Federation of Dietetic Associations (AFDA) 2010-2015

Committee Member, Society of Parenteral and Enteral Nutrition of Thailand, 2011-2014

Advisory Committee Member of Thai Dietetic Association, 2010-present

Advisory Committee, of Thai Association of Diabetes Educators, 2008-present

Committee Member, The Nutrition Association of Thailand, 2008-present

Vice President and Council Member of Asia Federation of Dietitian's Association (AFDA) 2006-2010

President of Thai Dietetic Association, 2006-2010

Member of The Thai Society for The Study of Obesity, 2002-present