

# Younis Salmean

B.Sc., M.Sc., Ph.Dc.

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## Academic Bio

Dr. Salmean graduated from California State University with a bachelor's degree in Food Science and Dietetics, master's degree in Nutritional Sciences and a Ph.D from the University of Florida in Human Nutrition. His current research interests focus on examining the role of fiber and prebiotics as functional therapy in medical nutrition, specifically the role of added fibers on various outcomes of chronic kidney disease, and related biomarkers. He is also focused on examining the role fiber and prebiotics may play in promoting health, and the management of weight loss.

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## EDUCATION

### Doctor of Philosophy in Human Nutrition

University of Florida, 2008-2013

### Masters in Nutritional Sciences

University of Florida, 2006-2008

### B.S, Food and Nutritional Sciences - Dietetics and Food Administrations

California State University Fresno, 2002-2005

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## EXPERIENCE

**Assistant Professor at Kuwait University, College of Life Sciences, Food Science and Nutrition**  
(Oct 2013- current)

**North Florida Regional Medical Center Intern** (Feb 2013)

**Lecturer at University of Florida, Dept. of Food Science and Human Nutrition** (2008 - 2012)

**Nutritionist at Kuwait Ministry of Health** (Nov 2005 - June 2006)

**Dietitian Assistant at Fresno Community Hospital** (2004 – 2005)

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## PUBLICATIONS

Using inulin fiber supplementation with MyPlate recommendations promotes greater weight loss in obese women. Progress in Nutrition. Accepted June 9<sup>th</sup> 2017

Acute fiber supplementation with inulin-type fructans curbs appetite sensations: a randomized, double-blind, placebo-controlled study. Salmean YA. Food Nutr Res. 2017 Jul 2;61(1):1341808.

Fiber supplementation lowers plasma p-cresol in chronic kidney disease patients. Salmean YA, Segal MS, Palii SP, Dahl WJ. J Ren Nutr. 2015 May;25(3):316-20.

Foods with added fiber improve stool frequency in individuals with chronic kidney disease with no impact on appetite or overall quality of life. Salmean YA, Zello GA, Dahl WJ. BMC Res Notes. 2013 Dec 5;6:510.

The effects of added fiber to the diets of chronic kidney disease patients on quality of life, clinical markers and gastrointestinal and kidney function. University of Florida July 25, 2013.

Foods with Added Fiber Lower Serum Creatinine Levels in Patients With Chronic Kidney Disease. Journal of Renal 2013 Mar; 23(2):e29-32.

Effects of Folate and Vitamin B12 status and related genetic polymorphisms on congenital heart defect risk: A pilot study. Master Thesis: 2008.

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### SELECTED INVITATIONS

Speaker at ASN

Interventions for the Treatment and Prevention of Nutrition-Related Diseases at the Experimental Biology Conference, Boston, 2013 April 2013.

Speaker at Research and Practice Innovation session at the 2011 Food & Nutrition Conference & Expo (FNCE) in San Diego, CA.

American Dietetic Association (ADA) September 2011 Invited speaker at The Institute for Learning in Retirement (ILR) ILR University of Florida partner and Road Scholar affiliate March 2011.

Invited presenter at the 2010 annual employee health fair, Gainesville FL. Nationwide Insurance Company September 2010.

Invited speaker for the weight loss support group by Nationwide Insurance Nationwide Insurance Company June 2010.

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### CERTIFICATION

**Certificate of Training in Adult Weight Management**

American Dietetic Association Commission on Dietetic Registration, 2009.