

## **Maha Alshehab, Ph.D.**

Assistant professor  
Department of Food Science and Nutrition  
College of Life Sciences  
Kuwait University

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### **Contacts**

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#### **Address**

Alshedadeya Campus  
Kuwait University  
P.O. Box 5969  
Safat 13060  
Kuwait

### **Skills Summary**

#### **Research skills**

Microscopy

CLSM

FLM

Spectroscopy

NMR

EPR

FTIR

MS

Raman

Spectrophotometry

Gas chromatography

#### **Soft skills**

Project and team management

Event organization

Public speaking

Leadership

#### **Languages**

Arabic: Native proficiency

English: Full professional  
proficiency

## Education

**2019 Doctor of Philosophy, Food Science and Technology**

University of California, Davis  
California, USA

Dissertation title: Milk fat globules as encapsulation and delivery system for lipid-soluble compounds

**2013 Master of Science, Food Science**

Rutgers University  
New Jersey, USA

Thesis title: Utilization of thermal denaturation of soy protein in the recovery of carotenoids from natural sources

**2008 Bachelor of Food Science**

Kuwait University  
Kuwait

## Selected Publications

- 2019** Alshehab, Maha, and Nitin Nitin. "Encapsulation and release of curcumin using an intact milk fat globule delivery system." *Food & function* 10, no. 11 (2019): 7121-7130.
- 2019** Alshehab, Maha, Mariza Gomes Reis, Li Day, and Nitin Nitin. "Milk fat globules, a novel carrier for delivery of exogenous cholecalciferol." *Food Research International* 126 (2019): 108579.
- 2019** Alshehab, Maha, Madhu S. Budamagunta, John C. Voss, and Nitin Nitin. "Real-time measurements of milk fat globule membrane modulation during simulated intestinal digestion using electron paramagnetic resonance spectroscopy." *Colloids and Surfaces B: Biointerfaces* 184 (2019): 110511.

## Patents

**2019 Encapsulating molecules in fat globules**

Nitin Nitin, Maha Alshehab

International publication number: WO2020227030A1

<http://go/encapsulatingmoleculesinfatglobules>

## Work History

- Fall 2019 - Present**     **Assistant professor**  
Department of Food Science and Nutrition  
College of Life Sciences  
Kuwait University, Kuwait  
Job description: instructor of food science and nutrition undergraduate courses, undergraduate food science and nutrition research advisor, chair of food science curriculums reform committee, chair of the departmental academic accreditation committee.
- Summer 2017**     **Research internship**  
AgResearch, Crown Research Institute  
Palmerston North, New Zealand  
Job description: junior researcher, Food & Bio-based Products group, Dairy Products team.
- Spring 2009**     **Part time teaching assistant**  
Kuwait University, Department of Food Science and Nutrition  
Kuwait  
Job description: teaching assistant for the Food Analysis laboratory
- Fall 2008**     **Part time teaching assistant**  
Kuwait University, Department of Food Science and Nutrition  
Kuwait  
Job description: teaching assistant for the Cereal Technology laboratory
- Summer 2008**     **Data collection and analysis**  
Kuwait Institute for Scientific Research  
Kuwait  
Job description: assessing in The National Nutritional Survey Project by collecting at local health clinics, followed by data analysis and interpretation.
- Summer 2007**     **Quality control analyst**  
Kuwait Flour Mills and Bakeries Co.  
Kuwait  
Job description: analysis of raw materials and in-line quality inspection of wheat, flour, bread, and soybean oil.

## Certifications and Professional Development

- 2018**    *Milk Fat Globules, A Novel Carrier for Delivery of Vitamin D<sub>3</sub>*  
Presentation  
AOCS Annual Meeting & Expo  
Minneapolis, Minnesota, USA
- 2018**    *Electron Paramagnetic Resonance Spectroscopy Study of Milk  
Fat Globule Membrane Dynamics during Simulated Digestion*  
Poster  
AOCS Annual Meeting & Expo  
Minneapolis, Minnesota, USA
- 2018**    **FSPCA Preventive Controls for Human Food**  
The Food Safety Preventive Controls Alliance  
California, USA
- 2018**    **Seminar on College Teaching**  
Center for Educational Effectiveness  
University of California, Davis  
California, USA

## Honors and Awards

- 2017 Professors for the Future Fellowship**  
University of California, Davis  
California, USA
- 2017 Jacqueline Herbert Beckley and Herzog Scholarship**  
University of California, Davis  
California, USA
- 2017 Margrit Mondavi Graduate Student Fellowship**  
University of California, Davis  
California, USA
- 2017 Food Science Gala Award**  
University of California, Davis  
California, USA
- 2016 Institute of Food Technologists College Bowl National Champions**  
IFTSA national competition  
IFT Annual Meeting & Food Expo  
Chicago, Illinois, USA
- 2016 Institute of Food Technologists College Bowl Regional Champions**  
IFTSA Pacific North West regional competition  
Oregon, USA
- 2015 Institute of Food Technologists College Bowl National, 4th runners-up**  
IFTSA national competition  
IFT Annual Meeting & Food Expo  
Chicago, Illinois, USA
- 2015 Institute of Food Technologists College Bowl Regional Champions**  
IFTSA Pacific North West regional competition  
California, USA
- 2014 Henry A. Jastro Research Award**  
University of California, Davis  
California, USA
- 2010 Graduate Studies Fellowship**  
Kuwait University  
Kuwait
- 2008 Outstanding Graduating Student Award**  
Kuwait University  
Kuwait

## **Additional Activities**

- 2019**    **Science demonstrations volunteer**  
UC Davis Biodiversity Museum Day  
University of California, Davis  
California, USA
- 2018**    **Science demonstrations volunteer**  
UC Davis Biodiversity Museum Day  
University of California, Davis  
California, USA
- 2015**    **Co-chair of product development team**  
Developing Solutions for Developing Countries Competition  
Institute of Food Technologists  
University of California, Davis  
California, USA
- 2015**    **Science demonstrations volunteer**  
STEM for Girls event  
University of California, Davis  
California, USA
- 2014**    **Science demonstrations volunteer**  
STEM for Girls event  
University of California, Davis  
California, USA
- 2012/3**    **Vice president**  
Food Science Graduate Students Association  
Rutgers University  
New Jersey, USA
- 2011**    **Co-chair of product development team**  
Developing Solutions for Developing Countries Competition  
Institute of Food Technologists  
Rutgers University  
New Jersey, USA
- 2011**    **Event chair and host**  
The 5th Annual Graduate Students Conference at the 28th annual  
Conference of the National Union of Kuwaiti Students  
Beverly Hills, California, USA
- 2010/1**    **Committee secretary**  
Graduate Students Committee of The National Union of Kuwaiti Students, USA