



FACULTY OF ALLIED HEALTH SCIENCES BURAPHA UNIVERSITY

ประวัติส่วนตัว

ชื่อ-นามสกุล (ไทย): ผศ.ดร. อลงกต สิงห์โต

ชื่อ-นามสกุล (อังกฤษ): Asst. Prof. Alongkote Singhato, Ph.D.

ที่อยู่สำหรับติดต่อ

คณะสหเวชศาสตร์ มหาวิทยาลัยบูรพา

169 ถนนลงหาดบางแสน ตำบลแสนสุข อำเภอเมือง จังหวัดชลบุรี 20131

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ประวัติการศึกษา

ปี พ.ศ. ที่จบ	คุณวุฒิ	สาขาวิชา	สถานศึกษา
2554	พท.ป.	การแพทย์แผนไทยประยุกต์	มหาวิทยาลัยแม่ฟ้าหลวง
2557	วท.ม.	อาหารและโภชนาการเพื่อการพัฒนา	มหาวิทยาลัยมหิดล
2565	ปร.ด.	โภชนศาสตร์	มหาวิทยาลัยมหิดล

ประวัติการทำงาน

ปี พ.ศ.	ตำแหน่ง	สถานที่ทำงาน
2557-ปัจจุบัน	อาจารย์	คณะสหเวชศาสตร์ มหาวิทยาลัยบูรพา

สาขาที่มีความชำนาญ

- HIV nutrition
- Nutrition in Thai traditional medicine
- Analytical method development of trace element analysis

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ใบประกอบโรคศิลปะ

- 2564 - Registered Dietitian of Thailand (RD)
- 2556 - Certified Dietitian of Thailand (CDT)
- 2554 - Registered Applied Thai Traditional Medicine

รางวัล / ทุน ที่เคยได้รับ

ปี พ.ศ.	ชื่อรางวัล / ทุน
2556	Faculty of Graduate Studies Mahidol University; scholarship grant to support graduate students in academic presentations in Thailand
2557	Research partially supported by the Graduate Studies of Mahidol University Alumni Association
2558	Research grant supported by the Faculty of Allied Health Sciences, Burapha University
2559	MFUIC2016&KTCM2016 Bursary dedication from World Health Organize
2559	The 19th Bangkok International Symposium on HIV Medicine Scholarship
2560	Research grant supported by the Faculty of Allied Health Sciences, Burapha University
2560	Research grant supported by the National Research Council of Thailand (via Burapha University)
2560	Research grant supported by the Department of Thai Traditional and Alternative Medicine, Thailand Ministry of Public Health
2560	Best oral presentation award (Health Science session) at the 5th Academic Science and Technology Conference 2017, Bangkok
2560	Popular vote poster presentation award at the 6th Burapha University International Conference, Pattaya
2561	Research grant supported by the National Research Council of Thailand (via Burapha University)
2561	Faculty of Allied Health Sciences, Burapha University; The second place of publication award
2561	Best oral presentation award (Health Sciences session) at the 12nd Ubon Ratchathani University Research Conference, Ubon Ratchathani
2562	Faculty of Allied Health Sciences, Burapha University; The third place of publication award

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รางวัล / ทุน ที่เคยได้รับ

ปี พ.ศ.	ชื่อรางวัล / ทุน
2563	Burapha University; Outstanding researcher with petty patent award (Health sciences)
2564	Faculty of Allied Health Sciences, Burapha University; The third place of publication award
2564	Faculty of Allied Health Sciences, Burapha University; Outstanding researcher with petty patent award
2564	School of Integrative Medicine, Mae Fah Luang University; The Distinguished Alumni Award academic year 2021 (Academic and Innovation session)
2564	Thai Dietetics Association; TDA Quest-Yamamoto Award 2021
2564	Burapha University; Outstanding researcher with petty patent award (Health sciences)
2565	Research partially supported by the Graduate Studies of Mahidol University Alumni Association

ผลงานอนุสิทธิบัตร

2561 – The high protein candy using artificial sweeteners (no. 16257)

2563 – The processing method of low-sodium pickled fish, Plara (no. 16693)

2564 - The product and cooking method of calcium fortified-sticky rice in bamboo (Khao Lam) (no. 18097)

ผลงานตีพิมพ์วารสาร

1. Khongkhon, S., & **Singhato, A.** (2023). The Effects of Food Habits According to the Thai Traditional Medicine Belief (Tart 4) on Illness History and Wellbeing. *Nakhonphanom Hospital Journal*, 10(1), (In Press).
2. **Singhato, A.**, Judprasong, K., Sridonpai, P., Laitip, N., Ornthai, N., Yafa, C., & Chimkerd, C. (2022). *In Vitro* Bioaccessibility of Selenium from Commonly Consumed Fish in Thailand. *Foods*, 11(21), 3312.
3. **Singhato, A.**, Booranasuksakul, U., Rueangsri, N., & Daroonpunt, R. (2022). The Benefits of Zinc on Prevention and Lowering Severity of COVID-19. *Royal Thai Navy Medical Journal*, 49(2), 464-476.
4. Khongkhon, S., Pisaipan, R., Sarakarn, W., & **Singhato, A.** (2022). Effectiveness of the Developed Educational Media on the Postpartum Care Knowledge According to the Thai Traditional Medicine Method. *Srinakharinwirot University (Journal of Science and Technology)*, 14(27), 165-176.

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5. **Singhato, A.**, Judprasong, K., Sridonpai, P., Laitip, N., Ornthai, N., Yafa, C., & Chimkerd, C. (2022). Effect of different cooking methods on selenium content of fish commonly consumed in Thailand. *Foods*, 11(12), 1808.
6. **Singhato, A.**, Rueangsri, N., Booranasuksakul, U., Callaghan, R.T., & Daroonpunt, R. (2021). Acceptability of a Calcium Fortified Thai Ethnic Snack, Khao Lam. *Suranaree Journal of Science and Technology*, 28(6), 070026(1-6).
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8. **Singhato, A.**, Khongkhon, S., Rueangsri, N., & Booranasuksakul, U. (2020). Effectiveness of Medical Nutrition Therapy to Improve Dietary Habits for Promoting Bone Health in People Living with Chronic HIV. *Annals of Nutrition and Metabolism*, 76(5), 313–321.
9. Rueangsri, N., Booranasuksakul, U., Daroonpunt, R., & **Singhato, A.** (2020). Development of Food Recipes using Sucralose as a Sweetener. *Journal of Nutrition Association of Thailand*, 55(2), 1-14.
10. **Singhato, A.**, Booranasuksakul, U., Rueangsri, N., & Khongkhon, S. (2020). Preliminary Study of Effectiveness of Integration in Food According to Thai Traditional Medicine Belief and Medical Nutrition Therapy in People with Dyslipidemia. *Journal of Thai Traditional & Alternative Medicine*, 18(1), 44-58.
11. **Singhato, A.**, Booranasuksakul, U., Daroonpunt, R., Rueangsri, N. (2019). Acceptance and satisfaction of reduced fat Thai desserts. *Burapha Journal of Medicine*, 6(2), 17-27
12. **Singhato, A.**, Booranasuksakul, U., Daroonpunt, R. & Rueangsri, N. (2019). Acceptability of the Developed Khao Lam, Steamed Sticky Rice in Bamboo, with Reduced Fat. *Journal of Nutrition Association of Thailand*, 54(1), 11-22.
13. Rueangsri, N., Booranasuksakul, U., Khongkhon, S., & **Singhato, A.** (2019). Development and Acceptance of the Low Sodium Food Recipes Based on the Thai Traditional Medicine Belief. *Journal of Prapokklo Hospital Clinical Medical Education Center*, 36(2), 210-219.



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14. **Singhato, A.**, Booranasuksakul, U., & Rueangsri, N. (2019). The Investigation of Dietary Habits According to TaThuJaoruen Belief and Its Development of Illness History. *Thammasat Medical Journal*, 19(sup), 116-126.
15. Booranasuksakul, U., **Singhato, A.**, Rueangsri, N., & Prasertsri, P. (2019). Association between alcohol consumption and body mass index in university students. *Asian/Pacific Island Nursing Journal*, 4(1), 57-65.
16. Booranasuksakul, U., **Singhato, A.**, Rueangsri, N., & Prasertsri, P. (2019). Effects of Mulberry (*Morus alba*) Leaves Tea on Blood Glucose and Satiety in Healthy Subjects. *Srinagarind Medical Journal*, 34(3), 237-242.
17. Booranasuksakul, U., **Singhato, A.**, Rueangsri, N., Prasertsri, P. (2019). Instructional media for diet control in overweight young adults. *Journal of Nutrition Association of Thailand*, 54(1), 11-23.
18. Rueangsri, N., Booranasuksakul, U., & **Singhato, A.** (2018). Acceptance and Satisfaction on Thai Ethnic Foods Using the Protein-Free Starchy Products. *Current Research in Nutrition and Food Science*, 6(3), 845-851.
19. **Singhato, A.**, Booranasuksakul, U., Khongkhon, S., & Rueangsri, N. (2018). Acceptability of a High Protein Snack Using Artificial Sweeteners for People Living with HIV with Oral Problems. *Current Research in Nutrition and Food Science*, 6(3), 711-719.
20. Rueangsri, N., Booranasuksakul, U., & **Singhato, A.** (2018). Acceptance and satisfaction of reduced sugar, fat, and sodium food recipes. *Burapha Medical Journal*, 5(2), 38-49.
21. **Singhato, A.**, Methajittipunt, P., Booranasuksakul, U., Rueangsri, N. & Sobhon, P. (2018). Acceptance and satisfaction of a high protein snack with artificial sweeteners by people living with HIV who have oral problems. *Journal of Nutrition Association of Thailand*, 53(2), 25-36.
22. Rueangsri, N., Booranasuksakul, U., & **Singhato, A.** (2018). Development of Reduced Calories-Snack Recipes from Sugar by Using Sucralose. *Journal of Nutrition Association of Thailand*, 53(2), 13-24.
23. **Singhato, A.** (2018). Increasing of Risk in Dylipidemia among People Living with HIV who on Antiretroviral Drug Therapy and its Potential Nutritional Care Process. *Journal of Nursing and Health Care*, 36(3), 6-12.

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25. **Singhato, A.**, Booranasuksakul, U., & Rueangsri, N. (2018). Effectiveness of Therapeutic Lifestyle Change diet to improve blood lipid profiles among people living with HIV. *Journal of Medicine and Health Sciences*, 25(1), 93-105.
26. **Singhato, A.**, Booranasuksakul, U., Rueangsri, N., & Charoonruk, G. (2017). Quality of food consumption and development of eating disorder among people living with HIV. *HIV and AIDS review*, 16(2), 118-123.
27. **Singhato, A.**, Banjong, O., & Charoonruk, G. (2017). Effectiveness and acceptance of educational media modules in educating learners on Calcium-Fortified-Soybean milk cooking methods. *Journal of Education*, 28(1), 41-54.
28. **Singhato, A.**, Banjong, O., & Charoonruk, G. (2017). Effectiveness and acceptance of the developed educational media on the application of a Thai ethnic snack, Thong Pub, with calcium fortification. *Journal of Ethnic Foods*, 4(1), 58-63.
29. **Singhato, A.**, Rojroongwasinkul, N., & Charoonruk, G. (2016). Effectiveness of using media animation in educating Thai primary school children on the benefits of consuming five colored vegetables. *Varidian E – Journal, Silpakorn University*, 9(5), 159-172.

งานประชุมวิชาการ (Full proceedings)

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2. Jriangrot, S., Muenchop S., Srikosol R., Booranasuksakul, U., **Singhato, A.**, & Rueangsri, N. (2019). Development of the Reduced Calories-Thai Local Food Recipe. In *proceedings of the 7th Academic Science and Technology Conference* (pp 1014-1022). Bangkok: Rangsit University.

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3. **Singhato, A.**, Booranasuksakul, U., & Rueangsri, N. (2018). Food Characteristics Consumed and the Risk in Malnutrition Development among People Living with HIV with Oral Problem. In *proceedings of the 3rd Local Mekong, Chi, and Mool Rivers National Conference* (pp 1099-1110). Udon Thani: Udon Thani Rajabhat University.
4. **Singhato, A.**, Booranasuksakul, U., Rueangsri, N., & Khongkhon, S. (2018). Development of high protein snack using stevioside for people living with HIV with oral problems. In *proceedings of the 14th Mahasarakham University Research Conference* (pp 529-538). Mahasarakham: Mahasarakham University.
5. **Singhato, A.**, Methajittipunt, P., Booranasuksakul, U., & Rueangsri, N. (2018). Development of the High Protein-Soy Bean Milk Pudding Recipes Using Artificial Sweeteners for HIV-Positive Patients with Oral Problems. In *proceedings of the 9th Hatyai National and International Conference* (pp 785-799). Songkhla: Hatyai University.
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7. Wetchasart, W., Jundaeng, K., Phomma, T., Booranasuksakul, U., **Singhato, A.** & Rueangsri, N. (2018). Development of Snack Recipes Using Sucralose as Sweetener. In *proceedings of National Conference in Science and Technology* (pp 663-675). Bangkok: Bansomdejchaopraya Rajabhat University.
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9. Booranasuksakul, U., Rueangsri, N., **Singhato, A.**, & Sirichakawal P. (2017). Primary Phase of Developing Food Exchange Tool: A Survey of the Limitation of Using Tool for Overweight and Obese Person in Chonburi Province. In *proceedings of the 3rd International Conference on Innovation in Education* (pp 239-248). Nakhon Pathom: Mahidol University.



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10. **Singhato, A.**, Rueangsri, N., & Booranasuksakul, U. (2017). Investigation of food habits related to their body mass index among professionals in nutrition working at the hospital located in northern part of Thailand: A trial study. In *proceedings of Phayao Research Conference 6* (pp 1-11). Phayao: University of Phayao.
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12. Maneenak, Y., Bunpai, R., Pinin, U., Booranasuksakul, U. Rueangsri, N., & **Singhato, A.** (2017). The Development of Low-Sodium Food Recipes According To Tathujaoruen Belief: Pitta Element. In *proceedings of Phuket Rajabhat University Conference 9* (pp 907-918). Phuket: Phuket Rajabhat University.
13. Saphanchang, W., Wa-Ubon, T., Nuket, P., Booranasuksakul, U., Rueangsri, N., & **Singhato, A.** (2017). Development of Low-Sodium Food Recipes According to Tathujaoruen Belief: Semha Element. In *proceedings of the 1st National Graduate Research Conference and Creative Innovation Competition*. (pp 435-445). Chiangmai: Mae Jo University.
14. Thungngaunsiri, P., Pacharakijjakorn, A., Poonsawat, S., Thewjitcharoen, Y. & **Singhato, A.** (2017). Effectiveness and acceptance of the developed basement study room in educating learners on nutrition and suggested daily habits. In *proceedings of the 11st Ubon Ratchathani University Research Conference* (pp 28-37). Ubon Ratchathani: Ubon Ratchathani University.
15. Horadakun, P., Lamsan, J., Wittayacom, K., & **Singhato, A.** (2017). Daily sugar intake and its relationship on body mass index among Burapha University students. In *proceedings of the 6th Burapha University International Conference 2017*. (pp 338-344). Pattaya: Burapha University.

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17. Rueangsri, N., Sumrit, T., Booranasuksakul, U., & **Singhato, A.** (2016). Acceptance and satisfaction on the developed Thai dessert recipes using artificial sweeteners. In *proceedings of the 20th World Congress on Clinical Nutrition (WCCN) 2016, Traditional Medicine, Functional Food, Nutrition, Natural Health Product and Spiritual Healing :Additional Tools for Healthcare Delivery* (pp 29-34). Bangkok: Thammasat University.
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19. Booranasuksakul, U., Kerdjang, K., Rueangsri, N., & **Singhato, A.** (2016). The prevalence and food consumption behaviors of overweight person in Saensook municipality, Muang distric, Chon Buri province. In *Proceedings of Mae Fah Luang University International Conference 2016: Advance in Medical and Health Sciences* (pp 60-67). Chiangrai: Mae Fah Luang University.
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