Research Interests:
1. Assessing the interplay between diet and chronic diseases including obesity and cardiovascular diseases.
2. Encapsulating phytochemicals into nanoparticles to prevent and treat chronic diseases including obesity, cardiovascular diseases and cancers.

Proposed Collaboration:
1. Nutrition and obesity
2. Nutrition and Cardiovascular disease
3. Nutrition and inflammation

Keywords in my current research are the following: Nutrition, Lipid Metabolism, Inflammation, Dietary Fat, Phytochemicals, Nanotechnology, Obesity, Atherosclerosis.