Dr. Anayansi Escalante Aburto
Research Professor – Healthy Foods Unit

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Degrees:
- **PhD in Food Science** – Universidad de Sonora (2014)
- **Master's in Food Science** – Universidad Veracruzana (2009)
- **Bachelor's in Nutrition** – Universidad Veracruzana (2004)

Research areas:
- Development and Prototyping of Low Glycemic Index Foods Based on Cereals, Pseudocereals, and Grains.
- Effect of Processing on Nutraceutical Biomolecules and Their Antioxidant Activity, Formation of Starch Complexes in In Vitro Digestion Models.
- Food Consumption Patterns in Different Populations and Their Association with Nutritional Status in Diseases Related to Overweight and Obesity.

Selected publications:
1. "Exploring the Impact of Protein Supplement Source on Body Composition in Women Practicing Anaerobic Resistance Exercise: A Pilot Study". *Nutrients*, 16(2), 321, 2024, https://doi.org/10.3390/nu16020321
2. "Consumption of dietary anthocyanins and their association with a reduction in obesity biomarkers and the prevention of obesity". Tr*ends in Food Science and Technology*, 140, 104140, 2023. https://doi.org/10.1016/j.tifs.2023.104140
3. "Biophysical, Nutraceutical, and Technofunctional Features of Specialty Cereals: Pigmented Popcorn and Sorghum" Foods,12(12), 2301, 2023, https://doi.org/10.3390/foods12122301

Awards and recognitions:
- Award for High Impact Research: For publishing in the highest impact journals in their area, according to Clarivate Analytics data (Journal of Citation Reports). Universidad de Monterrey (2018).
- Assistant Professor – FAO/Universidad Autónoma de Madrid Program (2024).

Current projects:
- Effect of Consuming Selenium-Enriched Plant Proteins on Biomarkers in Overweight and Obese Patients.
- Static in vitro simulation of gastrointestinal food digestion: Pigmented popcorn expanded by microwave and using olive oil.
- Nixta-3D: Assessing the viability of producing nixtamalized foods through additive manufacturing. Stage 1.