

Lect. SENA ORUÇ

Personal Information

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International Researcher IDs

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Publons / Web Of Science ResearcherID: LOS-8721-2024

Education Information

Doctorate, Istinye University, Lisansüstü Eğitim Enstitüsü, Beslenme ve Diyetetik, Turkey 2022 - Continues

Postgraduate, Marmara University, Institute Of Health Sciences, Department Of Nutrition And Dietetic, Turkey 2019 - 2022

Undergraduate, Kırklareli University, Turkey 2011 - 2015

Foreign Languages

English, C1 Advanced

Certificates, Courses and Trainings

Health&Medicine, Applied Cell Culture and Molecular Biology Research Course, Atlas Biotechnology, 2024

Dissertations

Postgraduate, Sporcu gereksinimine uygun ekmeek geliştirilmesi – iza buğdayı ile ilgili bir çalışma, Marmara University, Institute Of Health Sciences, Department Of Nutrition And Dietetic, 2022

Research Areas

Nutrition and Dietetics, Health Sciences

Academic Titles / Tasks

Lecturer, Acibadem Mehmet Ali Aydınlar University, Faculty Of Health Sciences, Nutrition And Dietetics, 2023 - Continues

Research Assistant, Istinye University, 2018 - 2023

Courses

Vocational Training in Nutrition and Dietetics - External Institution, Undergraduate, 2024 - 2025

Besin Kimyası ve Uygulamaları 2, Undergraduate, 2024 - 2025
Food Chemistry and Practices 2, Undergraduate, 2024 - 2025
Cancer and Nutrition, Undergraduate, 2023 - 2024
Besin Kimyası ve Uygulamaları 1, Undergraduate, 2024 - 2025
Food Chemistry and Practices II, Undergraduate, 2023 - 2024
Bariatric Surgery and Nutrition Therapy, Undergraduate, 2024 - 2025
Food Chemistry and Practices 1, Undergraduate, 2024 - 2025
Besin Kimyası ve Analizleri 1, Undergraduate, 2023 - 2024
Food Chemistry and Practices I, Undergraduate, 2023 - 2024

Published journal articles indexed by SCI, SSCI, and AHCI

- I. **A functional barley-based fermented soup (tarhana) with high β -glucan content**
Koksel H., Ozkan K., TEKİN ÇAKMAK Z. H., KARASU S., Kahraman K., ORUÇ S., SAĞDIÇ O., Sestili F.
EUROPEAN FOOD RESEARCH AND TECHNOLOGY, vol.251, no.1, pp.57-68, 2025 (SCI-Expanded)
- II. **Relationship with Nut Consumption for Breakfast and Postprandial Glucose, Insulin, Triglyceride Responses: A Preliminary Study from Türkiye**
Ozger I. A., Kose G., Bas M., Oruc S., Hajhamidiasl L., Yilmaz S.
FOODS, vol.13, pp.1-17, 2024 (SCI-Expanded)
- III. **A Novel high-amylose wheat-based functional cereal soup (tarhana) with low glycemic index and high resistant starch**
Koksel H., TEKİN ÇAKMAK Z. H., ÖZKAN K., Pekacar Z., ORUÇ S., KAHRAMAN K., Ozer C., SAĞDIÇ O., Sestili F.
Journal of Cereal Science, vol.117, 2024 (SCI-Expanded)
- IV. **A New Functional Wheat Flour Flatbread (Bazlama) Enriched with High- β -Glucan Hull-Less Barley Flour**
Oruç S.
Foods, vol.13, no.2, 2024 (SCI-Expanded)
- V. **Evaluation of nutritional behaviour related to COVID-19**
Elmacioğlu F., Emiroğlu E., Ülker M. T., Ozyılmaz Kircali B., Oruc S.
PUBLIC HEALTH NUTRITION, vol.24, no.3, pp.512-518, 2021 (SCI-Expanded)

Articles Published in Other Journals

- I. **Heavy Metal Exposure in Children**
CABAR H. D., ORUÇ S.
Acta Scientiae et Intellectus, vol.3, no.6, pp.147-153, 2017 (Peer-Reviewed Journal)

Books

- I. **Kıtlığa Girmeden Zayıflama**
ORUÇ S.
in: Nancy Clark's Sports Nutrition Guidebook, Sixth Edition, ELMACIOĞLU, FUNDA, Editor, ACR TIP, İstanbul, pp.311-334, 2022
- II. **Normal Yaşam Dönemleri**
ELMACIOĞLU F., EMİROĞLU E., ÜLKER M. T., ORUÇ S.
in: Nutrition and Diagnosis-Related Care, , Editor, Nobel Tıp Kitabevleri, pp.1-68, 2022

Refereed Congress / Symposium Publications in Proceedings

- I. **Global Research Progress on the Nutrition, Health Benefits, and Standards of Whole Grains**
Köksel H., Oruç S.
The 2025 Boao Food for Health Science Conference and Expo, Haibowan, China, 17 - 21 February 2025, pp.1-2
- II. **Contribution of Breastfeeding to Sustainable Development Goals**
Öneş E., Sipahi S., Oruç S., Karaca Çelik E.
İzmir Demokrasi Üniversitesi Uluslararası Sağlık Bilimleri Kongresi 2024, İzmir, Turkey, 8 - 09 November 2024, pp.22-23
- III. **THE IMPACT OF MATCHA-ENRICHED FOODS ON NUTRITIONAL QUALITY AND HEALTH BENEFITS**
Sipahi S., Oruç S., Öneş E., Karaca Çelik E.
İzmir Demokrasi Üniversitesi Uluslararası Sağlık Bilimleri Kongresi 2024, İzmir, Turkey, 8 - 09 November 2024, pp.18-19
- IV. **Yetişkinlerde Dürtüsellik ve Besin Alımı İlişkisi : Kesitsel Bir Çalışma**
EMİROĞLU E., ORUÇ S., ÜSTÜNDAĞ D., ÇİFTÇİ D., SOFU E., YILDIZ Z., AKTAŞ Z.
3. Uluslararası Sağlıklı Beslenme Kongresi, Edirne, Turkey, 17 - 19 May 2022
- V. **Sporcu Gereksinime Uygun Ekmek Geliştirilmesi - İza Buğdayı ile İlgili Bir Çalışma**
ORUÇ S., KÖKSEL H., GÜNEŞ F. E.
3. Uluslararası Sağlıklı Beslenme Kongresi, İstanbul, Turkey, 17 May 2022

Supported Projects

Oruç S., TÜBİTAK Project, Afetzedelerin Beslenme İhtiyaçlarına Yönelik Zenginleştirilmiş Kahvaltılık Gevrek Üretimi, 2023 - 2024

Oruç S., Horizon Europe Project, Development of new wheat-derived foods of the Mediterranean diet with improved nutritional and health value, 2021 - 2024

Metrics

Publication: 13

Citation (WoS): 41

Citation (Scopus): 45

H-Index (WoS): 2

H-Index (Scopus): 3

Non Academic Experience

Company, Diyetlif A.Ş., Beslenme ve Diyetetik, Diyetisyen

Diyetlif, Diyetisyen

Üstünberk Holding, Danışman Diyetisyen

Özel Çekirge Kalp ve Aritmi Hastanesi, Klinik Diyetisyen