

Dr. Sheila Munanie Kilonzi (PhD)

Dip. Food Technology (JKUAT), B. Sc. Food science & Technology (JKUAT),
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ANLP alumni 2020

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Dr. Kilonzi is a Kenyan National who is currently a Food Science and Nutrition lecturer at Karatina University. She is an open mindedness person with a zeal to transform lives through teaching, mentorship, research and community outreach activities.

Research work: Assessment of Lablab bean potential in improving food and nutrition security.

Other research interests: Improving food systems to mitigate malnutrition and non-communicable diseases.

For the last 5 years Dr. Kilonzi has received research funding from German Academic Exchange Service (DAAD), Regional Universities Forum for Capacity Building in Agriculture-RUFORUM and International Foundation of Science (IFS)

Publications:

1. **Kilonzi Sheila M.**, Makokha Anselimo O., and Kenji Glaston Physical characteristics, proximate composition and anti-nutritional factors in grains of lablab bean (*Lablab purpureus*) genotypes from Kenya
2. **Kilonzi Sheila M.**, Makokha Anselimo O., and Kenji Glaston M. (2019). Effect of Some Processing Methods on Nutrient Content and Anti-Nutritional Factors of a Variety of *Dolichos Lablab* (*Lablab Purpureus L.*) Beans Grown in Kenya. *Journal of Food and Nutritional Sciences Research* 1(1), 12-17.
3. Musotsi, Anne A., Makokha Anselmo O., Abukutsa-Onyango, Mary O., and **Kilonzi Sheila M.**, (2019). Quantitative Changes of Ascorbic acid and Beta carotene in African nightshade (*Solanum nigrum*) and Spider plant (*Cleome gynandra*) due to traditional cooking methods used in western Kenya. *Journal of Food and Nutritional Sciences Research* 1(1), 51-63.