

Research Assistant Halide YILDIRIM

Education:

M.Sc., Nutrition and Dietetics, Yeditepe University, 2021

B.S., Gastronomy and Culinary Arts, Yeditepe University, 2021

B.S., Nutrition and Dietetics, Yeditepe University, 2018

Research Fields:

Kitchen Techniques

Principles of Nutrition

Menu Planning

Food Systems

Food Hygen and Sanitation

Publications:

Yıldırım H., Kaya Cebiođlu İ., The relationship between Mediterranean diet adherence and mindful eating among individuals with high education level . Acıbadem Üniversitesi Sağlık Bilimleri Dergisi, 12(4).