

# NAJ FNR

THE NORTH AFRICAN JOURNAL OF  
FOOD AND NUTRITION RESEARCH

*Making Nutrition a Development Priority in Africa*

*The North African Journal of Food and Nutrition Research*

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[najfnr@najfnr.org](mailto:najfnr@najfnr.org)

# The NAJFNR

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# Editor's Quote

"The Mediterranean diet, known to maintain good health and promote longevity, has been gradually abandoned by populations in Southern Europe, North Africa, and the Near East as reported by the F.A.O. High rates of overweight and obesity, as reported by several studies, are not limited to the European Mediterranean countries (Greece, Italy, Spain, Portugal) and recalls what the W.H.O. says for two years: emerging economies are increasingly affected.

During the last few decades, there has been a great interest in the field of nutrition and health. *The North African Journal of Food and Nutrition Research* aims to encourage scientists and physicians of all fields to publish their works in order to promote nutrition and education among all concerned communities in North Africa. Furthermore, the purpose of the journal is to provide balanced, reliable, and updated data for researchers and health care professionals to facilitate decisions and management of metabolic diseases related to nutritional status."

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*Department of Biology*  
*Nutrition and Metabolic Diseases (NUMED) - Team Leader*  
ALGERIA.  
<https://www.najfnr.org>  
Tel. +213 551152261

## Editor-in-Chief

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## Managing Editor

Dr. Mustapha DIAF      Djillali Liabes University of Sidi-Bel-Abbes, ALGERIA      [diafmustapha@gmail.com](mailto:diafmustapha@gmail.com)

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Dr. Nada BENAJIBA      Princess Nora bint Abdul Rahman University, Riyadh, KSA      [benajibanada@gmail.com](mailto:benajibanada@gmail.com)  
Dr. Ferzana SALEH      University of Health Sciences Dhaka, BANGLADESH      [salehfarzana42@gmail.com](mailto:salehfarzana42@gmail.com)  
Dr. Farid DAHMOUNE      Mohand Oulhadj University of Bouira, ALGERIA      [farid.dahmoune@yahoo.fr](mailto:farid.dahmoune@yahoo.fr)  
Dr. Bachir BENARBA      Mustapha Stambouli University of Mascara, ALGERIA      [bachirsb@yahoo.fr](mailto:bachirsb@yahoo.fr)  
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Dr. Kaddour ZIANI      Tahar Moulay University of Saïda, ALGERIA      [zianivet07@gmail.com](mailto:zianivet07@gmail.com)  
Pr. Hamid El BILALI      Univ. of Natural Resources and Life Sci. Vienna, AUSTRIA      [elbilali@boku.ac.at](mailto:elbilali@boku.ac.at)  
Dr. Slimane MEHDAD      Mohammed V University, Rabat, MOROCCO      [slimanemehdad@gmail.com](mailto:slimanemehdad@gmail.com)  
Dr. MoezAllIslam Ezzat FARIS      College of Health Sciences, University of Sharjah, UAE      [mfaris@sharjah.ac.ae](mailto:mfaris@sharjah.ac.ae)

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Pr. Hassan AGUENAOU      Ibn Tofail University, Kenitra, MOROCCO      [aguenaou2014@gmail.com](mailto:aguenaou2014@gmail.com)  
Pr. Miloud SLIMANI      Salhi Ahmed University of Naama, ALGERIA      [miloud.slimani@univ-saida.dz](mailto:miloud.slimani@univ-saida.dz)  
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Pr. Jaafar HEIKEL      University Mohammed 6 Polytechnic, MOROCCO      [drjheikel@gmail.com](mailto:drjheikel@gmail.com)  
Pr. Rachida ALLEM      Hassiba Benbouali University of Chlef, ALGERIA      [rachidalem2001@yahoo.fr](mailto:rachidalem2001@yahoo.fr)  
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Pr. Khedidja MEKKI      Ahmed Ben Bella University of Oran 1, ALGERIA      [khmekki@hotmail.com](mailto:khmekki@hotmail.com)  
Dr. Mustapha DIAF      Djillali Liabes University of Sidi-Bel-Abbes, ALGERIA      [diafmustapha@gmail.com](mailto:diafmustapha@gmail.com)  
Dr. Mohamad Ghassan ABIAD      American University of Beirut, LEBANON      [ma192@aub.edu.lb](mailto:ma192@aub.edu.lb)  
Pr. Zoubida ZAIDI      Univ. Hosp, Ferhat Abbas University of Setif, ALGERIA      [zozaidi@yahoo.fr](mailto:zozaidi@yahoo.fr)  
Pr. Malika BENDAHMANE      Djillali Liabes University of Sidi-Bel-Abbes, ALGERIA      [maliabendaman@gmail.com](mailto:maliabendaman@gmail.com)  
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Pr. Abdelmalek BOUZID	University of Constantine 3, Constantine, ALGERIA	<a href="mailto:bouzid.abdelmalek@yahoo.fr">bouzid.abdelmalek@yahoo.fr</a>
Pr. Rachid MALEK	University Hospital of Sétif, Internal Medicine, ALGERIA	<a href="mailto:rmalekdz@gmail.com">rmalekdz@gmail.com</a>
Pr. Reema Fayez TAYYEM	University of JORDAN, Amman, Al-Jubeiha, JORDAN	<a href="mailto:r.tayyem@ju.edu.jo">r.tayyem@ju.edu.jo</a>
Pr. Abdelmajid SOULAYMANI	Ibn Tofail University, Kenitra, MOROCCO	<a href="mailto:soulaymani@uit.ac.ma">soulaymani@uit.ac.ma</a>
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Pr. Jamal BELKHADIR	France Avenue, Agdal, Rabat, MOROCCO	<a href="mailto:jamalbelkhadir@yahoo.fr">jamalbelkhadir@yahoo.fr</a>
Pr. Fatima-Zahra AZZAOU	Hassan II University, Casablanca, MOROCCO	<a href="mailto:azzaouifz@hotmail.com">azzaouifz@hotmail.com</a>
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Pr. Amina BARKAT	Nat. Cent. of Neonatology and Nutrition, Rabat, MOROCCO	<a href="mailto:barakatamina@hotmail.fr">barakatamina@hotmail.fr</a>
Pr. Rachida ROKY	Hassan II University, Casablanca, MOROCCO	<a href="mailto:rokyrachida@gmail.com">rokyrachida@gmail.com</a>
Pr. Malika BARKAT	INATAA, Constantine, ALGERIA	<a href="mailto:barkat.inataa@yahoo.fr">barkat.inataa@yahoo.fr</a>
Pr. Ahmed BOUALGA	Ahmed Ben Bella University of Oran 1, ALGERIA	<a href="mailto:boualga.ahmed@gmail.com">boualga.ahmed@gmail.com</a>
Pr. Lotfi MOUNI	Akli Mohand Ouelhadj University of Bouira, ALGERIA	<a href="mailto:lotfimouni@gmail.com">lotfimouni@gmail.com</a>
Pr. Souad BENAICH	Faculty of Sciences, Rabat, MOROCCO	<a href="mailto:souadbenaiach@gmail.com">souadbenaiach@gmail.com</a>
Pr. Hayet OULAMARA	University Mentouri of constantine, ALGERIA	<a href="mailto:houlamara@yahoo.fr">houlamara@yahoo.fr</a>
Pr. Joel DE LEIRIS	TIMC-PRETA UMR 5525, Université de Grenoble, FRANCE	<a href="mailto:joelpaulfr@yahoo.fr">joelpaulfr@yahoo.fr</a>
Pr. Francis ZOTOR	Univ. of Health and Allied Sciences, Ho, Volta Region, GHANA	<a href="mailto:francisfirst@gmail.com">francisfirst@gmail.com</a>
Dr. Nada BENAJIBA	Princess Nora bint Abdul Rahman University, Riyadh, KSA	<a href="mailto:benajibanada@gmail.com">benajibanada@gmail.com</a>
Pr. Slimane MEHDAD	Mohammed V University, Rabat, MOROCCO	<a href="mailto:slimanemehdad@gmail.com">slimanemehdad@gmail.com</a>
Dr. Hamid El BILALI	Univ. of Natural Resources and Life Sci. Vienna, AUSTRIA	<a href="mailto:elbilali@boku.ac.at">elbilali@boku.ac.at</a>
Dr. Bachir BENARBA	Mustapha Stambouli University of Mascara, ALGERIA	<a href="mailto:bachirsb@yahoo.fr">bachirsb@yahoo.fr</a>
Dr. MoezAlIslam Ezzat FARIS	College of Health Sciences, University of Sharjah, UAE	<a href="mailto:mfaris@sharjah.ac.ae">mfaris@sharjah.ac.ae</a>
Dr. Suhad S. ABUMWEIS	Dept of Clin. Nutr. and Dietetics, Hashemite Uni. JORDAN	<a href="mailto:abumweis@mail.mcgill.ca">abumweis@mail.mcgill.ca</a>
Dr. Mickaël RIALLAND	University of Bourgogne, Dijon, FRANCE	<a href="mailto:mickael.rialland@u-bourgogne.fr">mickael.rialland@u-bourgogne.fr</a>
Dr. Kaddour ZIANI	Tahar Moulay University of Saïda, ALGERIA	<a href="mailto:zianivet07@gmail.com">zianivet07@gmail.com</a>
Dr. Poorna Chandra Rao YALAGALA	Department of Medicine, University of Illinois, Chicago, USA	<a href="mailto:yalagala@uic.edu">yalagala@uic.edu</a>
Dr. Hicham EL BERRI	Public Health Program Manager, WHO-GENEVA	<a href="mailto:hichamelberri@gmail.com">hichamelberri@gmail.com</a>
Dr. Hala AL-OTAIBI	King Faisal University, SAUDI ARABIA	<a href="mailto:halaalotaibi5m@gmail.com">halaalotaibi5m@gmail.com</a>
Dr. Onyinye EZEH	University of Reading, UNITED KINGDOM	<a href="mailto:onyi.ezeh@gmail.com">onyi.ezeh@gmail.com</a>
Dr. Andrea de la GARZA PUENTES	Fundació Sant Joan de Déu, Barcelona, SPAIN	<a href="mailto:adelagarza@ub.edu">adelagarza@ub.edu</a>
Pr. Toufik MADANI	Ferhat Abbas University of Setif, ALGERIA	<a href="mailto:madani2000dz@yahoo.fr">madani2000dz@yahoo.fr</a>
Dr. Davut BALTACI	Department of Family Medicine, TURKEY	<a href="mailto:davutbaltaci@hotmail.com">davutbaltaci@hotmail.com</a>
Dr. Mohamed ABU-FARHA	Dasman Diabetes Institute, Kuwait City, KUWAIT	<a href="mailto:Mohamed.abufarha@dasmaninstitute.org">Mohamed.abufarha@dasmaninstitute.org</a>
Dr. Farzana SALEH	University of Health Sciences Dhaka, BANGLADESH	<a href="mailto:salehfarzana42@gmail.com">salehfarzana42@gmail.com</a>
Dr. Asha Murshida MUTHALIB	Univ. of Colombo, Dept. of Clinical Medicine, SRI LANKA	<a href="mailto:mujasha@yahoo.com">mujasha@yahoo.com</a>
Dr. Halima BOUGHELLOUT	University of Constantine 1, Algeria	<a href="mailto:halima.boughellout@umc.edu.dz">halima.boughellout@umc.edu.dz</a>
Dr. Mohammed GAGAOUA	INRA - UMRH. C.R Auvergne-Rhône-Alpes, FRANCE.	<a href="mailto:Mohammed.GAGAOUA@inra.fr">Mohammed.GAGAOUA@inra.fr</a>
Dr. Farida BENMEZIANE	Chadli Bendjedi University of El-Tarf, ALGERIA	<a href="mailto:benmezianefarida@yahoo.fr">benmezianefarida@yahoo.fr</a>
Dr. Farah NAJA	American University of Beirut, LEBANON	<a href="mailto:fn14@aub.edu.lb">fn14@aub.edu.lb</a>
Dr. Mohammed EL MZIBRI	CNESTEN. BP 1382 RP 10001 Rabat. MOROCCO	<a href="mailto:elmzibri@cnesten.org.ma">elmzibri@cnesten.org.ma</a>
Dr. Ali Saeed AL-CHALABI	University of Mosul, Mosul, IRAQ	<a href="mailto:alisaeeedchalaby@yahoo.com">alisaeeedchalaby@yahoo.com</a>
Dr. Fatima Zohra LAAMIRI	Higher Inst. of Nurs. Profess and Techn. Health, MOROCCO	<a href="mailto:fatilamir1970@yahoo.fr">fatilamir1970@yahoo.fr</a>
Dr. Nihada AHMETOVIC	University of Tuzla, Tuzla, BOSNIA AND HERZEGOVINA	<a href="mailto:nihada.ahmetovic@untz.ba">nihada.ahmetovic@untz.ba</a>
Dr. Juliana Gamboa SANTOS	CIDCA –CONICET, La Plata, Buenos Aires, ARGENTINA	<a href="mailto:jou_joule@hotmail.com">jou_joule@hotmail.com</a>
Dr. Linda MAJDOUB-MATHLOUTHI	ISA Chott-Mariem, Sousse, TUNISIA	<a href="mailto:yalinmaj@gmail.com">yalinmaj@gmail.com</a>
Dr. Marie Louise Berthe AHUI	Felix Houphouet-Boigny Univ., Abidjan, IVORY COAST	<a href="mailto:louise_berthe@yahoo.com">louise_berthe@yahoo.com</a>

Dr. Elom Kouassivi AGLAGO	International Agency for Research on Cancer, Lyon, FRANCE	<a href="mailto:agлагоelom@gmail.com">agлагоelom@gmail.com</a>
Dr. Lamia LAHOUAR	University of Monastir, Department of Biology, TUNISIA	<a href="mailto:lahouarlamia@yahoo.fr">lahouarlamia@yahoo.fr</a>
Dr. Lamia BENBRAHIM-TALLAA	International Agency for Research on Cancer, Lyon, FRANCE	<a href="mailto:tallaal@iarc.fr">tallaal@iarc.fr</a>
Dr. Hajar KIAI	Institute of Food Science Research, Madrid, SPAIN	<a href="mailto:hajarkiai@gmail.com">hajarkiai@gmail.com</a>
Dr. Farid DAHMOUNE	Mohand Oulhadj University of Bouira, ALGERIA	<a href="mailto:farid.dahmoune@yahoo.fr">farid.dahmoune@yahoo.fr</a>
Dr. Omar AOUN	Djillali Bounaama University of Khemis Meliana, ALGERIA	<a href="mailto:aoun.omar@yahoo.fr">aoun.omar@yahoo.fr</a>
Dr. Khalid EL KARI	CNESTEN, Rabat, MOROCCO	<a href="mailto:khalidelkari79@gmail.com">khalidelkari79@gmail.com</a>
Dr. Hocine REMINI	Mohand Oulhadj University of Bouira, ALGERIA	<a href="mailto:h.remini@univ-bouira.dz">h.remini@univ-bouira.dz</a>
Dr. Amine BELBAHI	Mohamed Boudiaf University of M'Sila, ALGERIA	<a href="mailto:belbahi.amine@yahoo.fr">belbahi.amine@yahoo.fr</a>
Dr. Sofiane DAIRI	Abderrahmane Mira University of Bejaia, ALGERIA	<a href="mailto:sofianedairi@yahoo.fr">sofianedairi@yahoo.fr</a>
Dr. Makhlof CHAALAL	Mentouri Brothers University of Constantine, ALGERIA	<a href="mailto:makhlof.chaalal@yahoo.fr">makhlof.chaalal@yahoo.fr</a>
Dr. Nabil KADRI	Mohand Oulhadj University of Bouira, ALGERIA	<a href="mailto:kadri.montp2@gmail.com">kadri.montp2@gmail.com</a>
Dr. Midhat Nabil Bin Ahmad SALIMI	Universiti Malaysia Perlis, Kangar, MALAYSIA	<a href="mailto:nabil@unimap.edu.my">nabil@unimap.edu.my</a>
Dr. Akram ZRIBI	Ecole Nationale d'Ingénieurs de Sfax, TUNISIA	<a href="mailto:zribiakram@gmail.com">zribiakram@gmail.com</a>
Dr. Amira Ghislaine DRA	Djillali Liabes University of Sidi-Bel-Abbes, ALGERIA	<a href="mailto:d.ghislaine84@gmail.com">d.ghislaine84@gmail.com</a>
Dr. Mokhtar BENABDERRAHMANE	Djillali Liabes University of Sidi-Bel-Abbes, ALGERIA	<a href="mailto:Benmok_68@yahoo.fr">Benmok_68@yahoo.fr</a>
Dr. Khalid BOUTOIAL	Univ. Sultan Moulay Sliman, Beni Mellal, MOROCCO	<a href="mailto:khalidboutoial@gmail.com">khalidboutoial@gmail.com</a>
Dr. Samira MEZIANI	Djillali Liabes University of Sidi-Bel-Abbes, ALGERIA	<a href="mailto:meziani_samira@yahoo.fr">meziani_samira@yahoo.fr</a>
Dr. Sanou DIA	FAO Subregional Office for Eastern Africa, ETHIOPIA	<a href="mailto:desanou@yahoo.fr">desanou@yahoo.fr</a>
Dr. Meriem BENCHARIF	INATAA, University of Mentouri Brothers, ALGERIA	<a href="mailto:meriem.bencharif@umc.edu.dz">meriem.bencharif@umc.edu.dz</a>
Dr. Ouardia OULDALI	Mustapha Stambouli University of Mascara, ALGERIA	<a href="mailto:ouldali@yahoo.fr">ouldali@yahoo.fr</a>
Dr. Mohamed Lamine BENINE	Djillali Liabes University of Sidi-Bel-Abbes, ALGERIA	<a href="mailto:benineamine@yahoo.fr">benineamine@yahoo.fr</a>
Dr. Yamina MEHDI	Univ. Center Noor Bachir El Bayadh, ALGERIA	<a href="mailto:paradis_amina27@live.fr">paradis_amina27@live.fr</a>
Dr. Mohand Ouidir BOUSSOUM	Ibn Khaldoun University of Tiaret, ALGERIA	<a href="mailto:idir_boussoum@yahoo.fr">idir_boussoum@yahoo.fr</a>
Dr. Mohamed ZAIRI	Djillali Liabes University of Sidi-Bel-Abbes, ALGERIA	<a href="mailto:mzairi9e@yahoo.fr">mzairi9e@yahoo.fr</a>
Dr. Aziouz AIDOU	M'Hamed Bougara University, Boumerdes, ALGERIA	<a href="mailto:a.aidoud@univ-boumerdes.dz">a.aidoud@univ-boumerdes.dz</a>
Dr. Ghania TIBOURA	Djillali Liabes University of Sidi-Bel-Abbes, ALGERIA	<a href="mailto:ghania_biologie@yahoo.fr">ghania_biologie@yahoo.fr</a>
Dr. Amina BENABBOU	Djillali Liabes University of Sidi-Bel-Abbes, ALGERIA	<a href="mailto:amina_benabbou@yahoo.fr">amina_benabbou@yahoo.fr</a>
Dr. Esmâ ZINEDDINE	Djillali Liabes University of Sidi-Bel-Abbes, ALGERIA	<a href="mailto:zineddinevet@gmail.com">zineddinevet@gmail.com</a>
Dr. Saad MEBREK	Biotechnology Research Center, Constantine, ALGERIA	<a href="mailto:saad.mebrek@gmail.com">saad.mebrek@gmail.com</a>
Dr. Azdinia ZIDANE	Hassiba Benbouali University of Chlef, ALGERIA	<a href="mailto:azdinia.zidane@yahoo.fr">azdinia.zidane@yahoo.fr</a>
Dr. Fouzia TEBBANI	University of Constantine 1, ALGERIA	<a href="mailto:fouziatébani@yahoo.fr">fouziatébani@yahoo.fr</a>
Dr. Gulzar Ahmad NAYIK	Govt. Degree College Shopian, J&K, INDIA	<a href="mailto:gulzarnaik@gmail.com">gulzarnaik@gmail.com</a>
Dr. Radhouene DOGGUI	Dept of Family Medicine, Univ. de Sherbrooke, CANADA	<a href="mailto:Radhouene.Doggui@usherbrooke.ca">Radhouene.Doggui@usherbrooke.ca</a>
Pr. Amina BOUCHENTOUF	Djillali Liabes University of Sidi-Bel-Abbes, ALGERIA	<a href="mailto:bouchentouf_amina@yahoo.fr">bouchentouf_amina@yahoo.fr</a>