

## *Curriculum Vita*

**Zeinab Mokhtari**

PhD in Nutrition science

Assistant Prof, Food security research center, Isfahan University of Medical Sciences, Isfahan-Iran  
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### *Educational background*

<b>2014-2019</b>	<b>PhD in Nutrition Sciences</b> , School of Nutrition and Food technology, Shahid Beheshti Medical University, Tehran-Iran
<b>2009-2013</b>	<b>MSc in Nutrition Sciences</b> , School of Nutrition and Food technology, Shahid Beheshti Medical University, Tehran-Iran
<b>2001-2005</b>	<b>BSc in Nutrition Sciences</b> , School of Health, Esfahan Medical University, Esfahan-Iran

## ***Employment and Professional Experience***

<b>2020-present</b>	Assistant Prof, Food security research center, Isfahan University of Medical Sciences, Isfahan-Iran
<b>2019-2020</b>	Nutrition and diet therapy consultant, Jey clinic , Isfahan-Iran.
<b>2013-2014</b>	Part-time Lecturer, School of Nursing and Midwifery, Islamic Azad University Isfahan Branch Khorasgan, Isfahan,Iran
<b>2012-2013</b>	Nutrition and diet therapy consultant, Vahdati Hospital, Dezful, Iran
<b>2006- 2008</b>	Nutrition and diet therapy consultant, Goldis Hospital, Esfahan-Iran.

## ***Papers published in Peer reviewed Journals***

<b>2021</b>	Kazemi A, Soltani S, Mokhtari Z, Khan T, Golzarand M, Hosseini E, Jayedi A, Ebrahimpour-Koujan S, Akhlaghi M. The relationship between major food sources of fructose and cardiovascular disease, cancer, and all-cause mortality: a systematic review and dose-response meta-analysis of cohort studies. <i>Critical Reviews in Food Science and Nutrition</i> . 2021 Nov 10:1-4.
<b>2021</b>	Zand, H., Nazary, A., Fatahi, S., Mokhtari, Z., Salehi-Sahlabadi, A., Tan, S. C., ... & Hekmatdoost, A. (2021). The influence of fasting and energy-restricted diets on leptin and adiponectin levels in humans: A systematic review and meta-analysis. <i>Clinical nutrition (Edinburgh, Scotland)</i> , 40(4).
<b>2021</b>	Bourbour, F., Kabir, A., Pazouki, A., Mokhber, S., Kord-Varkaneh, H., Găman, M. A., Mokhtari Z & Hekmatdoost, A. (2021). Trends in Serum Vitamin D Levels within 12 Months after One Anastomosis Gastric Bypass (OAGB). <i>Obesity Surgery</i> , 1-10.
<b>2021</b>	Fatahi S, Nazary-Vannani A, Sohouli MH, Mokhtari Z, Kord-Varkaneh H, Moodi V, Tan SC, Low TY, Zanghelini F, Shidfar F. The effect of fasting and energy restricting diets on markers of glucose and insulin controls: a systematic review and meta-analysis of randomized controlled trials. <i>Critical reviews in food science and nutrition</i> . 2020 Jul 31:1-2
<b>2020</b>	Varkaneh HK, Tinsley GM, Santos HO, Zand H, Nazary A, Fatahi S, Mokhtari Z, Salehi-Sahlabadi A, Tan SC, Rahmani J, Gaman MA. The influence of fasting and energy-restricted diets on leptin and adiponectin levels in humans: A systematic review and meta-analysis. <i>Clinical Nutrition</i> . 2020 Oct 24
<b>2020</b>	Jazayeri S, Heshmati J, Mokhtari Z, Sepidarkish M, Nameni G, Potter E, Zaroudi M. Effect of omega-3 fatty acids supplementation on anthropometric indices in children and adolescents: A systematic review and meta-analysis of randomized controlled trials. <i>Complementary Therapies in Medicine</i> . 2020 Jun 26:102487
<b>2020</b>	Kord-Varkaneh H, Nazary-Vannani A, Mokhtari Z, Salehi-Sahlabadi A, Rahmani J,

	Clark CC, Fatahi S, Zanghelini F, Hekmatdoost A, Okunade K, Mirmiran P. The Influence of Fasting and Energy Restricting Diets on Blood Pressure in Humans: A Systematic Review and Meta-Analysis. High Blood Pressure & Cardiovascular Prevention. 2020 Jun 20:1-0
<b>2019</b>	Mokhtari Z, Sharafkhah M, Poustchi H, Sepanlou SG, Khoshnia M, Gharavi A, Sohrabpour AA, Sotoudeh M, Dawsey SM, Boffetta P, Abnet CC. Adherence to the Dietary Approaches to Stop Hypertension (DASH) diet and risk of total and cause-specific mortality: results from the Golestan Cohort Study. International Journal of Epidemiology. 2019 May 5.
<b>2019</b>	Mokhtari Z, Karbaschian Z, Pazouki A, Kabir A, Hedayati M, Mirmiran P, Hekmatdoost A. The Effects of Probiotic Supplements on Blood Markers of Endotoxin and Lipid Peroxidation in Patients Undergoing Gastric Bypass Surgery; a Randomized, Double-Blind, Placebo-Controlled, Clinical Trial with 13 Months Follow-Up. Obesity surgery. 2019 Jan 5:1-1.
<b>2018</b>	Karbaschian Z, Mokhtari Z, Pazouki A, Kabir A, Hedayati M, Moghadam SS, Mirmiran P, Hekmatdoost A. Probiotic Supplementation in Morbid Obese Patients Undergoing One Anastomosis Gastric Bypass-Mini Gastric Bypass (OAGB-MGB) Surgery: a Randomized, Double-Blind, Placebo-Controlled, Clinical Trial. Obesity surgery. 2018 May 3:1-2. Zohreh Karbaschian and Zeinab Mokhtari contributed equally to this work
<b>2017</b>	Mokhtari Z, Gibson DL, Hekmatdoost A. Nonalcoholic fatty liver disease, the gut microbiome, and diet. Advances in Nutrition. 2017 Mar 10;8(2):240-
<b>2017</b>	Mokhtari Z, Poustchi H, Eslamparast T, Hekmatdoost A. Egg consumption and risk of non-alcoholic fatty liver disease. World journal of hepatology. 2017 Apr 8;9(10):503.
<b>2017</b>	Mokhtari Z, Hekmatdoost A, Nourian M. Antioxidant efficacy of vitamin D. J Parathyroid Dis. 2017 Mar;5(1):11-6.
<b>2015</b>	Mokhtari Z, Nasrollahzadeh J .Relationship between dietary approaches to stop hypertension score and Alternative Healthy Eating Index score with plasma asymmetrical dimethylarginine levels in patients referring coronary, was angiography, has been submitted online and is presently being given consideration for publication in the Journal of Human Nutrition and Dietetics.
<b>2013</b>	"Relation between of diet and plasma total antioxidant capacity and dimethylarginine dimethylaminohydrolase polymorphism with plasma asymmetrical dimethylarginine levels in patients referred for coronary angiography", National nutrition and food technology research institute, Shahid Beheshti Medical University, Tehran-Iran.

### ***Books***

Zeinab Mokhtari, Azita Hekmatdoost. **Dietary Interventions in Gastrointestinal Diseases. Foods, Nutrients, and Dietary Supplements.** Chapter 3; Dietary interventions and Inflammatory Bowel Disease, 1st Edition. **Editors: Ronald Watson Victor Preedy, Paperback ISBN: 9780128144688, Imprint: Academic Press, Published Date: 25th January 2019.**

Zeinab Mokhtari, Azita Hekmatdoost. Dietary Interventions in Gastrointestinal and liver Diseases. 1st Edition. National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, Tehran, Iran. Published Date: 25th July 2017.

Azita Hekmatdost, Zeinab mokhtari, Elnaz Shaseb, Farhad Vahid, A review on Drug-Nutrient Interactions , Tehran: National nutrition and food technology research institute; 2014.

Zeinab mokhtari. Top 1000 points of Nutrition for preparing students in MSc exam. Zabarjad Institution. 2013

### **Technical expertise**

DNA&RNA extraction from blood, serum, paraffin-embedded tissue

PCR and RT-PCR

Agarose and polyacrylamide gel electrophoresis

Restriction Fragment Length Polymorphism (RFLP)

### **Conference/Congress/ Seminar Presentation**

Zeinab-Mokhtari. Association between BMI and dairy intake in cardiovascular patients. The 4th national congress of obesity, Tehran, Iran, December 2013 (Oral Presentation)

## **Certificates**

- Systematic review and meta-analysis writing from Tehran University of Medical Sciences.
- Randomised clinical trials workshop from Tehran University of Medical Sciences.
- Cell culture Workshop from Pasteur Institute, Tehran. Iran.
- Animal Care from Pasteur Institute, Tehran. Iran.
- Advanced Research Workshop from Shaheed Beheshti University of Medical Sciences
- Advanced scientific writing workshop from Tehran University of Medical Science
- Advanced Teaching style workshop from Tehran University of Medical Science

## **Membership of Professional Associations**

Membership of the Iran Nutrition Association

Membership of international confederation of dietetic associations

Membership of Red Crescent Society

Membership of talent students of Shahid Beheshti Medical University

## **Awards & Honors**

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|-------------|---|
| <b>2014</b> | Ranked 1 <sup>st</sup> in Ph.D course entrance examination, Iran. |
| <b>2013</b> | Elected as top student in MSc degree                              |
| <b>2011</b> | Ranked 3 <sup>rd</sup> in MS course entrance examination, Iran.   |
| <b>2005</b> | Elected as top student in BSc degree                              |

## **Theses supervision**

### **In PhD Course.**

Dr Azita Hekmatdoost. Effects of probiotics supplementation on serum level of lipopolysaccharides, inflammatory factors, gut hormones and some nutrients in obese patients undertake going gastric bypass surgery. Tehran-Iran: National nutrition and food technology research institute, Shahid Beheshti Medical University, Tehran-Iran. 2016-2018.

### **In MS Course.**

Dr Nasrollahzadeh J. Relation of Dietary Approach to Stop Hypertension (DASH)-diet score, plasma total antioxidant capacity and dimethylarginine dimethylaminohydrolase polymorphism with plasma asymmetrical dimethylarginine levels in patients referred for coronary angiography, Tehran-Iran: National nutrition and food technology research institute, Shahid Beheshti Medical University, Tehran-Iran. 2013.

## **Languages**

**Persian** Native language

**English** Moderate in reading, speaking and listening, poor in writing