



Zamzam Paknahad(Ph.D)
 Professor of Nutrition



Contact Information

- Email: paknahad@hlth.mui.ac.ir ☐ Phone: (+98) 313 – 7923166
- Address: Isfahan University of medical sciences, Clinical nutrition department,
 Faculty of Nutrition & food sciences, Hezar Jerib.st., Isfahan, Iran.

RESEARCH IDs

Item	Web address
Scopus	https://www.scopus.com/authid/detail.uri?authorId=6508216275
Google Scholar	https://scholar.google.com/citations?user=uQNNWCoAAAAJ&hl=en
Researcher ID	http://www.researcherid.com/rid/E-6191-2012
ORCID	https://orcid.org/0000-0002-1864-2576
RESEARCHGAT	https://www.researchgate.net/profile/Zamzam_Paknahad

E



EDUCATION AND TRAINING

INSTITUTION AND LOCATION	DEGREE	Start Date	Completion Date	FIELD OF STUDY
Shiraz University , Iran	B.Sc	March 1983	July 1986	Biology
Shiraz University of Medical Sciences, Iran	M.Sc	Sep 1987	Sep 1990	Nutrition in Medicine
Tabriz University of Medical Sciences, Iran	Ph.D.	Feb 1997	Dec 2002	Nutrition

RESEARCH INTEREST:

- Nutrition and Women' Health
- Mother and child Nutrition
- Nutrition and Chronic disease (Hypertension, Cardiovascular disease, Diabetes,...) Metabolic Syndrome

HONORS AND AWARDS

- Evaluation of Intervention Methods for Decreasing iron Deficiency Anemia Prevalence , Marand (National Research-(Razi Festival)-1996
- Comparison of extra Virgin olive oil and Hydrogenated fat on the fatty streak development and lipid peroxidation in cholesterol Fed rabbits.
- 4th Middle East Cardiovascular Congress. March 3-5, 2010. Kish-Iran.
- Plasma Ascorbic Acid Level in Iranian Mothers and Newborns and Its Relationship with Birth Weight- 2012, Sarvar Pediatric festival- Mashhad



POSITIONS AND EMPLOYMENT

1990- present	<ul style="list-style-type: none"> Academic lecturer(researcher)
2001-2002& 2015-2016	<ul style="list-style-type: none"> Member of Research Council of Isfahan University of Medical Sciences
2003-2007 & 2015- 2018	<ul style="list-style-type: none"> Member of Research Council for faculty of nutrition
2007-2010	<ul style="list-style-type: none"> Supervision Counseling and diet therapy Center in Amin Hospital and Navab Center
2009-present	<ul style="list-style-type: none"> Diet therapy at nutrition Clinic
2015- 2017	<ul style="list-style-type: none"> Vice Chancellor for Education of faculty & Head of Nutrition Department in Isfahan University of Medical Sciences

PUBLICATIONS AND CONTRIBUTIONS

1. The role of micronutrients in male and female fertility: A review study, Iranian Journal of Obstetrics, Gynecology and Infertility; 2021,24(1), pp. 87-98
2. Kebab, a delicious food, but contaminated with harmful compounds: A literature review; Journal of Isfahan Medical School; 2021,39(626), pp. 376-383
3. Psychological determinants of Sugar-Sweetened Beverages consumption among Secondary School Students: An Integrated Application of Social Cognitive Theory and Perceived Barriers.International Journal of Pediatrics; 2021, 9 (10), 14557-14568
4. The effect of soy products on circulating adiponectin and leptin concentration in adults: A systematic review and meta-analysis of randomised controlled trials; 2021, International Journal of Clinical Practice 75 (9), e14100
5. Effect of garlic powder supplementation on blood pressure and hs-C-reactive protein among nonalcoholic fatty liver disease patients: A randomized, double-blind, placebo ...Food science & nutrition; 2021, 9 (7), 3556-3562
6. Probiotics against viruses; COVID-19 is a paper tiger: a Systematic Review:Endocrine, Metabolic & Immune Disorders-Drug Targets (Formerly Current Drug ...): 2021:4



7. The effects of olive oil and cholesterol enriched diets on aortic fatty streak development and lipid peroxidation in rabbits: Nutrition and Health, 2021: 02601060211022260
8. The effect of educational program based on social cognitive theory in adopting behaviors to prevent excessive consumption of Sugar-Sweetened Beverages in children; application... International Journal of Pediatrics;2021
9. Association of dietary patterns with systemic inflammation, quality of life, disease severity, relapse rate, severity of fatigue and anthropometric measurements in MS patients: 2020,Nutritional Neuroscience,23(12), pp. 920-930
10. Potential of modified Mediterranean diet to improve quality of life and fatigue severity in multiple sclerosis patients: a single-center randomized controlled trial: INTERNATIONAL JOURNAL OF FOOD PROPERTIES, JAN 1 2020: Volume: 23 Issue: 1 , Pages: 1993-2004
11. Association of dietary ,quality indices with sleep quality in chronic obstructive pulmonary disease patients:2020, Nutrition and Food Science,50(6), pp. 1295-1307
12. Therapeutic effects of garlic on hepatic steatosis in nonalcoholic fatty liver disease patients: A randomized clinical trial:Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy; 2020,13, pp. 2389-2397
13. The effects of garlic supplementation on oxidative stress markers: A systematic review and meta-analysis of randomized controlled trials. Complement Ther Med. 2020 May;50:102385
14. The effect of the Mediterranean diet on cognitive function in patients with Parkinson's disease: A randomized clinical controlled trial. Complement Ther Med. 2020 May;50:102366. doi: 10.1016/j.ctim.2020.102366
15. The effects of Mediterranean diet on severity of disease and serum Total Antioxidant Capacity (TAC) in patients with Parkinson's disease: a single center, randomized controlled trial.
16. Nutr Neurosci. 2020, Apr 22:1-8. Online ahead of print
17. A randomized, double-blind, placebo-controlled clinical trial, evaluating the garlic supplement effects on some serum biomarkers of oxidative stress, and quality of life in women with rheumatoid arthritis. Int J Clin Pract. 2020 Jul;74(7):e13498



18. The effect of a Mediterranean diet on metabolic parameters in patients with non-alcoholic fatty liver disease: A systematic review of randomized controlled trials. Clin Nutr ESPEN. 2020 Feb;35:40-46.
19. Dietary total antioxidant capacity and severity of stenosis in patients with coronary artery disease. Int J Vitam Nutr Res. 2020 Jan 27;1-7. Online ahead of print
20. Therapeutic Effects of Garlic on Hepatic Steatosis in Nonalcoholic Fatty Liver Disease Patients: A Randomized Clinical Trial :Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy 2020, 13, 2389-2397
21. Association of dietary quality indices with sleep quality in chronic obstructive pulmonary disease patients, Nutrition & Food Science ,2020, 50(6), pp. 1295-1307
22. The Effect of the Mediterranean diet on Cognitive function in patients with Parkinson's disease: a randomized clinical controlled trial:Complementary Therapies in Medicine, 102366,2020 11. Dietary intake of energy and fiber in MS patients; an approach to prebiotics role :NUTRITION & FOOD SCIENCE,2019, Volume: 49, Issue: 6 , Pages: 1039-1050
23. Association of dietary patterns with systemic inflammation, quality of life, disease severity, relapse rate, severity of fatigue and anthropometric measurements in MS patients:Nutritional neuroscience, 2020, 23(12), pp. 920-930
24. Maternal Dietary Patterns and Their Association with Pregnancy Outcomes. Clin Nutr Res. 2019 Jan 25;8(1):64-73.
25. Erratum: Investigation of Eating Disorders in Cancer Patients and its Relevance with Body Image: Iranian Journal of Nursing and Midwifery Research: 2019,. 24 (3), 242
26. Effects of curcumin on cardiovascular risk factors in obese and overweight adolescent girls: a randomized clinical trial, ; Sao Paulo Medical Journal,137(5), pp. 414-422
27. Investigation of Eating Disorders in Cancer Patients and its Relevance with Body Image:. 2019, 24 (3), 242
28. Effect of Vitamin D supplement on mood status and inflammation in Vitamin D deficient Type 2 diabetic women with anxiety: A randomized clinical trial, International Journal of preventive medicine, 2019, 10: 17.
29. Effect of green tea consumption on the metabolic syndrome indices in women: a clinical trial study, Nutrition & Food Science, 2019, 49 (1), 32-46
30. Antioxidant status and risk of coronary artery disease; 2019, Nutrition & Food Science ; <https://doi.org/10.1108/NFS-04-2018-0113>



31. Effects of curcumin supplementation on markers of inflammation and oxidative stress among healthy overweight and obese girl adolescents: A randomized placebo-controlled ...:Phytotherapy Research,2019, Volume33, Issue 8: 2015-2022
32. Psychosocial factors related to dietary habits in women undergoing preconception care Iranian journal of nursing and midwifery research 2018, 23 (4), 311
33. Dietary Intake of Thiamine in Migraine Patients and Healthy Subjects: a Case-Control Study : Clin Nutr Res. 2018 Jan;7(1):40-47.
34. ANTIOXIDANT STATUS AND RISK OF GESTATIONAL DIABETES MELLITUS: A CASE-CONTROL STUDY:DIABETES TECHNOLOGY & THERAPEUTICS 20, A89-A90
35. The effects of supplementation with vitamin D on inflammatory biomarkers, omentin, and vaspin in women with type 2 diabetes: A randomized double-blind placebo-controlled ... Journal of Food Biochemistry, 42 (6),2018, e12631
36. The effects of Omega-3/6 fatty acids and vitamin D on children with attention deficit hyperactivity disorder (ADHD): A mini review, Journal of Nutritional Sciences and Dietetics , 2017;3 (4)
37. CEILIAK DISEASE AND BONE MASS DENSITY,BMJ open,2017; 7 (Suppl 1), bmjopen-2016-015415.29
38. Assessment of severity of malnutrition in peritoneal dialysis patients via malnutrition: inflammatory score, Adv Biomed Res. 2017; 6: 128.
39. Adiponectin concentration in gestational diabetic women: a case-control study Clin Nutr Res. 2017 Oct;6(4):267-276
40. Socioeconomic and Reproductive Determinants of Waist-Hip Ratio Index in Menopausal Women J Midlife Health. 2017 Oct-Dec; 8(4): 170–173.
41. Erratum: Dietary Antioxidant Capacity and Its Association with Preeclampsia Clinical nutrition research, 2017; 6 (2), 145-146
42. Celiac Disease, Gluten-Free Diet, and Bone Mass Density,Journal of Nutrition and Food Security , 2017; 2 (1), 127-134
43. Review Assessment of Relation Between 25-Hydroxy Vitamin D Supplementation on Women Fertility :Iranian Journal of Health Education and Health Promotion ,2017; 5 (3), 147-154



44. Effect of garlic powder consumption on body composition in patients with nonalcoholic fatty liver disease: A randomized, double-blind, placebo-controlled trial: *Advanced biomedical research*, 2016: 5
45. Lifestyle interventions for hypertension treatment among Iranian women in primary healthcare settings: Results of a randomized controlled trial. *Journal of research in medical sciences, journal of Isfahan University of Medical Sciences*. 2015, 20(1): 54-61
46. The inverse association between legume consumption and dyslipidemia: Isfahan Healthy Heart Program. *Journal of clinical lipidology*. 2014, 8(6): 584-93
47. A randomized field trial for the primary prevention of osteoporosis among adolescent females: Comparison of two methods, mother-centered and daughter centered. *Journal of research in medical sciences*, 2014, 19 (8): 746-52
48. Association of dietary vitamin D, serum 25-hydroxyvitamin D, insulin-like growth factor-1 concentrations and components of metabolic syndrome among Iranian women. *Advanced biomedical research*. 2014, 3: 159
49. Dietary fatty acids and inflammatory markers in patients with coronary artery disease. *Advanced biomedical research*. 2014, 3: 148
50. Association of dietary vitamin D, serum 25-hydroxyvitamin D, insulin-like growth factor-1 concentrations and components of metabolic syndrome among Iranian women. *Advanced Biomedical Research* : Jul 2014, 3:159
51. Nutritional status and its relationship with bone mass density in postmenopausal women admitted to the Osteodensitometry center, Isfahan-Iran. *Journal of education and health promotion*. 2014, 3: 48
52. The Study of Association between Mother Weight Efficacy Lifestyle with Feeding Practices, Food Groups Intake and Body Mass Index in Children Aged 3-6 Years. *International journal of preventive medicine*. 2014, 5(1): 21-8
53. Metabolic syndrome and nonalcoholic fatty liver disease: Nutritional approach for prevention: *Journal of Isfahan Medical School*: November 2013,31 (252), pp. 1461-1480
54. Tea drinking and bone mineral density among postmepausal women referring to Bone Densitometry Center- Isfahan, Iran. *J Health Syst Res* 2013; Nutrition supplement: 1442-1449
55. Effect of vitamin C supplementation on aerobic and nonaerobic performance in female handball players. *J Health Syst Res* 2013; Nutrition supplement ;1427-1433



56. Effects of multicomponent lifestyle modification on blood pressure control in health centers: Design of the study. *Journal of research in medical sciences*, 2013, 18(4): 308-13
57. The effect of omega-3 supplements on antioxidant capacity in patients with type 2 diabetes. *International journal of preventive medicine*. 2013, 4: S234-8
58. Major dietary patterns and their associations with overweight and obesity among Iranian children. *International journal of preventive medicine*. 2013, 4(4): 448-58
59. The effects of quercetin supplementation on body composition, exercise performance and muscle damage indices in athletes. *International journal of preventive medicine*. 2013,4(1): 21-6
60. The Effect of Green Tea on Body Fat, Anthropometric Indices and Blood Pressure among Overweight and Obese Women. *Journal of Health System Research*. Vol 8, No 6, 2013;1002-1008.
61. Influence of Omega Fatty Acids on Mental Disorders. Review Article. *J Health Syst Res* . 2013; 9(4): 333-44.
62. Association of Serum 25-Hydroxyvitamin D Levels With Markers of Metabolic Syndrome in Adult Women in Ramsar, Iran: *Women Health Bull*. 2014 Jul; 1(1): e20124
63. Soy Intake and Risk of Breast Cancer. Review Article, *J Health Syst Res* .2013; 9(5): 449-59.
64. Vitamin D and Hypertension. *Zahedan Journal of Research in Medical Sciences*, Sep 2013; 29-35.
65. The Effect of Cognitive- Behavior Therapy on Weight Self-Efficacy, Self Esteem and Body Mass Index (BMI) in Iranian Obese Patients. *Interdisciplinary Journal of Contemporary Research In Business*, Vol 4, No 3, July 2012; 267-272.
66. Association between high doses consumption of niacin and type 2 diabetes: *Journal of Babol University of Medical Sciences: JBUMS* 2012, 14(6): 45-54
67. Plasma Ascorbic Acid Level in Iranian Mothers and Newborns and Its Relationship with Birth Weight. *Journal of Health System Research*,2012 ,Vol :7, No: 6;1-5.
68. Serum leptin level has a positive correlation with BMI and creatinine clearance in CAPD patients: *Bratisl Lek Listy* 2012; 113 (8):486 – 489



69. NUTRITION EDUCATION COURSE INCREASE COLLEGE STUDENTS' SKILLS AND PERCEIVED SELF EFFICACY IN USING ECOLOGICAL APPROACH TO EDUCATE COMMUNITY : ICERI2012 Proceedings, 398-402
70. Does Quercetin and Vitamin C Improve Exercise Performance, Muscle Damage, and Body Composition in Male Athletes? Journal of Research in Medical Sciences, April 2012; 328-331.
71. The relationship between nutrients intake and preeclampsia in pregnant women: Journal of Research in Medical Sciences; 2012, 17 (SUPPL.2), pp. S210-S217
72. Biochemical Parameters of Iron Metabolism and TG/HDL-C Ratio in Patients with Coronary Artery Disease. Journal of Isfahan Medical School (I.U.M.S): 2011, 29(159); 1680-1689.
73. Effects of Common Anti-epileptic Drugs on Serum Levels of Homocysteine and Folic Acid. Clinical Biochemistry 44 , (13), 2011. S126.
74. Studying the blood pressure in Isfahan rural residents and its relationship with BMI: J Health Syst Res: 2011; 6(3)
75. The assessment of biochemical parameters of iron metabolism and heme/non-heme iron intake in CAD patients in comparison with controls. Clinical Biochemistry 44 (13), 2011; S80
76. Effect of nutrition education on nutritional knowledge and attitude among adolescent girls (Isfahan_ Iran). Journal of Health System Research. Vol (6), No: 1, 2010; 73-78.
77. Type of Body Fat Distribution in Postmenopausal Women and its Related Factors. Iranian Journal of Nursing and Midwifery Research, Vol 15, No 1, 2010, 27-31.
78. Iodine Deficiency Disorders. April 2010; 821-824.
79. Selenium and Human Health. April 2010; 825-828.
80. The relationship between obesity and cardiovascular risk factors in adults living in central Iran: Results of Isfahan Healthy Heart Program. Iranian Journal of Nutrition Sci. & Food Tech.; Vol: 3, No: 4; 2009; 19-28.
81. Prepregnancy Body Mass Index and Risk of Pregnancy Induced Hypertension. Clinical Nutrition Supplements 3, 2008; 178
82. Dietary determinants of pregnancy-induced hypertension in Isfahan: JRMS 2008; 13(1): 17-21
83. Body mass index and its relationship with hematological indices in Iranian women: Pakistan Journal of Nutrition: 2008, 7 (2), pp. 377-380



84. Identification of diet-disease relations through dietary pattern approach: Journal of Research in Medical Sciences, 2008 , 13 (6), 337-348
85. Identification of Diet-Disease Relations Through Dietary Pattern Approach: A Review. JRMS, Vol 13. (6), November & December 2008 ; 337-348.
86. Identification of diet-disease relations through dietary pattern approach: A review: JRMS 2008; 13(6): 337348 76.
87. IRON AND ZINC NUTRITIONAL AND BIOCHEMICAL STATUS AND THEIR RELATIONSHIP AMONG CHILD BEARING WOMEN IN MARAND :MEDICAL JOURNAL OF TABRIZ UNIVERSITY OF MEDICAL SCIENCES WINTER 2007 , Volume 28 , Number 4; 33 - 37
88. Nutritional Zinc Status and its relationship with iron biochemical indices. Pakistan Journal of Nutrition (6), 2007 : 672-675.
89. Distribution of blood pressure among Isfahan rural residents, and its relationship with BMI. The journal of artery disease 7 (1), 2007:112.
90. Nutritional risk factors of pregnancy-induced hypertension in pregnant women admitted to Al-Zahra and Shahid Beheshti maternity Hospitals: Journal of Hygiene and Health, 2 (1), Spring 2006;22-29.
91. Investigation of Relative Factors in Women Waist Circumference in Isfahan, Behbood - The Scientific Quarterly Journal -Vol 8, No.4, 2005.
92. EFFECT OF ANANTI-INFLAMMATORY DRUG (PIROXICAM) ON SOME BIOCHEMICAL FACTORS AND
93. DEVELOPMENT OF EXPERIMENTAL ATHEROSCLEROSIS IN RABBITS:ARYA ATHEROSCLEROSIS 2005,1 (1), 1-4
94. Effect of Piroxicam on Fatty streak development and biochemical factors in Rabbits. Journal of Shahrekord University of Medical Sciences, Vol7, No:1, 2005; 21-29.
95. Assessment of some relating factors with WHR in women: Journal of Nezam Pezeshki, 2005,9 (18), 34-7.
96. Effect of anti-inflammatory drug (piroxicam) on the development of fatty streak and biochemical factors in cholesterol-fed rabbits: Shahrekord University of Medical Sciences Journal, 7 (1), 2005; 21-29.
97. Effect of Antiinflammatory Drug on some biochemical Factors and Development of Experimental Atherosclerosis in Rabbits. ARYA Atherosclerosis, Vol 1, issue 1, Spring 2005; 1-4.



98. Assessment of Two Anthropometric Indices trends among Women in Isfahan.
Nursing and Midwifery Research Journal: No: 27; 2005; 49-54.

99. The Norm of Two Anthropometric Indices in Women in Isfahan. Iranian Journal of Nursing and Midwifery Research, 2005, Vol 10, No 2.

100. Effect of Amirkabiria odorastissima mozaffarian on the development and progression of fatty streaks in hypercholesterolemic rabbits. Phytotherapy research, 2004, 18 (5): 370-2

101. Comparison of Olive Oil / hydrogenated fat on serum lipoprotein, lipid peroxidation and Atherosclerosis development in Rabbits. Journal of Medical Faculty Guilan University of Medical Sciences, 2003: 12 (46); 1827

102. Comparison of Olive Oil/cholesterol effects on serum lipoprotein and Atherosclerosis development in Rabbits. Research in Medicine, 8 (1), March and April 2003: 15-19

103. Body Mass Index of Reproductive Age Group Women and its Relationship with Iron Status. Medical Journal of Tabriz University of Medical Sciences; 2001; 35 (51); 17-23.

104. BMI in premenopausal women and its relation to Iron biochemical indices Medical Journal of Tabriz University of Medical Sciences, 35 (51), 2001, 17-23.

105. Blood pressure and BMI index. Medical Journal of Islamic Republic of Iran, 11 (1s), May 1999.

106. Macrocytic and Microcytic Anemia in Women (Marand). Hakim Research J, 2 (3), 1999, 135- 142.

Invited reviews:

- Clinical nutrition
- Journal of pediatric
- Advanced biomedical research
- Preventive medicine
- Phytotherapy research
- Journal of the Egyptian public health association
- Advanced Biomedical Research
- Iranian Journal Pediatrics
- International journal of Preventive medicine
- Isfahan Medical School



International Oral presentations:

- Maternal Nutritional status during pregnancy and its relationship with plasma ascorbic acid and birth weight. 1st Congress of Nutrition, 1 -6 December 1990, Tehran.
- Nutritional status and its relationship with bone mass density in postmenopausal women admitted to the osteodensitometry center – 3rd e-health annual conference -Feb 2011 dubai

Poster presentations:

1. Plasma Ascorbic acid level in Iranian Mothers & newborn and its Relationship with vitamin C Intake. Global impact on Mother & Child Health, Feb 16-21, 2003, Bangkok, Thailand.
2. Nutrient intakes in different age groups, older than 2-year-old. Third Congress of Nutrition, Isfahan, 4-7 March 1995.
3. Kind of Feeding in infants (Younger than 1-year-old), and its relationship with their Growth trend. 7th Congress of Nutrition, Rasht, 2-5 September 2002.
4. Zinc Nutritional status and its relationship with iron biochemical indices. 3rd Congress of Dietetics, 18-21 Aug 2002, Kuala Lumpur.
5. Nutrition in Spinal Cord Injury. Military Health Conference 18-19 May 2002, Tehran.
6. Interaction of Atherosclerosis risk factors. New on Atherosclerosis, Nutrition & Lipids, 16-17 January 2002 (Isfahan).
7. Comparison of Olive Oil/Hydrogenated fat effects on serum lipoprotein and Atherosclerosis development in Rabbits. 5th International Conference on Preventive Cardiology, 27-31 May 2001 Osaka - Japan.
8. Macrocytic and Microcytic Anemia in Women (Marand): 8th Iranian students seminar in Europe- England, 5-8 May 2001.
9. Nutrition and Trend of Ageing in women - Cardiovascular Work Shop, 1- 3 May 2001, Isfahan
10. Nutritional Zinc Status and its relationship with iron biochemical indices. 6th Congress of Nutrition 2000 Ahwaz.
10. Comparison of Olive Oil / hydrogenated fat on serum lipoprotein and lipid peroxidation in Rabbits. World Health Asia 2-5 Sep 2004, Kuala Lumpur.
11. Culture & Dietary habits. Drug & food Conference, 18-20 October 2000, Sari



12. BMI in women of Reproductive Age in Maryland District and its Relationship with iron status. International Congress on Atherosclerosis & Hypertension, India- New Dehli Oct14-16, 1999.
13. Blood pressure & Body Mass index. 16th International Congress of Nutrition, July 27- 1 August 1997. Montreal- Canada.
14. Cardiovascular Risk Factors in Diabetics admitted to Diabetes Center. 3rd Congress of Nutrition, Isfahan, 4-7 March 1995.
15. Blood pressure prevalence and its relationship with BMI in Isfahan Rural. 3rd Congress of Nutrition, Isfahan, 4-7 March 1995.
16. Natural Toxins in Animal foods. 2nd Congress of Toxicity, Tabriz, 12-14 October 1991.
17. Association of dietary vitamin D, serum 25-hydroxyvitamin D, insulin-like growth factor-1 levels and components of metabolic syndrome among Iranian women- Feb 2016
18. Calorie, Protein, Carbohydrate, Fat and Sodium intake at different seasons in Isfahan. 3rd Congress of Nutrition, Isfahan, 4-7 March 1995.
19. Comparison of Olive Oil / hydrogenated fat on serum lipoprotein and Atherosclerosis development in Rabbits. 1st Noncommunicable Conference, Tehran, 2002.
20. Comparison of Olive Oil / hydrogenated fat on serum lipoprotein and lipid peroxidation in Rabbits. 2nd Noncommunicable Conference, Tehran, 2003.
21. Natural Toxins in foods. First Congress of Health & Toxicity, Yazd, 21-23 December 2004.
22. The relation between pregnancy number and Android Obesity. First Seminar of Women Health, Sanandaj, 27-28 April 2005.
23. The relation between Dietary Energy, folic acid, Vitamin E, Vitamin C and risk of PIH in Women. 4rd World Congress of Cellular And Molecular Biology, Poitiers(France), 7-12 October 2005.
24. BMI in premenopausal women and its relation to Iron biochemical indices. Seminar on Women, Mashhad, 15 February 2006.
25. O.C.P consumption on the Waist-Hip ratio in women. Prevention, Treatment, and Rehabilitation seminar. Najaf Abad, 1-2 March 2006.
26. Effect of Psyllium on weight Loss in obese patients. Ninth Congress of Nutrition, Tabriz, September 2006.



27. The relation between Dietary Calcium, Zinc, Vitamin E, Vitamin C, Riboflavin, Protein and risk of PIH in Women. Ninth Congress of Nutrition, Tabriz, September 2006.
28. Antiatherogenic Effect of Olive oil on cholesterol Fed Rabbits. EuroFed Lipids (Oils, Fats and Lipids), 1- 4 Oct 2006, Madrid -Spain.
29. Role of Saffron in Health, International Symposium of Saffron. Mashhad, 28-30 October 2006.
30. Prepregnancy BMI and risk of PIH. The Congress of Promotion of Women Health, Mashhad, 3-5 July 2007.
31. Low- dose estrogen oral contraceptives and fat patterning in young women. the Congress of the European Society of contraception. 3-6 May 2006. Istanbul - Turkey.
32. Distribution of blood pressure among Isfahan rural residents, and its relationship with BMI. 7th congress on Coronary Artery Disease.2007. Venise -Italy.
33. Effects of Extra virgin Olive Oil on serum lipoprotein and fatty streak development in CholesterolFed Rabbits. The 9th Iranian Congress of Biochemistry & the 2nd International Congress of Biochemistry and Molecular Biology, Shiraz-Iran, Oct. 29 - Nov. 1, 2007.
34. Effect of nutrition education of Dietary pattern fat consumption in rural districts of Borkhar Bangkok- Thailand)) Isfahan-Iran) - the International Congress of nutrition 2009, 4-9 Oct 2009.
35. Comparison of extra Virgin olive oil and Hydrogenated fat on fatty streak development and lipid peroxidation is cholesterol Fed rabbits: 4th the Middle East cardiovascular Congress 3-5 March 2010 - Kish.
- 36.
37. Selenium and Human Health. The first International Applied Geological Congress.26-28 April 2010.
38. Iodine Deficiency Disorders. The first International Applied Geological Congress.26-28 April 2010

PROFFESIONAL SERVICES

- Nutrition Counseling and Diet Therapy: UNIVERSITY CLINIC(2007 – PRESENT)



Workshops:

- I've collaborated in more than 25 workshop for nutritionist, General practitioners, pediatricians,from 1990.

TEACHING EXPERIENCE

YEAR	COURSE TITLE	MAJOR
1991-2015	ESSENTIAL NUTRITION	NUTRITION(B.Sc)
1992-2005	Diet therapy	NUTRITION(B.Sc)
2008-PRESENT	ADVANCED NUTRITION	NUTRITION(postgraduate)
2005-2015	NUTRITIONAL ASSESSMENT	NUTRITION(postgraduate)
2008-PRESENT	CLINICAL NUTRITION	NUTRITION(postgraduate)
1994-2015, 2017- PRESENT	NUTRITION DURING LIFE CYCLE	NUTRITION(B.Sc)
2013- PRESENT	NUTRITION	PHARMACOLOGY
2006-PRESENT	NUTRITION	reproductive Health(Ph.D.)
2013- 2016	NUTRITION	SOCIAL MEDICINE (RESIDENTS)
2008-2016	Metabolic regulation	NUTRITION(Ph.D)
2015- PRESENT	Nutrition & diseases	NUTRITION(Ph.D)
1991- 2015(alternatively)	Nutrition & diet therapy	Nursing(B.Sc)
1991- 2015(alternatively)	Maternal and childhood Nutrition	midwifery



PROFESSIONAL/SCIENTIFIC ASSOCIATION MEMBERSHIP

1994	Member of Scientific Committee of Third Congress of Nutrition.
2006	Member of Scientific Committee of Ninth Congress of Nutrition.
2006	Member of Scientific Committee of Honey Bee Festival and its products
2007	Member of Scientific Committee of Conference on Food Safety.
2008	Member of Scientific Committee of Tenth Congress of Nutrition.
2010	Member of Scientific Committee of 11th Congress of Nutrition Member of Scientific Committee of 12th Congress of Nutrition Member of Scientific Committee of 13th Congress of Nutrition
2016	Member of Scientific Committee of the 14th Congress of Nutrition
2018	Member of Scientific Committee of the 15th Congress of Nutrition Member of Scientific Committee of the National Congress on Infant Health
2016	Member of University Research Council
2021	Member of Scientific Committee of the Congress of clinical Nutrition
2012 -present	Member of Research Council of Food Security Research Center
2015-2017	Member of the Graduate Board University
2017-present	Member of the Graduate Board School
2018-present	Member of the Nutrition Board of Country

WORKSHOP AND TRAINING

I'd participated at near 15 workshop related about scientific writing, breast milk, teaching methods,...:

- Dankost software Workshop: Tabriz- 1998
- Preventing Academic Drop Out of Student Workshop (for Advisory Professors): 2010
- Workshop on: (e-Health Introduction to case-Mix System)-(Dubai): feb 2011
- Workshop on: Managing Your Carbon Footprint-A Societal Responsibility-(Dubai):
Feb 2011
- Advanced Statistical Methods Workshop : July 2018
- Scientific Writing Workshop : Jan 2009
- writing articles Workshop : July 2009
- Article publication in ISI journals Workshop : Feb2009
- Advanced teaching method Workshop : 2015

Book, book chapters, Encyclopedia chapters

- Dietary Assessment Resource Manual (in Persian)
- Nutritional assessment (in Persian)
- Nutrition and women diseases(in Persian)