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Education:

- B.Sc. in School of Nutrition and Food Sciences; Isfahan University of Medical Sciences, Isfahan, Iran, 2006.
- M.Sc. in School of Nutrition and Food Sciences; Isfahan University of Medical Sciences, Isfahan, Iran, 2011.

- Ph.D. in School of Nutrition and Food Sciences; Isfahan University of Medical Sciences, Isfahan, Iran, 2015.

Research Interests:

- Nutrition Epidemiology
- nutrition in health & disease
- Metabolic syndrome

Publications:

TITLE

YEAR

[Adherence to Healthy Eating Index-2010 is inversely associated with metabolic syndrome and its features among Iranian adult women](#)

2017

S Saraf-Bank, F Haghighatdoost, A Esmailzadeh, B Larijani, L Azadbakht
European journal of clinical nutrition 71 (3), 425-430

[Effects of non-soy legume consumption on C-reactive protein: a systematic review and meta-analysis](#)

2015

A Salehi-Abargouei, S Saraf-Bank, N Bellissimo, L Azadbakht
Nutrition 31 (5), 631-639

[Dietary intakes and leptin concentrations](#)

2014

V Izadi, S Saraf-Bank, L Azadbakht
ARYA atherosclerosis 10 (5), 266

[Chromium supplementation and polycystic ovary syndrome: A systematic review and meta-analysis](#)

2017

S Fazelian, MH Rouhani, SS Bank, R Amani
Journal of Trace Elements in Medicine and Biology 42, 92-96

[Effects of legume-enriched diet on cardiometabolic risk factors among individuals at risk for diabetes: a crossover study](#)

2016

S Saraf-Bank, A Esmailzadeh, E Faghihimani, L Azadbakht
Journal of the American College of Nutrition 35 (1), 31-40

[Effects of curcumin supplementation on markers of inflammation and oxidative stress among healthy overweight and obese girl adolescents: A randomized placebo-controlled ...](#)

2019

S Saraf-Bank, A Ahmadi, Z Paknahad, M Maracy, M Nourian
Phytotherapy Research 33 (8), 2015-2022

[Effects of curcumin on cardiovascular risk factors in obese and overweight adolescent girls: a randomized clinical trial](#)

2019

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YEAR

S Saraf-Bank, A Ahmadi, Z Paknahad, M Maracy, M Nourian
Sao Paulo Medical Journal 137, 414-422

[The association of birth weight with cardiovascular risk factors and mental problems among Iranian school-aged children: the CASPIAN-III study](#)

2014

L Azadbakht, R Kelishadi, S Saraf-Bank, M Qorbani, G Ardalan, ...
Nutrition 30 (2), 150-158

[Association of modified Nordic diet with cardiovascular risk factors among type 2 diabetes patients: a cross-sectional study](#)

2018

E Daneshzad, S Emami, MD Mofrad, S Saraf-Bank, PJ Surkan, ...
Journal of cardiovascular and thoracic research 10 (3), 153

[Healthy eating index and cardiovascular risk factors among Iranian elderly individuals](#)

2017

N Rashidipour-Fard, M Karimi, S Saraf-Bank, MH Baghaei, ...
Arya Atherosclerosis 13 (2), 56

[Association of retinol-binding protein 4 with metabolic syndrome in first-degree relatives of type 2 diabetic patients](#)

2017

M Tabesh, A Noroozi, M Amini, A Feizi, S Saraf-Bank, M Zare
Journal of Research in Medical Sciences: The Official Journal of Isfahan ...

[Effect of non-soy legume consumption on inflammation and serum adiponectin levels among first-degree relatives of patients with diabetes: a randomized, crossover study](#)

2015

S Saraf-Bank, A Esmailzadeh, E Faghihimani, L Azadbakht
Nutrition 31 (3), 459-465

[Fruit and vegetable intake, body mass index and waist circumference among young female students in Isfahan](#)

2012

RS Ghalaeh, Z Gholi, SS Bank, L Azadbakht
Journal of education and health promotion 1

[The acidity of early pregnancy diet and risk of gestational diabetes mellitus](#)

2018

S Saraf-Bank, H Tehrani, F Haghighatdoost, SP Moosavian, L Azadbakht
Clinical Nutrition 37 (6), 2054-2059

[Association between dairy and calcium intake and general and central obesity among female students](#)

2013

SS Bank, N Ghanjali, RS Ghalaeh, L Azadbakht
Journal of Education and Health Promotion 2

[Effect of flaxseed powder on cardiovascular risk factor in dyslipidemic and hypertensive patients](#)

2019

N Haghighatsiar, G Askari, S Saraf-Bank, A Feizi, H Keshmiri
International Journal of Preventive Medicine 10

TITLE

YEAR

[Effects of synbiotic supplementation on microbiota-derived protein-bound uremic toxins, systemic inflammation, and biochemical parameters in patients on hemodialysis: A double ...](#)

2020

S Mirzaeian, S Saraf-Bank, MH Entezari, A Hekmatdoost, A Feizi, ...
Nutrition 73, 110713

[Diet quality and total daily price of foods consumed among Iranian diabetic patients](#)

2019

S Emami, S Saraf-Bank, MH Rouhani, L Azadbakht
International Journal of Preventive Medicine 10

[Association between sun exposure, vitamin D intake, serum vitamin D level, and immunoglobulin G level in patients with neuromyelitis optica spectrum disorder](#)

2018

V Shaygannejad, MB Maljaei, SS Bank, O Mirmosayyeb, MR Maracy, ...
International Journal of Preventive Medicine 9

[A positive effect of egg consumption on macular pigment and healthy vision: a systematic review and meta-analysis of clinical trials](#)

M Khalighi Sikaroudi, S Saraf-Bank, ZS Clayton, S Soltani
Journal of the Science of Food and Agriculture 101 (10), 4003-4009