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Name:

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Research profiles:

Scopus: <http://www.scopus.com/authid/detail.uri?authorId=57204744762>

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Google Scholar: <https://scholar.google.com/citations?user=hvdAPXEAAAAJ&hl=en&oi=ao>

Education:

- Ph.D.** Department of Clinical Nutrition and Dietetics, Faculty of Nutrition and Food Technology, National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, Tehran, Iran
October 2016 –June 2022
GPA: 18.71 out of 20
- M.Sc.** Department of Clinical Nutrition and Dietetics, Faculty of Nutrition and Food Technology, National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, Tehran, Iran
September 2013 – August 2016
GPA: 18.38 out of 20
- B.Sc.** Department of Clinical Nutrition and Dietetics, Faculty of Nutrition and Food Technology, National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, Tehran, Iran
January 2009 – August 2013
GPA: 18.04 out of 20

Career/Academic Appointments:

Assistant Professor at Nutrition and Endocrine Research Center, Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences (**Dec 2023 – Present**)

Researcher at Nutrition and Endocrine Research Center, Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences (**Aug 2014 - Nov 2023**)

Administrative Positions: -

None

Professional Honors & Recognition:

- **Member of the National Elite Foundation of Iran** (NEFI) (Bonyad Meli Nokhbegan Iran) (2016, 2017, and 2019).
- **Best paper - Ranked 2** in the field of clinical sciences, scientific festival of the Academy of Medical Sciences, 2020
- **Member of the Talent Academy** of Shahid Beheshti University of Medical Sciences (2013-2022).
- **Distinguished researcher** in Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences, 2020 and 2021
- **Ranked 2** among contestants in the Iran entrance examination of M.Sc (Nutrition Sciences Field).
- **Ranked 1** among contestants in the Iran entrance examination of Ph.D (Nutrition Sciences Field).
- **Distinguished student at M.Sc.** degree in Nutrition Sciences Field.
- **Distinguished student at Ph.D.** degree in Nutrition Sciences Field.

Grant History:

1. The trend of correlation changes of macronutrient intakes among different familial pairs: a prospective study among participants of Tehran Lipid and Glucose Study (Elite Researcher Grants- National Institute for Medical Research Development Islamic Republic of Iran (NIMAD), Started in 2024), Co-Investigator
2. Relationship between branched and aromatic amino acids intake in diet with expression of leptin and FTO genes in visceral and subcutaneous adipose tissue in individuals undergoing surgery (Elite Researcher Grants- NIMAD, Started in 2024), Co-Investigator

Completed Grants:

1. The association of dietary and lifestyle inflammatory scores and risk of insulin resistance in Tehranian adults (Elite Researcher Grants- NIMAD, accomplished in 2022), Co-Investigator

2. The association of inflammatory and insulinemic Potential of diet and lifestyle with the risk of cardiovascular diseases and mortality among participants of Tehran Lipid and Glucose Study (Elite Researcher Grants- NIMAD, accomplished in 2022), Co-Investigator
3. Association between Dietary Approach to Stop Hypertension (DASH) diet and risk of obesity phenotypes in Tehranian adults (Elite Researcher Grants- NIMAD, accomplished in 2020), Co-Investigator

Lectures, Courses, Web-based Education:

- **Webinar, Medical Nutrition Therapy in type 2 diabetes** management, Nutrition and control of acute complications of diabetes: hypoglycemia, hyperglycemia and diabetic ketoacidosis, Research Institute for Endocrine Sciences, SBMU, **2023**
- **Webinar, Research in the field of public health**, Proposal writing and Data collection, INSA Research Comprehensive School, **2021**
- **Webinar, The principles of Medical Nutrition Therapy and meal planning for type 2 diabetes patients**, Research Institute for Endocrine Sciences, SBMU, **2021**
- **Workshop, Nutritional Epidemiology**, Nutritional status assessment: anthropometric indices measurements, Research Institute for Endocrine Sciences, SBMU, **2020**
- **Symposium, Nutrition and Endocrine disorders**, Nutrition in endocrine disorders including thyroid, parathyroid and adrenal disorders, Research Institute for Endocrine Sciences, SBMU, **2020**
- **Workshop, The principles of Medical Nutrition Therapy and meal planning for type 2 diabetes patients**, Research Institute for Endocrine Sciences, SBMU, **2019**

PROFESSIONAL SERVICE

Peer Review Groups/Grant Study Sections :(Membership in research committees)

Journal Service: (Membership in the editorial board, being a journal director, chief editor or the journal reviewing board or any related position)

Professional Organizations: (Membership in the Professional and specific Organizations)

Membership of Nutrition and Endocrine Research Center, Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences

Committees Memberships: (Membership in university committees such as ethics committee in research and other professional committees)

Membership of the Iranian Nutrition Association

Bibliography:

Peer-Reviewed Original Research:

1. **Farhadnejad H**, Mokhtari E, Teymoori F, Jahromi MK, Saber N, Ahmadirad H, et al. Macronutrients quality indices and risk of metabolic syndrome and its components in Iranian adults. *BMC cardiovascular disorders*. 2024;24.
2. Teymoori F, Norouzzadeh M, **Farhadnejad H**, Jahromi MK, Ahmadirad H, Saber N, et al. Parent-child correlation in energy and macronutrient intakes: A meta-analysis and systematic review. *Food science & nutrition*. 2024;12:2279 - 93.
3. Norouzzadeh M, Teymoori F, **Farhadnejad H**, Moslehi N, Mirmiran P, Rahideh ST, et al. Cigarette smoking and cardiovascular disease incidence and all-cause mortality: the modifying role of diet quality. *BMC public health*. 2024;24.
4. Teymoori F, Mokhtari E, **Farhadnejad H**, Ahmadirad H, Akbarzadeh M, Riahi P, et al. Energy and macronutrient intake heritability: A systematic review and meta-analysis of twin and family-based studies. *Clinical nutrition ESPEN*. 2024;61:79-87.
5. Jahromi MK, Ahmadirad H, **Farhadnejad H**, Norouzzadeh M, Mokhtari E, Teymoori F, et al. High-protein diet scores, macronutrient substitution, and breast cancer risk: insights from substitution analysis. *BMC women's health*. 2024;24.
6. Saber N, Teymoori F, Jahromi MK, Mokhtari E, Norouzzadeh M, **Farhadnejad H**, et al. From adolescence to adulthood: Mediterranean diet adherence and cardiometabolic health in a prospective cohort study. *Nutrition, metabolism, and cardiovascular diseases : NMCD*. 2024;34:893-902.
7. Jahromi MK, Daftari G, Tehrani AN, Amirshakeri G, **Farhadnejad H**, Teymoori F, et al. The association of the healthy food diversity index with the risk of non-alcoholic fatty liver disease among the adult population. *Clinical nutrition ESPEN*. 2024;59:404-11.
8. Hosseinpour-Niazi S, Afaghi S, Hadaegh P, Mahdavi M, **Farhadnejad H**, Tohidi M, et al. The association between metabolic syndrome and insulin resistance with risk of cardiovascular events in different states of cardiovascular health status. *Journal of diabetes investigation*. 2024;15:208 - 18.
9. Teymoori F, Jahromi MK, Ahmadirad H, Daftari G, Mokhtari E, **Farhadnejad H**, et al. The association of dietary and lifestyle indices for insulin resistance with the risk of cardiometabolic diseases among Iranian adults. *Scientific reports*. 2023;13:1-10.
10. Najibi N, Jahromi MK, Teymoori F, **Farhadnejad H**, Salehi-Sahlabadi A, Mirmiran P. International diet quality index and revised diet quality index relationship with non-alcoholic fatty liver disease: a case-control study. *BMC gastroenterology*. 2023;23.
11. Teymoori F, Akbarzadeh M, **Farhadnejad H**, Riahi P, Mokhtari E, Ahmadirad H, et al. Familial resemblance and family-based heritability of nutrients intake in Iranian population: Tehran cardiometabolic genetic study. *BMC public health*. 2023;23.
12. Momeni A, Razeghi Jahromi S, KazemiJahromi M, Teymoori F, **Farhadnejad H**, Haghshenas R. Dietary and lifestyle indices for insulin resistance and nonalcoholic fatty liver disease. *Nutrition & Food Science*. 2023.
13. Teymoori F, Ahmadirad H, Jahromi MK, Mokhtari E, **Farhadnejad H**, Mohammadzadeh M, et al. Serum branched amino acids and the risk of all-cause mortality: a meta-analysis and systematic review. *Amino acids*. 2023;55:1475-86.

14. Jahromi MK, **Farhadnejad H**, Teymoori F, Asghari G, Kalantari M, Mirmiran P, et al. Adherence to diet with higher dietary diabetes risk reduction score is associated with reduced risk of type 2 diabetes incident in Iranian adults. *BMC public health*. 2023;23.
15. Mokhtari E, Jamshidi S, Daftari G, **Farhadnejad H**, Teymoori F, Momeni SA, et al. The relationship between the insulinemic potential of diet and lifestyle and risk of breast cancer: a case-control study among iranian adult women. *Archives of Public Health*. 2023;81.
16. Jahromi MK, Tehrani AN, Teymoori F, Daftari G, Ahmadirad H, Saber N, **Farhadnejad H**, et al. Dietary advanced glycation end products are associated with an increased risk of non-alcoholic fatty liver disease in Iranian adults. *BMC endocrine disorders*. 2023;23.
17. **Farhadnejad H**, Sadat S, Jahromi MK, Teymoori F, Tehrani AN, Mokhtari E, et al. The association of dietary glycemic index and glycemic load with the risk of insomnia in the adult population. *BMC nutrition*. 2023;9.
18. Jahromi MK, Tehrani AN, **Farhadnejad H**, Emamat H, Ahmadirad H, Teymoori F, et al. Dietary advanced glycation end products are associated with an increased risk of breast cancer in Iranian adults. *BMC Cancer*. 2023;23.
19. Mirmiran P, Teymoori F, **Farhadnejad H**, Mokhtari E, Salehi-Sahlabadi A. Nitrate containing vegetables and dietary nitrate and nonalcoholic fatty liver disease: a case control study. *Nutrition journal*. 2023;22.
20. Jahromi MK, Daftari G, **Farhadnejad H**, Tehrani AN, Teymoori F, Salehi-Sahlabadi A, et al. The association of healthy lifestyle score and risk of non-alcoholic fatty liver disease. *BMC public health*. 2023;23.
21. **Farhadnejad H**, Teymoori F, Jahromi MK, Mokhtari E, Asghari G, Mirmiran P, et al. High dietary and lifestyle inflammatory scores are associated with increased risk of chronic kidney disease in Iranian adults. *Nutrition journal*. 2023;22.
22. Jahromi MK, Ahmadirad H, Jamshidi S, **Farhadnejad H**, Mokhtari E, Shahrokhtabar T, et al. The association of serum C-peptide with the risk of cardiovascular events: a meta-analysis and systematic review. *Diabetology & metabolic syndrome*. 2023;15.
23. **Farhadnejad H**, Teymoori F, Jahromi MK, Asghari G, Mokhtari E, Mirmiran P, et al. High insulinemic potential of diet and lifestyle is associated with increased risk of chronic kidney disease incident in adults. *BMC nephrology*. 2023;24.
24. Emamat H, **Farhadnejad H**, Poustchi H, Teymoori F, Bahrami A, Hekmatdoost A. The association between dietary acid load and odds of non-alcoholic fatty liver disease: A case-control study. *Nutrition and health*. 2023;29:637 - 44.
25. Akbarzadeh M, Teymoori F, Riahi P, **Farhadnejad H**, Ahmadirad H, Sadat Zahedi A, et al. Evidence of familial resemblance and family-based heritability of food intakes derived from a longitudinal cohort study. *Scientific reports*. 2023;13.
26. Ahmadirad H, Teymoori F, Mokhtari E, Jahromi MK, Norouzzadeh M, Tavakkoli SN, **Farhadnejad H**, et al. Serum C-peptide level and the risk of cardiovascular diseases mortality and all-cause mortality: a meta-analysis and systematic review. *Frontiers in cardiovascular medicine*. 2023;10.
27. **Farhadnejad H**, Teymoori F, Mokhtari E, Mirmiran P, Azizi F. Higher scores of dietary and lifestyle inflammatory indices are associated with increased risk of insulin-related disorders in Iranian adults. *European journal of clinical nutrition*. 2022;76:1566 - 75.

28. Teymoori F, Mokhtari E, Kazemi Jahromi M, **Farhadnejad H**, Mirmiran P, Vafa M, et al. Dietary and lifestyle indices for hyperinsulinemia with the risk of obesity phenotypes: a prospective cohort study among Iranian adult population. *BMC public health*. 2022;22.
29. Mirmiran P, Ramezan M, **Farhadnejad H**, Asghari G, Tahmasebinejad Z, Azizi F. High Dietary Diabetes Risk Reduction Score Is Associated with Decreased Risk of Chronic Kidney Disease in Tehranian Adults. *International journal of clinical practice*. 2022;2022.
30. **Farhadnejad H**, Teymoori F, Asghari G, Mokhtari E, Mirmiran P, Azizi F. The higher adherence to a healthy lifestyle score is associated with a decreased risk of type 2 diabetes in Iranian adults. *BMC endocrine disorders*. 2022;22.
31. Teymoori F, Mokhtari E, **Farhadnejad H**, Mirmiran P, Rad HA, Azizi F. The dietary and lifestyle indices of insulin resistance are associated with increased risk of cardiovascular diseases: A prospective study among an Iranian adult population. *Nutrition, metabolism, and cardiovascular diseases : NMCD*. 2022.
32. Mokhtari E, Teymoori F, **Farhadnejad H**, Mirmiran P, Azizi F. Development and validation of dietary and lifestyle insulinemic indices among Iranian adult population. *Nutrition & metabolism*. 2022;19.
33. **Farhadnejad H**, Tehrani AN, Jahromi MK, Teymoori F, Mokhtari E, Salehi-Sahlabadi A, et al. The association between dietary inflammation scores and non-alcoholic fatty liver diseases in Iranian adults. *BMC gastroenterology*. 2022;22.
34. Teymoori F, Mokhtari E, Bahrami A, **Farhadnejad H**, Azadi M, Nazarzadeh M, et al. The association of dietary insulin load and index with the risk of cancer and cancer mortality: a systematic review and meta-analysis. *Journal of Diabetes & Metabolic Disorders*. 2022;21:1105-18.
35. Teymoori F, **Farhadnejad H**, Jahromi MK, Vafa M, Ahmadirad H, Mirmiran P, et al. Dietary protein score and carbohydrate quality index with the risk of chronic kidney disease: Findings from a prospective cohort study. *Frontiers in Nutrition*. 2022;9.
36. Mokhtari E, Jamshidi S, **Farhadnejad H**, Teymoori F, Rashidkhani B, Mirmiran P, et al. The relationship between Mediterranean-DASH diet intervention for the neurodegenerative delay (MIND) Diet and risk of breast Cancer: a case-control study among Iranian adult women. *BMC nutrition*. 2022;8.
37. Mirmiran P, **Farhadnejad H**, Teymoori F, Parastouei K, Azizi F. The higher adherence to healthy lifestyle factors is associated with a decreased risk of metabolic syndrome in Iranian adults. *Nutrition bulletin*. 2022;47 1:57-67.
38. **Farhadnejad H**, Asghari G, Hedayati M, Sahranavard S, Teymoori F, Mirmiran P, et al. Effect of *Ziziphus jujube* on cardiometabolic factors and systemic inflammation in type 2 diabetic patients: A randomized controlled trial. *Clinical nutrition ESPEN*. 2022;49:53-60.
39. Teymoori F, **Farhadnejad H**, Mokhtari E, Sohoul M, Moslehi N, Mirmiran P, et al. Dietary and lifestyle inflammatory scores and risk of incident diabetes: a prospective cohort among participants of Tehran lipid and glucose study. *BMC public health*. 2021;21.
40. Mokhtari E, **Farhadnejad H**, Teymoori F, Mirmiran P, Azizi F. The association of insulinemic potential of diet and lifestyle with the risk of insulin-related disorders: a prospective cohort study among participants of Tehran Lipid and Glucose Study. *Diabetology & metabolic syndrome*. 2021;13.
41. Mokhtari E, **Farhadnejad H**, Salehi-Sahlabadi A, Najibi N, Azadi M, Teymoori F, et al. Spinach consumption and nonalcoholic fatty liver disease among adults: a case-control study. *BMC gastroenterology*. 2021;21.

42. Mirmiran P, **Farhadnejad H**, Teymoori F, Asghari G, Parastouei K, Azizi F. The association of dietary diabetes risk reduction score and its components with risk of metabolic syndrome incident in Tehranian adults. *BMC endocrine disorders*. 2021;21.
43. **Farhadnejad H**, Emamat H, Teymoori F, Tangestani H, Hekmatdoost A, Mirmiran P. Role of Dietary Approaches to Stop Hypertension Diet in Risk of Metabolic Syndrome: Evidence from Observational and Interventional Studies. *International journal of preventive medicine*. 2021;12.
44. Barati M, Jabbari M, Teymoori F, **Farhadnejad H**, Khalili-Moghadam S, Roshanravan N, et al. Dairy-originated digestion-resistant and bioactive peptides increase the risk of hypertension: Tehran Lipid and Glucose Study. *Hypertension Research*. 2021;44:1194 - 204.
45. Asghari G, Teymoori F, **Farhadnejad H**, Mirmiran P, Azizi F. Dietary Amino Acid Patterns Are Associated With Incidence of Chronic Kidney Disease. *Journal of renal nutrition : the official journal of the Council on Renal Nutrition of the National Kidney Foundation*. 2021.
46. **Farhadnejad H**, Mokhtari E, Teymoori F, Sohoul MH, Moslehi N, Mirmiran P, et al. Association of the insulinemic potential of diet and lifestyle with risk of diabetes incident in Tehranian adults: a population based cohort study. *Nutrition journal*. 2021;20.
47. Asghari G, **Farhadnejad H**, Teymoori F, Emamat H, Shahrzad Mk, Habibi-Moeini A-S, et al. Association of Dietary Diabetes Risk Reduction Score With Risk of Cardiovascular Diseases in the Iranian Population: Tehran Lipid and Glucose Study. *Heart, lung & circulation*. 2021.
48. **Farhadnejad H**, Parastouei K, Rostami H, Mirmiran P, Azizi F. Dietary and lifestyle inflammatory scores are associated with increased risk of metabolic syndrome in Iranian adults. *Diabetology & metabolic syndrome*. 2021;13.
49. Teymoori F, **Farhadnejad H**, Moslehi N, Mirmiran P, Mokhtari E, Azizi F. The association of dietary insulin and glycemic indices with the risk of type 2 diabetes. *Clinical nutrition*. 2020.
50. Teymoori F, **Farhadnejad H**, Mirmiran P, Azizi F, Nazarzadeh M. The association between dietary glycemic and insulin indices with incidence of cardiovascular disease: Tehran lipid and glucose study. *BMC public health*. 2020;20.
51. Teymoori F, Asghari G, **Farhadnejad H**, Nazarzadeh M, Atifeh M, Mirmiran P, et al. Various proline food sources and blood pressure: substitution analysis. *International journal of food sciences and nutrition*. 2020;71:332 - 40.
52. Tehrani AN, **Farhadnejad H**, Salehpour A, Hekmatdoost A. Vitamin D intake and risk of psychological disorders among female adolescents. *Nutrition & Food Science*. 2020.
53. Sali S, **Farhadnejad H**, Asghari G, Teymoori F, Mirmiran P, Djazayeri A, et al. Animal based low carbohydrate diet is associated with increased risk of type 2 diabetes in Tehranian adults. *Diabetology & metabolic syndrome*. 2020;12.
54. Salehi-Sahlabadi A, Varkaneh HK, Shahdadian F, Ghaedi E, Nouri M, Singh A, **Farhadnejad H**, et al. Effects of Phytosterols supplementation on blood glucose, glycosylated hemoglobin (HbA1c) and insulin levels in humans: a systematic review and meta-analysis of randomized controlled trials. *Journal of Diabetes & Metabolic Disorders*. 2020;19:625-32.
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56. **Farhadnejad H**, Neshatbini Tehrani A, Salehpour A, Hekmatdoost A. Antioxidant vitamin intakes and risk of depression, anxiety and stress among female adolescents. *Clinical nutrition ESPEN*. 2020;40:257-62.
57. Emamat H, Yari Z, **Farhadnejad H**, Mirmiran P. Differential Effects of Dietary Fatty Acids on Body Composition and Adiposity. *Current Nutrition & Food Science*. 2020;16:142-54.
58. Emamat H, **Farhadnejad H**, Tangestani H, Totmaj AS, Poustchi H, Hekmatdoost A. Association of allium vegetables intake and non-alcoholic fatty liver disease risk. *Nutrition & Food Science*. 2020;50:1075-83.
59. Emamat H, **Farhadnejad H**, Movahedian M, Tangestani H, Mirmiran P, Hekmatdoost A. Dietary sodium intake in relation to non-alcoholic fatty liver disease risk: a case-control study. *Nutrition & Food Science*. 2020.
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62. Asghari G, **Farhadnejad H**, Mirmiran P. A systematic review and meta-analysis of the response of serum 25-hydroxyvitamin D concentration to vitamin D supplementation from RCTs from around the globe. *European journal of clinical nutrition*. 2020;74:1613 - 4.
63. **Farhadnejad H**, Emamat H, Zand H. The Effect of Resveratrol on Cellular Senescence in Normal and Cancer Cells: Focusing on Cancer and Age-Related Diseases. *Nutrition and cancer*. 2019;71:1175 - 80.
64. Neshatbini Tehrani A, **Farhadnejad H**, Salehpour A, Beyzai B, Hekmatdoost A, Rashidkhani B. The association between nutrition knowledge and adherence to a Mediterranean dietary pattern in Iranian female adolescents. *International Journal of Adolescent Medicine and Health*. 2019;33.
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67. **Farhadnejad H**, Darand M, Teymoori F, Asghari G, Mirmiran P, Azizi F. The association of Dietary Approach to Stop Hypertension (DASH) diet with metabolic healthy and metabolic unhealthy obesity phenotypes. *Scientific reports*. 2019;9.
68. **Farhadnejad H**, Asghari G, Emamat H, Mirmiran P, Azizi F. Low-Carbohydrate High-Protein Diet is Associated With Increased Risk of Incident Chronic Kidney Diseases Among Tehranian Adults. *Journal of renal nutrition : the official journal of the Council on Renal Nutrition of the National Kidney Foundation*. 2019;29 4:343-9.
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81. **Farhadnejad H**, Asghari G, Mirmiran P, Azizi F. Association of Dietary Approach to Stop Hypertension (DASH) Diet with 3-year Changes in Body Mass Index and Risk of Obesity in Adolescents: Tehran Lipid and Glucose Study. *Iranian Journal of Endocrinology and Metabolism*. 2017;18:325-33.
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Chapters, Books:

Invited Editorials, Commentaries, Reports and Case Studies:

Research projects

No.	Project Title	Role in Project	Research Location Institute	Current Status	Project Duration
1	The relation between micronutrient intake and chronic kidney disease in adults: Tehran Lipid and Glucose Study (TLGS)	Principal investigator	Research Institute for Endocrine Sciences, SBMU	Accomplished	12 month
2	Association between consumption of potato and incidence of diabetes in adults participant from Tehran Lipid and Glucose Study	Principal investigator	Research Institute for Endocrine Sciences, SBMU	Accomplished	10 month
3	The association between dietary approach to stop hypertension dietary pattern and risk of metabolic syndrome: a systematic review	Principal investigator	Student Research Committee, SBMU	Accomplished	14 month
4	Effect of resveratrol on cellular senescence in cancer cells and non-cancer cells	Principal investigator	Student Research Committee, SBMU	Accomplished	12 month
5	The association between lifestyle and dietary inflammation and risk of prevalence of liver disorders in adults	Principal investigator	Student Research Committee, SBMU	Accomplished	14 month
6	The association of dietary glycemic status with risk of insomnia prevalent in Tehranian adults	Principal investigator	Student Research Committee, SBMU	Accomplished	14 month
7	Association between dietary insulin index with incidence of cardio vascular disease in adults participants of Tehran Lipid and Glucose Study	Co-investigator	Research Institute for Endocrine Sciences, SBMU	Accomplished	18 month
8	Food consumption's heritable patterns in Iranian families: Tehran Lipid and Glucose study (TLGS)	Co-investigator	Research Institute for Endocrine Sciences, SBMU	Accomplished	18 month
9	Association between branched chain amino acids intake and incidence of diabetes, insulin resistance, insulin sensitivity and hyperinsulinemia in adults	Co-investigator	Research Institute for Endocrine Sciences, SBMU	Accomplished	10 month
10	The association of nitrate-containing vegetable consumption and total dietary nitrate intake with the risk of non-alcoholic fatty liver disease in adults: A case-control study	Co-investigator	Research Institute for Endocrine Sciences, SBMU	Accomplished	24 month
11	The association of dietary inflammatory score and lifestyle inflammatory score with a risk of chronic kidney disease in Tehranian adults: A population-based cohort study	Executive	Research Institute for Endocrine Sciences, SBMU	Accomplished	12 month

12	The association between DASH diet score and changes of body mass index and lipid profiles in subjects aged 10 to 18 years old in TLGS study	Executive	Research Institute for Endocrine Sciences, SBMU	Accomplished	11 month
13	The association between low carbohydrate diet and risk of incident chronic kidney diseases : Tehran Lipid and Glucose Study	Executive	Research Institute for Endocrine Sciences, SBMU	Accomplished	7 month
14	The association between low carbohydrate dietary pattern and risk of incident cardiovascular diseases: Tehran Lipid and Glucose Study	Executive	Research Institute for Endocrine Sciences, SBMU	Accomplished	12 month
15	The relation between Fresh and tuna fish consumption and incidence metabolic syndrom in adults: the Tehran Lipid and Glucose Study (TLGS)	Co-investigator	Research Institute for Endocrine Sciences, SBMU	Accomplished	12 month
16	The association between Mediterranean diet and risk of chronic kidney diseases in adult: Tehran Lipid and Glucose Study	Executive	Research Institute for Endocrine Sciences, SBMU	Accomplished	10 month
17	The association between dietary diabetes risk reduction score and risk of incident cardiovascular diseases: Tehran Lipid and Glucose Study	Executive	Research Institute for Endocrine Sciences, SBMU	Accomplished	12 month
18	Association of the insulinemic potential of diet and lifestyle with incidence of diabetes in iranian adults; Tehran Lipid and Glucose Study	Executive	Research Institute for Endocrine Sciences, SBMU	Accomplished	24 month
19	Association of the insulinemic potential of diet and lifestyle with risk of chronic kidney disease incident in Iranian adults: Tehran Lipid And Glucose Study.	Executive	Research Institute for Endocrine Sciences, SBMU	Accomplished	12 month
20	The Joint Effect of Metabolic Syndrome and Ideal Cardiovascular Health Status on Incident Cardiovascular Risk: Tehran Lipid and Glucose Study	Collaborator	Research Institute for Endocrine Sciences, SBMU	Accomplished	12 month
21	The association between potential renal acid load and liver function in adults	Co-investigator	Student Research Committee, SBMU	Accomplished	12 month
22	Effect of Egg and Egg derivatives on Vascular Endothelial Function: a systematic review	Executive	Student Research Committee, SBMU	Accomplished	15 month
23	The association of sodium Intake and Non-alcoholic fatty liver disease risk: A case-control study	Executive	Student Research Committee, SBMU	Accomplished	12 month
24	The association between dietary amino acids and the risk of nonalcoholic fatty liver disease among Tehranian adults	Co-investigator	Student Research Committee, SBMU	Accomplished	12 month
25	The association between MIND dietary index and the risk of Breast Cancer among Tehranian women	Co-investigator	Student Research Committee, SBMU	Accomplished	12 month
26	The association of Allium Vegetables Intake and Non-alcoholic fatty liver disease risk: A case-control study	Executive	Student Research Committee, SBMU	Accomplished	15 month
27	Evaluation of the relationship between phytochemical index in adults with and without non-alcoholic fatty liver disease	Co-investigator	Student Research Committee, SBMU	Accomplished	12 month
28	The association of dietary fatty acids on body composition	Executive	Student Research Committee, SBMU	Accomplished	12 month
29	A Case-Control Study of Galactose Consumption and Non Alcoholic fatty liver disease	Executive	Student Research Committee, SBMU	Accomplished	6 month

30	The relationship between nutrient pattern and risk of non-alcoholic fatty liver disease in adults: a case-control study	Co-investigator	Student Research Committee, SBMU	Accomplished	12 month
31	The association between spinach consumption and the risk of non-alcoholic fatty liver in adults	Co-investigator	Student Research Committee, SBMU	Accomplished	24 month
32	Seasonal variation of serum zinc concentration in Tehranin adult population	Co-investigator	Student Research Committee, SBMU	Accomplished	11 month
33	Association of the dietary and lifestyle indices of insulin homeostasis and blood sugar status with the odds of breast cancer in Tehran women	Co-investigator	Student Research Committee, SBMU	Accomplished	12 month
34	The effect of garlic on Vascular Endothelial Function: a systematic review of randomized clinical trials	Executive	Student Research Committee, SBMU	Accomplished	15 month
35	The association of calcium to magnesium ratio Intake and Non-alcoholic fatty liver disease risk: A case-control study	Co-investigator	Student Research Committee, SBMU	Accomplished	12 month
36	The relationship between dietary and lifestyle insulinemic potential indices with healthy and unhealthy obesity phenotypes in adults: Tehran Lipid and Glucose Study	Collaborator	Research Institute for Endocrine Sciences, SBMU	Ongoing	24 month
37	Investigating the serum branched amino acids and the risk of all-cause mortality: a systematic review and meta-analysis	Collaborator	Research Institute for Endocrine Sciences, SBMU	Ongoing	16 month
38	The association between dietary diabetes risk reduction score and risk of metabolic syndrome in adults: Tehran Lipid and Glucose Study	Executive	Research Institute for Endocrine Sciences, SBMU	Ongoing	14 month
39	Association of dietary and lifestyle indicators related to insulin resistance, with the risk of cardiometabolic diseases: a prospective study	Collaborator	Research Institute for Endocrine Sciences, SBMU	Ongoing	18 month
40	Investigation of energy, food groups and nutrient intake resemblance among spouse and all siblings: a systematic review and meta-analysis	Collaborator	Research Institute for Endocrine Sciences, SBMU	Ongoing	18 month
41	The association between inflammatory indices drives from diet and lifestyle with the risk of type 2 diabetes:TLGS	Collaborator	Research Institute for Endocrine Sciences, SBMU	Ongoing	24 month
42	The association between the fatty acids quality indices and odds of non-alcoholic fatty liver disease: A case-control study among Iranian adults	Executive	Student Research Committee, SBMU	Ongoing	8 month
43	Parents-child energy and macronutrient intake correlation: a systematic review and meta-analysis	Co-investigator	Research Institute for Endocrine Sciences, SBMU	Ongoing	18 month
44	Investigating heritability of nutrients intake in adults participating in the Tehran Lipid and Glucose Study	Co-investigator	Research Institute for Endocrine Sciences, SBMU	Ongoing	12 month
45	The association of dietary intake of Advanced Glycation End-Products and the Risk of Cancers: A Systematic Review and Meta-analysis	Co-investigator	Research Institute for Endocrine Sciences, SBMU	Ongoing	12 month
46	The association of protein score and carbohydrate quality index with the risk of incidence of chronic kidney disease :TLGS	Co-investigator	Research Institute for Endocrine Sciences, SBMU	Ongoing	18 month

47	The relationship between dietary protein index and dietary carbohydrate quality with the incidence of obesity, metabolic syndrome, hypertension, and cardiovascular outcomes in adults: Tehran Lipid and Glucose study	Executive	Research Institute for Endocrine Sciences, SBMU	Ongoing	12 month
48	Investigating the serum C-Peptide level and the risk of cardiovascular diseases mortality and all-cause mortality: a systematic review and meta-analysis	Co-investigator	Research Institute for Endocrine Sciences, SBMU	Ongoing	12 month
49	The association of lifestyle with the risk of type 2 diabetes in Tehranian adults: A cohort study in framework of Tehran Lipid and Glucose Study	Executive	Research Institute for Endocrine Sciences, SBMU	Ongoing	15 month
50	Investigating heritability patterns of various general and central obesity indices among participants in Tehran Cardiometabolic Genetic Study (TCGS)	Collaborator	Research Institute for Endocrine Sciences, SBMU	Ongoing	18 month