

دکتر زهرا بهادران

دکتری تخصصی پژوهشی (گرایش علوم بهداشتی)، کارشناسی ارشد علوم تغذیه  
استادیار پژوهشکده علوم غدد درون‌ریز و متابولیسم، دانشگاه علوم پزشکی شهید بشتی  
مدیر پژوهشی و مدیر آموزش مداوم پژوهشکده علوم غدد درون‌ریز و متابولیسم

### **Zahra Bahadoran, Ph.D, Postdoc**

Assistant Professor of Nutrition and health sciences

Research Manager, Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences

Email: [z.bahadoran@endocrine.ac.ir](mailto:z.bahadoran@endocrine.ac.ir); [zahrabahadoran@yahoo.com](mailto:zahrabahadoran@yahoo.com)

Tel: +9821-22432500

Fax: +9821-22416264

Work address: No. 24, Parvaneh Street, Yaman Street, Velenjak, Tehran, I.R. Iran. P.O. Box: 19395-4763

### **Research profiles:**

- 1- Iranian Scientometrics Information Database: [https://isid.research.ac.ir/Zahra\\_Bahadoran](https://isid.research.ac.ir/Zahra_Bahadoran)
- 2- Scopus H index =29: <https://www.scopus.com/authid/detail.uri?authorId=37076706800>
- 3- Google Scholar: <https://scholar.google.com/citations?user=O56TRR4AAAAJ&hl=en>
- 4- Research gate: [https://www.researchgate.net/profile/Zahra\\_Bahadoran2](https://www.researchgate.net/profile/Zahra_Bahadoran2)
- 5- Publons: <https://publons.com/researcher/1391979/zahra-bahadoran/>

### **Awards and honors**

1. Kazemi Ashtiani Research Grant Award for Young Assistant Professors, Iran's National Elites Foundation, 2019
2. Distinguished young researcher, 24<sup>th</sup> Razi Medical Sciences Research festival, 2019
3. Plenary Oral Presentation Award. 7<sup>th</sup> International Congress of Endocrinology and Metabolism. 2019.
4. Plenary Oral Presentation Award. 6<sup>th</sup> International Congress of Endocrinology and Metabolism. 2018
5. Distinguished PhD student researcher, Shahid Beheshti University of Medical Sciences, 2017
6. Distinguished researcher, 16<sup>th</sup> Research festival of Shahid Beheshti University of Medical Science, 2016
7. Distinguished researcher, 13<sup>th</sup> Research festival of Shahid Beheshti University of Medical Science, 2012
8. Distinguished student researcher, Tabriz University of Medical Science, 2011

### **Editorial Board memberships:**

1-BMC Endocrine Disorders (Since 2019):

<https://bmcendocrdisord.biomedcentral.com/about/editorial-board>

2-BMC Obesity (2016-2019)

### Publications in the field of nitrate, nitrite, and nitric oxide metabolism

- 1- **Bahadoran Z**, Mirmiran P, Ghasemi A. Role of Nitric Oxide in Insulin Secretion and Glucose Metabolism. *Trends Endocrinol Metab.* 2020. pii: S1043-2760(19)30204-8. doi: 10.1016/j.tem.2019.10.001
- 2- **Bahadoran Z**, Mirmiran P, Kabir A, Azizi F, Ghasemi A. The Nitrate-Independent Blood Pressure-Lowering Effect of Beetroot Juice: A Systematic Review and Meta-Analysis. *Adv Nutr.* 2017; 8 (6):830-838.
- 3- **Bahadoran Z**, Carlström M, Mirmiran P, Ghasemi A. Nitric oxide: To be or not to be an endocrine hormone? *Acta Physiol (Oxf).* 2020 May;229(1):e13443.
- 4- **Bahadoran Z**, Mirmiran P, Kashfi K, Ghasemi A. Endogenous flux of nitric oxide: Citrulline is preferred to Arginine. *Acta Physiol (Oxf).* 2021 Mar; 231(3):e13572.
- 5- **Bahadoran Z**, Mirmiran P, Azizi F, Ghasemi A. Nitrate-rich dietary supplementation during pregnancy: The pros and cons. *Pregnancy Hypertens.* 2018; 11: 44-46.
- 6- **Bahadoran Z**, Mirmiran P, Kashfi K, Ghasemi A. Hyperuricemia-induced endothelial insulin resistance: the nitric oxide connection. *Pflugers Arch.* 2021 Jul 27.
- 7- **Bahadoran Z**, Mirmiran P, Jeddi S, Carlström M, Azizi F, Ghasemi A. Circulating markers of nitric oxide homeostasis and cardiometabolic diseases: insights from population-based studies. *Free Radic Res.* 2019 Apr;53(4):359-376. doi: 10.1080/10715762.2019.1587168.
- 8- **Bahadoran Z**, Mirmiran P, Ghasemi A, Carlström M, Azizi F, Hadaegh F. Vitamin C intake modify the impact of dietary nitrite on the incidence of type 2 diabetes: A 6-year follow-up in Tehran Lipid and Glucose Study. *Nitric Oxide.* 2016.
- 9- **Bahadoran Z**, Mirmiran P, Ghasemi A, Carlström M, Azizi F, Hadaegh F. Association between Dietary Intakes of Nitrate and Nitrite and the Risk of Hypertension and Chronic Kidney Disease: Tehran Lipid and Glucose Study. *Nutrients.* 2016; 8(12).
- 10- **Bahadoran Z**, Carlström M, Ghasemi A, Mirmiran P, Azizi F, Hadaegh F. Total antioxidant capacity of the diet modulates the association between habitual nitrate intake and cardiovascular events: A longitudinal follow-up in Tehran Lipid and Glucose Study. *Nutr Metab (Lond)* 2018; 15:19.
- 11- **Bahadoran Z**, Mirmiran P, Ghasemi A, Kabir A, Azizi F, Hadaegh F. Is dietary nitrate/nitrite exposure a risk factor for development of thyroid abnormality? A systematic review and meta-analysis. *Nitric Oxide* 2015; 47:65-76.

- 12- **Bahadoran Z**, Ghasemi A, Mirmiran P, Azizi F, Hadaegh F. Beneficial effects of inorganic nitrate/nitrite in type 2 diabetes and its complications. *Nutr Metab (Lond)* 2015; 12:16.
- 13- Norouzirad R, Ghanbari M, **Bahadoran Z**, Abdollahifar MA, Rasouli N, Ghasemi A. Hyperoxia improves carbohydrate metabolism by browning of white adipocytes in obese type 2 diabetic rats. *Life Sci.* 2019 Mar 1;220:58-68. doi: 10.1016/j.lfs.2019.01.045.
- 14- **Bahadoran Z**, Mirmiran P, Jeddib S, Azizi F, Ghasemi A, Hadaegh f. Nitrate and nitrite content of vegetables, fruits, grains, legumes, dairy products, meats and processed meats. *Journal of Food Composition and Analysis* 2016;51 (8) : 93–105
- 15- **Bahadoran Z**, Mirmiran P, Jeddi S, Momenan AA, Azizi F, Ghasemi A. The Nitrate-Nitrite-Nitric Oxide Pathway: Findings from 20 Years of the Tehran Lipid and Glucose Study. *Int J Endocrinol Metab.* 2018 Oct 14;16(4 Suppl):e84775.
- 16- Golzarand M, **Bahadoran Z**, Mirmiran P, Zadeh-Vakili A, Azizi F. Consumption of nitrate-containing vegetables is inversely associated with hypertension in adults: a prospective investigation from the Tehran Lipid and Glucose Study. *J Nephrol* 2016; 29(3):377-84.
- 17- Mirmiran P, **Bahadoran Z (Correspond)**, Golzarand M, Asghari G, Azizi F. Consumption of nitrate containing vegetables and the risk of chronic kidney disease: Tehran Lipid and Glucose Study. *Ren Fail* 2016; 38(6):937-44.
- 18- **Bahadoran Z**, Ghasemi A, Mirmiran P, Azizi F, Hadaegh F. Nitrate-nitrite nitrosamines exposure and the risk of type 1 diabetes: A review of current data. *World J Diabetes* 2016;15; 7(18): 433-440.
- 19- **Bahadoran Z**, Ghasemi A, Mirmiran P, Mehrabi Y, Azizi F, Hadaegh F. Estimation and validation of dietary nitrate and nitrite intake in Iranian population. *Iranian Journal of Public Health* 48, no. 1 (2019): 162-170.
- 20- **Bahadoran Z**, Mirmiran P, Carlström M, Norouzirad R, Jeddi S, Azizi F, Ghasemi A. Different Pharmacokinetic Response to an Acute Dose of Inorganic Nitrate in Patients with Type 2 Diabetes. *Endocr Metab Immune Disord Drug Targets.* 2020 Aug 13.
- 21- **Bahadoran Z**, Jeddi S, Gheibi S, Mirmiran P, Kashfi K, Ghasemi A. Inorganic nitrate, a natural anti-obesity agent: A systematic review and meta-analysis of animal studies. *EXCLI J.* 2020 Jul 6; 19:972-983.
- 22- **Bahadoran Z**, Norouzirad R, Mirmiran P, Gaeini Z, Jeddi S, Shokri M, Azizi F, Ghasemi A. Effect of inorganic nitrate on metabolic parameters in patients with type 2 diabetes: A 24-week randomized double-blind placebo-controlled clinical trial. *Nitric Oxide.* 2021 Feb 1; 107:58-65.

- 23- **Bahadoran Z**, Mirmiran P, Kashfi K, Ghasemi A. Lost-in-Translation of Metabolic Effects of Inorganic Nitrate in Type 2 Diabetes: Is Ascorbic Acid the Answer? *Int J Mol Sci.* 2021 Apr 29;22(9):4735.
- 24- **Bahadoran Z**, Mirmiran P, Ghasemi A, Azizi F. Serum nitric oxide metabolites are associated with the risk of hypertriglyceridemic-waist phenotype in women: Tehran Lipid and Glucose Study. *Nitric Oxide* 2015. DOI: 10.1016/j.niox.2015.08.002
- 25- Mirmiran P, **Bahadoran Z (Correspond)**, Ghasemi A, Azizi F. The Association of Dietary L-Arginine Intake and Serum Nitric Oxide Metabolites in Adults: A Population-Based Study. *Nutrients* 2016; 20; 8(5).
- 26- **Bahadoran Z**, Mirmiran P, Tahmasebi Nejad Z, Ghasemi A, Azizi F. Serum nitric oxide is associated with the risk of chronic kidney disease in women: Tehran lipid and glucose study. *Scand J Clin Lab Invest.* 2016;76 (4):304-8
- 27- Mirmiran P, **Bahadoran Z**, Tahmasebinejad Z, Azizi F, Ghasemi A. Circulating nitric oxide metabolites and the risk of cardiometabolic outcomes: A prospective population-based study. *Biomarkers.* 2019 Jan 9:1-25.
- 28- **Bahadoran Z**, Mirmiran P, Tahmasebinejad Z, Azizi F, Ghasemi A. Serum nitric oxide metabolites and hard clinical endpoints: a population-based prospective study. *Scand Cardiovasc J.* 2019 Aug;53(4):176-182. doi: 10.1080/14017431.2019.1618493.
- 29- **Bahadoran Z**, Mirmiran P, Kashfi K, Ghasemi A. Endogenous flux of nitric oxide: Citrulline is preferred to Arginine. *Acta Physiol (Oxf).* 2021 Mar; 231(3):e13572.
- 30- **Bahadoran Z**, Mirmiran P, Tahmasebinejad Zh, Azizi F. Dietary L-arginine intake and the incidence of coronary heart disease:Tehran lipid and glucose study.*Nutrition & Metabolism* 2016;15;13:23.
- 31- **Bahadoran Z**, Mirmiran P, Golzarand M, Davudabadi-Farahani R, Azizi F. Dietary Animal-derived L-Arginine Intakes and Risk of Chronic Kidney Disease: a 6-year Follow-up of Tehran Lipid and Glucose Study. *Iran J Kidney Dis.* 2017 Oct;11(5):352-359.
- 32- Mirmiran P, **Bahadoran Z (Corresponding author)**, Gaeini Z, Azizi F. Habitual intake of dietary L-arginine in relation to risk of type 2 diabetes: a prospective study. *BMC Endocr Disord.* 2021 May 31;21(1):113.
- 33- **Bahadoran Z**, Mirmiran P, Kashfi K, Ghasemi A. Carbon monoxide and  $\beta$ -cell function: Implications for type 2 diabetes mellitus. *Biochem Pharmacol.* 2022 Jul;201:115048.

## **Publications in the field of nutrition**

- 34- **Bahadoran Z**, Mirmiran P, Hosseinpanah F, Hedayati M, Hosseinpour-Niazi S, Azizi F. Broccoli sprouts reduce oxidative stress in type 2 diabetes: a randomized double-blind clinical trial. *Eur J Clin Nutr* 2011; 65(8):972-7.
- 35- **Bahadoran Z**, Mirmiran P, Hosseinpanah F, Asghari G, Rajab A, Azizi F. Broccoli sprouts Powder could improve serum triglyceride and oxidized LDL/LDL-cholesterol ratio in type 2 diabetic patients: A randomized double-blind placebo-controlled clinical trial. *Diabetes Res Clin Pract* 2012; 96(3):348-54.
- 36- **Bahadoran Z**, Mirmiran P, Zarif Yeganeh M, Hosseinpanah F, Zojaji H, Azizi F. Complementary and alternative medicinal effects of broccoli sprouts powder on *Helicobacter pylori* eradication rate in type 2 diabetic patients: A randomized clinical trial. *Journal of Functional Foods* 2014; 7: 390-397.
- 37- Mirmiran P, **Bahadoran Z**, Hosseinpanah F, Keyzad A, Azizi F. Effects of broccoli sprout with high sulforaphane concentration on inflammatory markers in type 2 diabetic patients: A randomized double-blind placebo-controlled clinical trial. *Journal of Functional Foods* 2012; 4: 837-841.
- 38- **Bahadoran Z**, Mirmiran P, Azizi F. Potential efficacy of broccoli sprouts as a unique supplement for management of type 2 diabetes and its complications. *J Med Food* 2013; 16(5):375-82.
- 39- **Bahadoran Z**, Mirmiran P, Azizi F. Dietary polyphenols as potential nutraceuticals in management of diabetes: a review. *J Diabetes Metab Disord* 2013; 12: 43.
- 40- Mirmiran P, Carlström M, **Bahadoran Z**, Azizi F. Long-term effects of coffee and caffeine intake on the risk of pre-diabetes and type 2 diabetes: Findings from a population with low coffee consumption. *Nutr Metab Cardiovasc Dis.* 2018 Dec;28 (12):1261-1266.
- 41- **Bahadoran Z**, Mirmiran P, Golzarand M, Hosseini-Esfahani F, Azizi F. Fast food consumption in Iranian adults; dietary intake and cardiovascular risk factors: Tehran Lipid and Glucose Study. *Arch Iran Med* 2012; 15(6):346-51.
- 42- **Bahadoran Z**, Golzarand M, Mirmiran P, Shiva N, Azizi F. Dietary total antioxidant capacity and the occurrence of metabolic syndrome and its components after 3-year follow-up in adults: Tehran Lipid and Glucose Study. *Nutr Metab (Lond)* 2012; 9(1):70.

- 43- **Bahadoran Z**, Tohidi M, Nazeri P, Mehran M, Azizi F, Mirmiran P. Effect of Broccoli sprouts on insulin resistance in type 2 diabetic patients: A randomized double-blind clinical trial. *Int J Food Sci Nutr* 2012.
- 44- Mirmiran P, **Bahadoran Z**, Golzarand M, Shiva N, Azizi F. Association between dietary phytochemical index and 3-year changes in weight, waist circumference and body adiposity index in adults: Tehran Lipid and Glucose study. *Nutr Metab (Lond)* 2012 Dec 3; 9(1):108.
- 45- Hosseini-Esfahani F, **Bahadoran Z**, Mirmiran P, Hosseinpour-Niazi S, Hosseinpanah F, Azizi F. Dietary fructose and risk of metabolic syndrome in adults: Tehran Lipid and Glucose study. *Nutr Metab (Lond)* 2011; 8(1):50.
- 46- Mirmiran P, Hajifaraji M, **Bahadoran Z**, Sarvghadi F, Azizi F. Dietary protein intake is associated with favorable cardiometabolic risk factors in adults: Tehran Lipid and Glucose Study. *Nutr Res* 2012; 32(3):169-76.
- 47- Mirmiran P, Hosseinpour-Niazi S, Naderi Z, **Bahadoran Z**, Azizi F. Association between interaction and ratio of u-3 and u-6 polyunsaturated fatty acid and the metabolic syndrome in adults. *Nutrition* 2012; 28(9):856-63.
- 48- **Bahadoran Z**, Golzarand M, Mirmiran P, Sadeghi M, Azizi F. The association of dietary phytochemical index and cardiometabolic risk factors in adults: Tehran Lipid and Glucose Study. *Journal of human nutrition and dietetics*, 2013.
- 49- **Bahadoran Z**, Mirmiran P, Hosseini-Esfahani F, Azizi F. Fast food consumption and the risk of metabolic syndrome after 3-years of follow-up: Tehran Lipid and Glucose Study. *Eur J Clin Nutr* 2013
- 50- Mirmiran P, **Bahadoran Z**, Golzarand M, Rajab A, Azizi F. Ardeh (sesame indicum) could improve serum triglycerides and atherogenic lipid parameters in type 2 diabetic patients: A randomized clinical trial. *Arch Iran Med* 2013; 16.
- 51- **Bahadoran Z**, Mirmiran P, Hosseini-Esfahani F, Azizi F. Dietary protein, protein to carbohydrate ratio and subsequent changes in lipid profile after a 3-year follow-up: Tehran Lipid and Glucose Study. *Iranian Journal of Public Health* 2013.
- 52- Mirmiran P, **Bahadoran Z**, Delshad H, Azizi F. Effects of energy-dense nutrients-poor snacks on the incidence of metabolic syndrome: A prospective approach in Tehran Lipid and Glucose Study. *Nutrition* 2013.
- 53- Mirmiran P, **Bahadoran Z**, Golzarand M, Zojaji H, Azizi F. A comparative study of broccoli sprouts powder and standard triple therapy on cardiovascular risk factors following *H.pylori* eradication: a randomized clinical trial in patients with type 2 diabetes. *J Diabetes Metab Disord*. 2014 May 28; 13:64.

- 54- **Bahadoran Z**, Karimi Z, Houshiar-Rad A, Mirzayi HR, Rashidkhani B. Dietary phytochemical index and the risk of breast cancer: a case control study in a population of Iranian women. *Asian Pac J Cancer Prev* 2013; 14 (5):2747-51.
- 55- **Bahadoran Z**, Karimi Z, Houshiar-Rad A, Mirzayi HR, Rashidkhani B. Is dairy intake associated to breast cancer? a case control study of Iranian women. *Nutr Cancer* 2013;65 (8):1164-70.
- 56- Mahdieh Golzarand, Parvin Mirmiran, **Zahra Bahadoran**, Shahram Alamdari, Fereidoun Azizi. Dietary phytochemical index and subsequent changes of lipid profile: A 3-year follow-up in Tehran Lipid and Glucose Study. *Arya Atherosclerosis* 2014; 10(4): 203-210.
- 57- **Bahadoran Z**, Mirmiran P, Delshad H, Azizi F. White rice consumption is a risk factor for metabolic syndrome in Tehrani adults: a prospective approach in Tehran Lipid and Glucose Study. *Arch Iran Med* 2014 Jun; 17(6):435-40.
- 58- Parvin Mirmiran, **Zahra Bahadoran**, Fereidoun Azizi. Lipid Accumulation Product Is Associated With Insulin Resistance, Lipid Peroxidation and Systemic Inflammation in Type 2 Diabetic Patients. *Endocrinology and Metabolism* 27 May 2014.
- 59- Golzarand M, **Bahadoran Z**, Mirmiran P, Sadeghian-Sharif S, Azizi F. Dietary phytochemical index is inversely associated with the occurrence of hypertension in adults: a 3-year follow-up (the Tehran Lipid and Glucose Study). *Eur J Clin Nutr* 2014 Nov 12.
- 60- Mirmiran P, **Bahadoran Z (Correspond)**, Mirzaei S, Azizi F. Dietary Intake, Changes in Lipid Parameters and the Risk of Hypertriglyceridemia: A Prospective Approach in the Tehran Lipid and Glucose Study. *Int J Vitam Nutr Res.* 2014;84(5-6):269-76.
- 61- **Zahra Bahadoran**, Parvin Mirmiran, Somayeh Hosseinpour-Niazi, Fereidoun Azizi. A sesame seeds-based breakfast could attenuate sub-clinical inflammation in type 2 diabetic patients: A randomized controlled trial. *International Journal of Nutrition and Food Sciences* 2015; 4(3): 1-5.
- 62- **Zahra Bahadoran**, Parvin Mirmiran. Potential properties of legumes as important functional foods for management of type 2 diabetes: A short review. *International Journal of Nutrition and Food Sciences* 2015; 4(3): 6-9.
- 63- Zahra Aslani, Beitollahe Alipour, **Zahra Bahadoran**, Farzane Bagherzadeh, Parvin Mirmiran. Effect of lentil sprouts on glycemic control in overweight and obese patients with type 2 diabetes. *International Journal of Nutrition and Food Sciences* 2015; 4(3): 10-14.
- 64- Abbas Yavari, Maryam Javadi, Parvin Mirmiran, **Zahra Bahadoran**. Exercise-induced oxidative stress and dietary antioxidative supplements: A review of current data. *Asian Journal of Sport Medicine* 2014; 5. Online available 16 March 2014.

- 65- Parvin Mirmiran, **Zahra Bahadoran**, Hossein Delshad, Fereidoun Azizi. Reply to “Predictors of the incidence of metabolic syndrome in general inhabitant”. Nutrition 2014. Available online 3 July 2014. DOI: 10.1016/j.nut.2014.06.005.
- 66- Golzarand M, **Bahadoran Z**, Mirmiran P, Sadeghian S, Azizi F. Dietary phytochemical index is inversely associated with the occurrence of hypertension in adults: a 3-year follow-up (the Tehran Lipid and Glucose Study). European Journal of Clinical Nutrition 2014.
- 67- Mirmiran P, Golzarand M, **Bahadoran Z**, Mirzaea S, Azizi F. High-fat dairy is inversely associated with the risk of hypertension in adults: Tehran lipid and glucose study. International Dairy Journal 2015; 43: 22-26.
- 68- **Bahadoran Z**, Mirmiran P, Khosravi H, Azizi F. Associations between Dietary Acid-Base Load and Cardiometabolic Risk Factors in Adults: The Tehran Lipid and Glucose Study. Endocrinol Metab (Seoul). 2015 Jun;30(2):201-7.
- 69- Mirmiran P, **Bahadoran Z**, Moslehi N, Bastan S, Azizi F. Colors of fruits and vegetables and 3-year changes of cardiometabolic risk factors in adults: Tehran lipid and glucose study. Eur J Clin Nutr 2015. DOI: 10.1038/ejcn.2015.49.
- 70- **Bahadoran Z**, Mirmiran P, Azizi F. Undesirable Cardiometabolic Outcomes of Fast-Food Patterns (Letter to the Editor). Iran J Public Health 2015; 44(8):1160-1161
- 71- Ejtahed H, **Bahadoran Z**, Mirmiran P, Azizi F. Sugar-Sweetened Beverage Consumption Is Associated with Metabolic Syndrome in Iranian Adults: Tehran Lipid and Glucose Study. Endocrinol Metab 2015; 30(3):334-42.
- 72- **Bahadoran Z**, MirmiranP, Zarif-yeaganeh M, Zojaji H, AziziF. Helicobacter pylori Stool Antigen Levels and Serological Biomarkers of Gastric Inflammation are associated with Cardio-Metabolic Risk Factors in Type 2 Diabetic Patients. Endocrinol Metab 2015; 30(3):280-287.
- 73- Aslani z, Mirmiran P, Alipour B, **Bahadoran z**, Abbassalizade Farhangi1M. Lentil Sprouts Effect On Serum Lipids of Overweight and Obese Patients with Type 2 Diabetes. Health Promotion Perspectives2015; 5(3): 215-224.
- 74- Mirmiran P,Ejtahed H, **Bahadoran z**, Bastan S, Azizi F. Sugar-Sweetened Beverage Consumption and Risk of General and Abdominal Obesity in Iranian Adults: Tehran Lipid and Glucose Study.Iran J Public Health2015; 44(11):1535-1543.
- 75- **Bahadoran Z**, Mirmiran P, Tohidi M, Azizi F. Dietary phytochemical index and the risk of insulin resistance and  $\beta$ -cell dysfunction: a prospective approach in Tehran lipid and glucose study. Int J Food Sci Nutr 2015; 66(8):950-5.



- 76- Asghari g, Yuzbashian e, Mirmiran p, **Bahadoran Z**, Azizi f. Prediction of metabolic syndrome by a high intake of energy – dense nutrient – poor snacks in Iranian children and adolescents. *Pediatr Res* 2016; 79(5):697-704.
- 77- Mirmiran P, Khalilimoghadam S, **Bahadoran Z**, Tohidi M, Azizi F. Association of dietary carotenoids and the incidence of insulin resistance in adults: Tehran lipid and glucose study. *Nutrition & Dietetics* 2016; 73: 162–168.
- 78- Mirmiran P, Ghotbodini SH, **Bahadoran Z**, Azizi F. Study of Nuts and Dried Fruits Consumption in Adolescents in Relation to Risk of Metabolic Syndrome and Its Components: Tehran Lipid and Glucose Study. *International Journal of Nutrition and Food Sciences* 2016; 5(1-2): 8-13.
- 79- Doostvandi T, Mozaffari-Khosravi H, Mirmiran P, **Bahadoran Z**. The Association between Dietary Patterns and Insulin Resistance: A Systematic Review. *International Journal of Nutrition and Food Sciences* 2016; 5(1-2): 14-18.
- 80- Mirmiran P, Amirhamidi Z, **Bahadoran Z**, Mirzaiee S, Azizi F. Nutritional Interventions to Reduce Cardiovascular Risk Factors: An Iranian Perspective. *International Journal of Nutrition and Food Sciences* 2016; 5(1-2): 1-7.
- 81- **Bahadoran Z**, Mirmiran P, Azizi F. Fast Food Pattern and Cardiometabolic Disorders: A Review of Current Studies. *Health Promotion Perspectives*, 2015, 5(4), 231-240.
- 82- Doostvandi T, **Bahadoran Z**, Mozaffari-Khosravi H, Mirmiran P, Azizi F. Food intake patterns are associated with the risk of impaired glucose and insulin homeostasis: a prospective approach in the Tehran Lipid and Glucose Study. *Public Health Nutr* 2016; 19(13):2467-74.
- 83- Mirmiran P, Yuzbashian E, **Bahadoran Z**, Asghari G, Azizi F. Dietary Acid-Base Load and Risk of Chronic Kidney Disease in Adults Tehran Lipid and Glucose Study. *Iranian Journal of Kidney Diseases* 2016; 10(3):119-25.
- 84- Khalili Moghadam S, **Bahadoran Z**, Mirmiran P, Tohidi M, Azizi F. Association between Dietary Acid Load and Insulin Resistance: Tehran Lipid and Glucose Study. *Prev. Nutr. Food Sci* 2016; 21(2):104-109.
- 85- Golzarand M, **Bahadoran Z**, Mirmiran, P and Azizi F. Protein Foods Group and 3-Year Incidence of Hypertension: A Prospective Study from Tehran Lipid and Glucose Study. *Journal of Renal Nutrition* 2016; 26(4):219-25.
- 86- Mirmiran P, Esfandiari S, **Bahadoran Z**, Tohidi M, Azizi F. Dietary insulin load and insulin index are associated with the risk of insulin resistance: a prospective approach in Tehran lipid and glucose study. *Journal of Diabetes & Metabolic Disorders* 2016; 15:23.

- 87- Mirmiran P, Golzarand M, **Bahadoran Z**, Ataee M, Azizi F. Paradoxical association of dairy intake between men and women with the incidence of hypertension: A three-year follow up in Tehran Lipid and Glucose Study. *Nutrition & Dietetics* 2016; 73: 153–161.
- 88- Mirmiran P, **Bahadoran Z (Correspond)**, Khalili Moghadam S, Zadeh Vakili A, Azizi F. A Prospective Study of Different Types of Dietary Fiber and Risk of Cardiovascular Disease: Tehran Lipid and Glucose Study. *Nutrients* 2016; 8(11):686 doi:10.3390/nu8110686
- 89- Mirmiran P, **Bahadoran Z (Correspond)**, Zadeh Vakili A, Azizi F. Western dietary pattern increases risk of cardiovascular disease in Iranian adults: A prospective population-based study. *Appl Physiol Nutr Metab* 2016. doi: 10.1139/apnm-2016-0508.
- 90- **Bahadoran Z**, Mirmiran P, Momenan AA, Azizi F. Allium vegetable intakes and the incidence of cardiovascular disease, hypertension, chronic kidney disease, and type 2 diabetes in adults: a longitudinal follow-up study. *J Hypertens*. 2017 Sep;35(9):1909-1916.
- 91- Doostvandi T, **Bahadoran Z**, Mozaffari-Khosravi H, Tahmasebinejad Z, Mirmiran P, Azizi F. The association of dietary patterns and the incidence of insulin resistance after a 3-year follow-up: Tehran Lipid and Glucose Study. *Asia Pac J Clin Nutr*. 2017 May;26(3):531-538
- 92- Mirmiran P, **Bahadoran Z (Correspond)**, Ghasemi A, Azizi F. Contribution of dietary amino acids composition to incidence of cardiovascular outcomes: A prospective population-based study. *Nutr Metab Cardiovasc Dis*. 2017 Jul;27(7):633-641
- 93- **Bahadoran Z**, Mirmiran P, Tohidi M, Azizi F. Longitudinal Associations of High-Fructose Diet with Cardiovascular Events and Potential Risk Factors: Tehran Lipid and Glucose Study. *Nutrients*. 2017 Aug 21;9(8).
- 94- Mirmiran P, **Bahadoran Z (Correspond)**, Esfandyari S, Azizi F. Dietary Protein and Amino Acid Profiles in Relation to Risk of Dysglycemia: Findings from a Prospective Population-Based Study. *Nutrients*. 2017 Sep 4;9(9).
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