

**Golaleh Asghari**  
**PhD Candidate in Nutrition, Researcher**  
**Shahid Beheshti University of Medical Sciences**  
**Email: g\_asghari@hotmail.com**



**Educational Background:**

- **Shahid Beheshti University of Medical Sciences, Teheran, IRAN**  
PhD candidate in nutrition
- **Shahid Beheshti University of Medical Sciences, Teheran, IRAN** **Sep 2010**  
MSc in nutrition  
Thesis: “Predicting value of diet quality scores in incidence of cardiovascular risk factors in adult Tehran lipid and Glucose population”  
Supervisor: Dr. Parvin Mirmiran  
Advisors: Dr. Fereidoun Azizi, Dr. Bahram Rashidkhani
- **Shahid Beheshti University of Medical Sciences, Teheran, IRAN** **Sep 2006**  
BSc in nutrition

**Professional Experience:**

**Researcher:**

Nutrition and Endocrine Research Center, Obesity Research Center, Research Institute of Endocrine Sciences and Metabolism, Shahid Beheshti University of Medical Sciences **August 2007-Present**

**Published Papers:**

1. Esfahani FH, **Asghari G**, Mirmiran P, Azizi F. Reproducibility and relative validity of food group intake in a food frequency questionnaire developed for the Tehran Lipid and Glucose Study. *J Epidemiol* 2010; 20(2):150-8.
2. Mirmiran P, Fazeli MR, **Asghari G**, Shafiee A, Azizi F. Effect of pomegranate seed oil on hyperlipidaemic subjects: a double-blind placebo-controlled clinical trial. *Br J Nutr* 2010; 104(3): 402-6.
3. Mirmiran P, Sherafat-Kazemzadeh R, Farahani SJ, **Asghari G**, Niroomand M, Momenan A, Azizi F. Performance of different definitions of metabolic syndrome for children and adolescents in a 6-year follow-up: Tehran Lipid and Glucose Study (TLGS). *Diabetes Res Clin Pract* 2010; 89(3): 327-333.
4. Nazeri P, Mirmiran P, **Asghari G**, Delshad H, Mehrabi Y, Hedayati M, Azizi F. Differences between subjects with sufficient and deficient urinary iodine in an area of iodine sufficiency. *J Endocrinol Invest* 2011; 34(9):e302-7.
5. **Asghari G**, Sheikholeslami S, Mirmiran P, Chary A, Hedayati M, Shafiee A, Azizi F. Effect of pomegranate seed oil on serum TNF- $\alpha$  level in dyslipidemic patients. *Int J Food Sci Nutr* 2012; 63(3):368-71.
6. Mirmiran P, Shab-Bidar S, Hosseini-Esfahani F, **Asghari G**, Hosseinpour S, Azizi F. Magnesium intake and prevalence of metabolic syndrome in adults: Tehran Lipid and Glucose Study. *Public Health Nutr* 2012; 15(4):693-701.
7. **Asghari G**, Rezazadeh A, Hosseini-Esfahani F, Mehrabi Y, Mirmiran P, Azizi F. Reliability, relative validity, and stability of dietary patterns derived from a food-frequency questionnaire in Tehran Lipid and Glucose Study. *Br J Nutr* 2012; 108:1109-17.
8. Mirmiran P, Bahadoran Z, Hosseinpour S, Rajab A, **Asghari G**, Azizi F. Effects of broccoli sprouts on lipid profile in type 2 diabetic patients: a randomized double-blind placebo-controlled clinical trial. *Diabetes Res Clin Pract* 2012; 96(3): 348-54.
9. **Asghari G**, Hosseinpour S, Nazeri P, Mirmiran P, Sheikholeslami F, Azizi F. Adult height and the risk of coronary heart disease: Tehran Lipid and Glucose Study. *J Epidemiol* 2012; 22(4): 348-52.

10. **Asghari G**, Mirmiran P, Rashidkhani B, Asghari-Jafarabadi M, Mehran M, Azizi F. The association between diet quality indices and obesity: Tehran Lipid and Glucose Study. *Arch Iran Med* 2012; 15(10): 599-605.
11. Barzin M, **Asghari G**, Hosseinpanah F, Mirmiran P, Azizi F. The association of anthropometric indices in adolescence with the occurrence of the metabolic syndrome in early adulthood: Tehran, Lipid and Glucose Study (TLGS). *Pediatr Obes* 2013; 8(3):170-7.
12. Hosseinpanah F, **Asghari G**, Barzin M, Aghayan Golkashani S-H, Azizi F. Prognostic impact of different definitions of metabolic syndrome in predicting cardiovascular events in a cohort of non-diabetic Tehanian adults. *Int J Cardiol* 2013; 168(1):369-74.
13. Mirmiran P, Moslehi N, **Asghari G**, Jambarsang S, Mehrabi Y, Azizi F. Secular trends in size at birth of Iranian neonates: Meta-analyses of published and unpublished studies. *Ann Hum Biol* 2013; 40(1):75-82.
14. Ramezani Tehrani F, Moslehi N, **Asghari G**, Gholami R, Mirmiran P, Azizi F. Intake of dairy products, calcium, magnesium, and phosphorus in childhood and age at menarche in the Tehran Lipid and Glucose Study. *PLoS One*. 2013;8(2):e57696.
15. Faam B, Hosseinpanah F, Amouzegar A, Ghanbarian A, **Asghari G**, Azizi F. Leisure-time physical activity and its association with metabolic risk factors in Iranian adults: Tehran Lipid and Glucose Study, 2005-2008. *Prev Chronic Dis*. 2013; 10:E36. doi: 10.5888/pcd10.120194.
16. **Asghari G**, Mirmiran P, Hosseini-Esfahani F, Nazeri P, Mehran M, Azizi F. A comparison of theory - based dietary patterns in relation to lipid profile: Tehran Lipid and Glucose Study. *J Health Popul Nutr* 2013; 31(1):37-48.
17. **Asghari G**, Ejtahed H, Sarsharzadeh M, Nazeri P, Mirmiran P. Designing fuzzy algorithms to develop healthy dietary pattern. *Int J Endocrinol Metab* 2013; 11(3):154-61.
18. Hosseinpour-Niazi S, Sohrab G, **Asghari G**, Mirmiran P, Moslehi N, Azizi F. Dietary glycemic index, glycemic load, and cardiovascular disease risk factors: Tehran Lipid and Glucose Study. *Arch Iran Med* 2013; 16(7):401-7.
19. **Asghari G**, Mirmiran P, Rashidkhani B, Asghari-Jafarabadi M, Mehran M, Azizi F. Authors' reply. *Arch Iran Med* 2013; 16(7):443-4.
20. Hosseinpanah F, **Asghari G**, Barzin M, Ghareh S, Azizi F. Adolescence metabolic syndrome or adiposity and early adult metabolic syndrome. *J Pediatr* 2013; 163(6):1663-1669.e1.
21. Hosseinpanah F, **Asghari G**, Barzin M, Ghareh S, Azizi F. Reply: To PMID 24011762. *J Pediatr* 2014; 164(6):1502-3.
22. Ejtahed HS, Sarsharzadeh MM, Mirmiran P, **Asghari G**, Yuzbashian E, Azizi F. Leemoo, a dietary assessment and nutritional planning software, using fuzzy logic. *Int J Endocrinol Metab*. 2013 Oct 11;11(4):e10169.
23. Nazeri P, Mirmiran P, **Asghari G**, Shiva N, Mehrabi Y, Azizi F. Mothers' behaviour contributes to suboptimal iodine status of family members: findings from an iodine-sufficient area. *Public Health Nutr*. 2014; 24:1-9.
24. Yuzbashian E, **Asghari G**, Mirmiran P, Hosseini FS, Azizi F. Associations of dietary macronutrients with glomerular filtration rate and kidney dysfunction: Tehran lipid and glucose study. *J Nephrol*. 2014 Jun 5. [Epub ahead of print]
25. Ejtahed HS, **Asghari G**, Mirmiran P, Hosseinpour-Niazi S, Sherafat-KazemZadeh R, Azizi F. Body mass index as a measure of percentage body fat prediction and excess adiposity diagnosis among Iranian adolescents. *Arch Iran Med* 2014; 17(6):400-5.
26. Eslamian G, Mirmiran P, **Asghari G**, Hosseini-Esfahani F, Yuzbashian E, Azizi F. Low carbohydrate diet score does not predict metabolic syndrome in children and adolescents: Tehran Lipid and Glucose Study. *Arch Iran Med* 2014; 17(6):417-22.
27. Askari S, **Asghari G**, Ghanbarian A, Khazan M, Alamdari S, Azizi F. Seasonal variations of blood pressure in adults: Tehran lipid and glucose study. *Arch Iran Med* 2014; 17(6):441-3.

#### **Congress Abstracts:**

1. Mirmiran P, **Asghari G**, Hosseini F, Afshar S, Azizi F. Assessing the weight and height trend of neonates during 3 past decades in Iran. 16th European Congress on Obesity, Geneva, Switzerland. Poster
2. Mirmiran P, **Asghari G**, Shafiee A, Fazeli MR, Azizi F. Effect of pomegranate seed oil lipid profile in hyperlipidemic subjects. 19th international Congress of Nutrition, Bangkok, Thailand. Oral

3. Hosseini F, **Asghari G**, Mirmiran P, Azizi F. Reproducibility and Relative Validity of Food Group Intake in a Food Frequency Questionnaire Developed for Tehran Lipid and Glucose Study. 19th international Congress of Nutrition, Bangkok, Thailand. Poster
4. Mirmiran P, **Asghari G**, Shafiee A, Fazeli MR, Azizi F. Effect of pomegranate seed oil lipid profile in hyperlipidemic subjects. 10th Students' International Conference on Biomedical and Interdisciplinary Research, Tehran. Poster
5. **Asghari G**, Mirmiran P, Hosseinpanah F, Safarkhani M, Azizi F. Adherence to Mediterranean dietary pattern and its ability to predict obesity: 6.7 year follow-up study. The 8th International Congress of Endocrine Disorders & The 2th Arab-Iran Congress of Endocrinology and Diabetes. 27-29 october 2009. Tehran, Iran. Oral
6. Hosseinpour-niazi S, Mirmiran P, Sohrab G, **Asghari G**, Moslehi N, Azizi F. Dietary glycemic index, glycemic load and cardiovascular disease risk factors: Tehran lipid and glucose study. 13<sup>th</sup> Annual Research Congress of Medical Students. Mehr1391.
7. **Asghari G**, Mirmiran P, Rashidkhani B, Asghari-Jafarabadi M, Mehran M, Azizi F. The association between diet quality indices and obesity: Tehran Lipid and Glucose Study. 12<sup>th</sup> Congress of Nutrition. November of 1391.esfehan.
8. Mirmiran P, **Asghari G**, Hosseini-Esfahani F, Eslamian G, Yoozbashian E, Azizi F. Association between low carbohydrate diet score and metabolic syndrome in children and adolescents: Tehran Lipid and Glucose Study. 12<sup>th</sup> Congress of Nutrition. November of 1391.esfehan.
9. Yuzbashian E, Mahmoodi B, Hosseinpour-Niazi S, **Asghari G**, Mirmiran P, Azizi F. Associated between low-fat dairy and high fat dairy with the prevalence of the metabolic syndrome in Tehranian older adults. 12<sup>th</sup> Congress of Nutrition. November of 1391.esfehan.
10. Mahmoodi B, Yuzbashian E, Hosseinpour-Niazi S, **Asghari G**, Mirmiran P, Azizi F. Whole wheat bread intake is inversely associated with Abdominal obesity in women in Tehran: Tehran lipid and glucose study. 12<sup>th</sup> Congress of Nutrition. November of 1391.esfehan.
11. Nazeri P, Mirmiran P, Shiva N, Mehrabi Y, **Asghari G**, Azizi F. Mothers' attitudes and behavior contribute to suboptimal iodine status in adult members of the family. 12<sup>th</sup> Congress of Nutrition. November of 1391.esfehan.
12. Ejtahed H, Mirmiran P, **Asghari G**, Hosseinpour-Niazi S, Azizi F. Body mass index as a measure of percentage body fat estimation among Iranian adolescents. 12<sup>th</sup> Congress of Nutrition. November of 1391.esfehan.
13. Ejtahed H, Sarsharzadeh M, Mirmiran P, **Asghari G**, Yuzbashian E, Azizi F. Leemo, a dietary assessment and nutritional planning software, using fuzzy pyramid. 12<sup>th</sup> Congress of Nutrition. November of 1391.esfehan.
14. **Asghari G**, Mirmiran P, Ejtahed H, Nazeri P, Sarsharzadeh M, Azizi F. Using fuzzy algorithms to develop healthy dietary pattern. 12<sup>th</sup> Congress of Nutrition. November of 1391.esfehan.
15. **Asghari G**, Mirmiran P, Hosseini-Esfahani F, Nazeri P, Mehran M, Azizi F. Dietary quality among tehranian adults in relation to lipid profile: findings of the Tehran lipid and glucose study. 12<sup>th</sup> Congress of Nutrition. November of 1391.esfehan
16. Bahadoran Z, Mirmiran P, Hosseinpanah F, **Asghari G**, Mehran M, Azizi F. Effects of broccoli sprout powder on fasting serum glucose and lipid profiles in type 2 diabetic patients. The journal of functional food in health and disease (FFHD) 2010, 1(Suppl.1): P 63-65 (Desember 3-4, 2010). The 7<sup>th</sup> International Conference Proceedings, December 3-4, 2010, SMU
17. Mirmiran P, Nazeri P, Shiva N, Mehrabi Y, **Asghari G**, Azizi F. Mothers' attitudes and behavior contribute to suboptimal iodine status in adult members of the family. 10<sup>th</sup> Asia and Oceania Thyroid Association Congress: AOTA, October 21-24, 2012, Indonesia.

### **Teaching Community Nutrition and Nutrition diet Therapy:**

Conducting understanding nutrition class for group and nutrition counseling for individual

Teaching all aspect of nutrition and diet therapy

Formulated diet in area of diabetes, weight management, GI, Heart, renal, liver disease, exercise

### **Dietetic Internships:**

**Erfan Hospital Nutrition Clinic, Tehran, IRAN**  
Outpatient Dietitian Intern

**January 2011 to present**

Interned in area of diabetes, weight management, and all kind of disease but more specific in area of endocrine nutrition such as hypothyroidism, lipid disorder, insulin therapy, children growth, and gestational diabetes for outpatients

**Teaching Assistant:**

Preparing students' learning materials (slides and handouts) in courses of "diet planning principles", "nutrition diet therapy", and "nutrition principals"  
Correcting the students case studies  
Clinical rotations in endocrine and metabolic ward  
Helping the students in working with search engines and relating materials for "nutrition seminar" course

**Honors, Distinctions, and Scientific Societies Membership**

- Elected in Educational Festival, Shahid Beheshti University of Medical Sciences
- Elected in Research Festival, Shahid Beheshti University of Medical Sciences
- Member of Iranian obesity society at [www.iranobesitysociety.ir](http://www.iranobesitysociety.ir)

**Professional Nutrition Convention and Continuing Education:**

- Research Methodology Workshop, Research Institute for Endocrine Sciences, Iran.
- Scientific Writing Workshop, Research Institute for Endocrine Sciences, Iran.
- Epidemiology Workshop on "How to assess the value of a novel risk marker?", Research Institute for Endocrine Sciences, Iran
- Epidemiology Workshop on "How to review a manuscript?", Research Institute for Endocrine Sciences, Iran