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Papers in international journals

- 1- Kazemi A, Soltani S, Mokhtari Z, Khan T, **Golzarand M**, Hosseini E, Jayedi A, Ebrahimpour S, Akhlaghi M. The relationship between major food sources of fructose and cardiovascular disease, cancer, and all-cause mortality: a systematic review and dose-response meta-analysis of cohort studies. *Crit Rev Food Sci Nutr* 2022; [Epub ahead of print].
- 2- Moslehi N, Kamali Z, **Golzarand M**, Sakak FR, Mirmiran P. Association Between Energy and Macronutrient Intakes and Weight Change After Bariatric Surgery: a Systematic Review and Meta-analysis. *Obes Surg*. 2023; [Epub ahead of print].
- 3- Mirzaee S, **Golzarand M**, Parsaei R, Toolabi K, Amirbeigi A. How accurate is the visual estimation of bowel length by endoscopic surgeons? *Front Surg* 2022; 9: 1001329.
- 4- **Golzarand M**, Bahadoran Z, Mirmiran P, Azizi F. Inulin intake and the incidence of cardiometabolic diseases: a prospective cohort study. *Food Funct* 2022; 13: 10516 – 10524.
- 5- **Golzarand M**, Salari-Moghaddam A, Mirmiran P. Association between alcohol intake and overweight and obesity: a systematic review and dose-response meta-analysis of 127 observational studies. *Crit Rev Food Sci Nutr* 2022; 62(29): 8078-8098.
- 6- **Golzarand M**, Toolabi K, Eskandari Delfan S, Mirmiran P. The effect of brown rice compared to white rice on adiposity indices, lipid profile, and glycemic markers: a systematic review and meta-analysis of randomized controlled trials. *Crit Rev Food Sci Nutr* 2022; 62(27): 7395-7412.
- 7- **Golzarand M**, Toolabi K, Parsaei R. Prediction Factors of Early Postoperative Bleeding after Bariatric Surgery. *Obes Surg* 2022; 32(7): 2189–2196.

- 8- **Golzarand M**, Toolabi K, Parsaei R, Eskandari Delfan S. Incidence of Symptomatic Cholelithiasis Following Laparoscopic Roux-en-Y Gastric Bypass Is Comparable to Laparoscopic Sleeve Gastrectomy: A Cohort Study. *Dig Dis Sci* 2022; 67(8): 4188-4194.
- 9- Shemirani F, **Golzarand M**, Salari-Moghaddam A, Mahmoudi M. Effect of low-carbohydrate diet on adiponectin level in adults: a systematic review and dose-response meta-analysis of randomized controlled trials. *Crit Rev Food Sci Nutr* 2022; 62(14): 3969-78.
- 10- **Golzarand M**, Mirmiran P, Azizi F. Adherence to the MIND diet and the risk of cardiovascular disease in adults: a cohort study. *Food Func* 2022; 13: 1651-1658.
- 11- **Golzarand M**, Mirmiran P, Azizi F. Association between dietary choline and betaine intake and 10.6-year cardiovascular disease in adults. *Nutr J* 2022; 21: 1.
- 12- Kazemi A, Mohammadi V, Keshtkar Aghababae S, **Golzarand M**, Clark CCT, Babajafari S. Association of Vitamin D Status with SARS-CoV-2 Infection or COVID-19 Severity: A Systematic Review and Meta-analysis. *Adv Nutr* 2021; 12(5): 1636-1658.
- 13- **Golzarand M**, Bahadoran Z, Mirmiran P, Azizi F. Dietary choline and betaine intake and risk of hypertension development: a 7.4-year follow-up. *Food Funct* 2021; 12(9): 4072-4078.
- 14- Toolabi K, **Golzarand M**, Farid R. Laparoscopic Roux-en-Y Gastric Bypass and Laparoscopic Sleeve. Gastrectomy in Terms of Efficacy and Safety: a Comparative Study during 11-Year Experience. *Obes Surg* 2021; 31(6): 2489-2496.
- 15- **Golzarand M**, Omidian M, Toolabi K. Effect of *Garcinia cambogia* supplement on obesity indices: A systematic review and dose-response meta-analysis. *Complement Ther Med* 2020; 52: 102451.

- 16- Moslehi N, **Golzarand M**, Hosseinpanah F, Mirmiran P, Azizi F. Dietary intakes of flavonoids and carotenoids and the risk of developing an unhealthy metabolic phenotype. *Food Funct* 2020; 11(4): 3451-3458.
- 17- Toolabi K, Sarkardeh M, Vasigh M, **Golzarand M**, Vezvaei P, Kooshki J. Comparison of Laparoscopic Roux-en-Y Gastric Bypass and Laparoscopic Sleeve Gastrectomy on Weight Loss, Weight Regain and Remission of Co-morbidities: A 5 Years of Follow-Up Study. *Obes Surg* 2020; 30: 440-445.
- 18- Aghasi M, Matinfar A, **Golzarand M**, Salari-Moghaddam A, Ebrahimpour-Koujan S. Internet use in relation to overweight and obesity: a systematic review and meta-analysis of cross-sectional studies. *Adv Nutr* 2020;11:349–356.
- 19- **Golzarand M**, Toolabi K, Hedayati M, Azam K, Douraghi M, Djafarian K. Comparative Study of Resting Metabolic Rate and Plasma Amino Acid Profile in Patients Who Underwent Laparoscopic Roux-en-Y Gastric Bypass and Laparoscopic Sleeve Gastrectomy: 6-Month Follow-up Study. *Obes Surg* 2019; 29: 3125-3132.
- 20- Aghasi M, **Golzarand M**, Shab-Bidar S, Aminianfar A, Omidian M, Taheri F. Dairy intake and acne development: a meta-analysis of observational studies. *Clin Nutr* 2019; 38: 1067-1075.
- 21- **Golzarand M**, Toolabi K, Djafarian K. Changes in Body Composition, Dietary Intake and Substrate Oxidation in Patients Underwent Laparoscopic Roux-en-Y Gastric Bypass and Laparoscopic Sleeve Gastrectomy: A Comparative Prospective Study. *Obes Surg* 2019; 29: 406-413.
- 22- Hosseini-Esfahani F, Hosseinpour-Niazi S, Asghari G, Bahadoran Z, Moslehi N, **Golzarand M**, Ejtahed HS, Mirmiran P, Azizi F. Nutrition and Cardio-Metabolic Risk Factors: Findings from 20 Years of the Tehran Lipid and Glucose Study. *Int J Endocrinol Metab* 2018; 16(4Suppl): e84772.

- 23- Shab-Bidar S, **Golzarand M**, Hajimohammadi M, Mansouri S. A posteriori dietary patterns and metabolic syndrome in adults: a systematic review and Meta-Analysis of Observational Studies. *Public Health Nutr* 2018; 21: 1681-92.
- 24- **Golzarand M**, Toolabi K, Aghasi M. Effect of green tea, caffeine and capsaicin supplements on the anthropometric indices: a meta-analysis of randomized clinical trials. *J Funct Foods* 2018; 46: 320-28.
- 25- **Golzarand M**, Hollis BW, Mirmiran P, Wagner CL, Shab-Bidar S. Vitamin D supplementation and body fat mass: a systematic review and meta-analysis. *Eur J Clin Nutr* 2018; 72: 1345-57.
- 26- 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; 11: 352-9.
- 27- Daryabeygi-Khotbehsara R, **Golzarand M**, Ghaffari MP, Djafarian K. *Nigella sativa* improves glucose homeostasis and serum lipids in type 2 diabetes: A systematic review and meta-analysis. *Complement Ther Med* 2017; 35: 6–13.
- 28- **Golzarand M**, Toolabi K, Farid R. The bariatric surgery and weight losing: a meta-analysis in the long- and very long-term effects of laparoscopic adjustable gastric banding, laparoscopic Roux-en-Y gastric bypass and laparoscopic sleeve gastrectomy on weight loss in adults. *Surg Endosc* 2017; 31: 4331-45.
- 29- Mottaghi A, Yeganeh MZ, **Golzarand M**, Jambarsang S, Mirmiran P. Efficacy of glutamine-enriched enteral feeding formulae in critically ill patients: A systematic review and meta-analysis of randomized controlled trials. *Asia Pac Clin Nutr* 2016; 25: 504-12.

- 30- **Golzarand M**, Shab-Bidar S, Koochakpoor G, Speakman J R, Djafarian K. Effect of vitamin D3 supplementation on blood pressure in adults: An updated meta-analysis. *Nutr Metab Cardiovasc Dis* 2016; 26: 663-73.
- 31- Mirmiran P, Bahadoran Z, **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.
- 32- **Golzarand M**, Bahadoran Z, Mirmiran P, Azizi F. Protein Foods Group and 3-Year Incidence of Hypertension: A Prospective Study from Tehran Lipid and Glucose Study. *J Ren Nutr* 2016; 26: 219-25.
- 33- 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 3-year follow-up in Tehran Lipid and Glucose Study. *Nutr Diet* 2016; 73: 153-61.
- 34- **Golzarand M**, Bahadoran Z, Mirmiran P, Zadeh-Vakili A, Azizi F. Consumption of nitrate-containing vegetables is inversely associated with the occurrence of hypertension in adults: A prospective approach in Tehran Lipid and Glucose Study. *J Nephrol* 2016; 29(3): 377-84.
- 35- Toolabi K, **Golzarand M**, Farid R. Laparoscopic Adjustable Gastric Banding: Efficacy and Consequences Over a 13-year Period. *Am J Surg* 2016; 212(1): 62-8.
- 36- Mirmiran P, **Golzarand M**, Bahadoran Z, Mirzaiee S, Azizi F. High-fat dairy product consumption is inversely associated with the risk of hypertension in adults: Tehran lipid and glucose study. *Int Dairy J* 2015; 43: 22-6.
- 37- **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* 2015; 69: 392-8.

- 38- **Golzarand M**, Mirmiran P, Bahadoran Z, Alamdari S, Azizi F. Dietary phytochemicals index and subsequent changes of lipid profile: A three years of follow-up in Tehran Lipid and Glucose Study. *ARYA Atheroscler* 2014; 10(4): 203-10.
- 39- 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 type 2 diabetic patients. *J Diabetes Metab Disord* 2014; 13: 64.
- 40- Mirmiran P, Bahadoran Z, **Golzarand M**, Rajab A, Azizi F. Ardeh (Sesamum indicum) could improve serum triglycerides and atherogenic lipid parameters in type 2 diabetic patients: a randomized clinical trial. *Arch Iran Med* 2013; 16(11): 651-6.
- 41- Mahdaviroshan M, **Golzarand M**, Taramsari MR, Mahdaviroshan M. Effect of zinc supplementation on serum zinc and calcium levels in postmenopausal osteoporotic women in Tabriz, Islamic Republic of Iran. *East Mediterr Health J* 2013; 19(3): 271-5.
- 42- Bahadoran Z, **Golzarand M**, Mirmiran P, Saadati N, Azizi F. The association of dietary phytochemical index and cardiometabolic risk factors in adults: Tehran Lipid and Glucose Study. *J Hum Nutr Diet* 2013; 26 (suppl1): 145-53.
- 43- 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; 9(1): 108.
- 44- Mirmiran P, **Golzarand M**, Serra-Majem L, Azizi F. Iron, iodine and vitamin a in the middle East; a systematic review of deficiency and food fortification. *Iran J Public Health* 2012; 41(8): 8-19.

- 45- **Golzarand M**, Toolabi K, Ebrahimi-Mameghani M, Aliasgarzadeh A, Arefhosseini S. Association between modifiable lifestyle factors and inflammatory markers in patients with metabolic syndrome. *East Mediterr Health J* 2012; 18(7): 735-41.
- 46- Bahadoran Z, **Golzarand M**, Mirmiran P, Shiva N, Azizi F. Dietary total antioxidant capacity and the occurrence of metabolic syndrome and its components after a 3-year follow-up in adults: Tehran Lipid and Glucose Study. *Nutr Metab (Lond)* 2012; 9(1): 70.
- 47- 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.
- 48- **Golzarand M**, Mirmiran P, Jessri M, Toolabi K, Mojarrad M, Azizi F. Dietary trends in the Middle East and North Africa: an ecological study (1961 to 2007). *Public Health Nutr.* 2012; 15(10): 1835-44.
- 49- Toolabi K, Arefanian S, **Golzarand M**, Arefanian H. Effects of laparoscopic Roux-en-Y gastric bypass (LRYGB) on weight loss and biomarker parameters in morbidly obese patients: a 12-month follow-up. *Obes Surg* 2011; 21(12): 1834-42.
- 50- **Golzarand M**, Ebrahimi-Mamaghani M, Arefhosseini SR, Ali Asgarzadeh A. Effect of processed *Berberis vulgaris* in apple vinegar on blood pressure and inflammatory markers in type 2 diabetic patients. *Iranian Journal of Diabetes and Lipid Disorders* 2008; 8: 15-20.

International-collaboration publications

- 1- Kazemi A, Mohammadi V, Keshtkar Aghababae S, *Golzarand M*, Clark CCT, Babajafari S. Association of Vitamin D Status with SARS-CoV-2 Infection or COVID-19 Severity: A Systematic Review and Meta-analysis. *Adv Nutr* 2021; 12(5): 1636-1658.
- 2- Toolabi K, *Golzarand M*, Farid R. Laparoscopic Roux-en-Y Gastric Bypass and Laparoscopic Sleeve. Gastrectomy in Terms of Efficacy and Safety: a Comparative Study during 11-Year Experience. *Obes Surg* 2021; 31(6): 2489-2496.
- 3- *Golzarand M*, Hollis BW, Mirmiran P, Wagner CL, Shab-Bidar S. Vitamin D supplementation and body fat mass: a systematic review and meta-analysis. *Eur J Clin Nutr* 2018; 72: 1345-57.
- 4- *Golzarand M*, Toolabi K, Farid R. The bariatric surgery and weight losing: a meta-analysis in the long- and very long-term effects of laparoscopic adjustable gastric banding, laparoscopic Roux-en-Y gastric bypass and laparoscopic sleeve gastrectomy on weight loss in adults. *Surg Endosc* 2017; 31: 4331-45.
- 5- *Golzarand M*, Shab-Bidar S, Koochakpoor G, Speakman J R, Djafarian K. Effect of vitamin D3 supplementation on blood pressure in adults: An updated meta-analysis. *Nutr Metab Cardiovasc Dis* 2016; 26: 663-73.
- 6- Toolabi K, *Golzarand M*, Farid R. Laparoscopic Adjustable Gastric Banding: Efficacy and Consequences Over a 13-year Period. *Am J Surg* 2016; 212(1): 62-8.

International congress and symposiums

- 1- Shab-Bidar S, Golzarand M. Vitamin D and body fat mass: Is there any relationship? 25th European Congress on Obesity, Vienna, Austria, 23-28 May, 2018 (Poster)
- 2- Bahadoran Z, Golzarand M, Hosseinpour S, Azizi F, Mirmiran P. A functional food-based diet approach for treatment of dyslipidemia in type 2 diabetic patients: a randomized clinical trial. The 3rd International Congress on Lipid Metabolism & Atherosclerosis. Seoul, Korea, 12-13 September, 2014 (Poster)
- 3- Bahadoran Z, Golzarand M, Azizi F, Mirmiran P. Dietary phytochemical index and subsequent changes of lipid and lipoprotein level: a prospective approach in Tehran Lipid and Glucose Study. The 3rd International Congress on Lipid Metabolism & Atherosclerosis. Seoul, Korea, 12-13 September, 2014 (Poster)
- 4- Bahadoran Z, Golzarand M, Azizi F, Mirmiran P. Complementary and alternative medicinal effects of broccoli sprouts powder on Helicobacter pylori eradication rate in type 2 diabetic patients: a randomized clinical trial. International Congress of Endocrinology and Metabolism. Seoul, Korea, 15-18 May, 2014 (Poster)

Projects

- 1- Association between variety versus quantity of fruit and vegetables intake and the risk of cardiovascular disease incident: Tehran Lipid and Glucose Study.
- 2- Macronutrients qualities and risk of metabolically unhealthy phenotype in normal-weight and overweight/obese adults
- 3- Ultra-processed food consumption and risk of metabolic unhealthy phenotype in normal weight and overweight/obese adults: TLGS.
- 4- Ten-year association between Nordic dietary pattern and cardiovascular events: Tehran Lipid and Glucose Study.

- 5- Association between inulin intake and risk of incident cardio-metabolic diseases incident: Tehran Lipid and Glucose Study.
- 6- Association between Mediterranean diet, DASH, and MIND and the risk of unhealthy metabolic phenotype in adults: Tehran Lipid and Glucose.
- 7- Association between low-carbohydrate diet and the risk of metabolically unhealthy phenotype: Tehran lipid and Glucose Study.
- 8- Association of energy and macronutrients intakes with weight change after bariatric surgery: A systematic review and meta-analysis.
- 9- The association of choline and betaine intake with diabetes incidence in adults participated in Tehran lipid and glucose study.
- 10- Assessment of association between the Mediterranean-DASH Intervention for Neurodegenerative Delay diet and 10-year risk of cardiovascular disease: Tehran Glucose and Lipid Study.
- 11- Association between alcohol intake and overweight/obesity in adults: a systematic review and meta-analysis of observational studies.
- 12- Assessment the relationship between choline and betaine and incidence of cardiovascular disease (CVD): a 9-year follow-up in Tehran Glucose and Lipid Study.
- 13- Effect of brown rice vs. white rice on obesity indices, lipid profile and glycemic markers: a systematic review and meta-analysis.
- 14- Association between dietary choline and risk of hypertension development in adults: A 9 year follow-up periods.
- 15- Effect of Garcinia cambogia Supplement on Obesity Indices: A Systematic Review and Meta-Analysis.

16- Dietary consumption of phytochemicals and risk of developing unhealthy metabolic phenotype in normal weight and overweight/ obese individuals: The Tehran Lipid and Glucose Study.

17- Vitamin D and body fat mass: a systematic review and meta-analysis.