

## Zahra Gaeini

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## PERSONAL INFORMATION

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Gender: Female

Birth date: Jan 23th 1992

Marital status: Married

## ACADEMIC QUALIFICATION

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- **M.Sc. in Nutrition in Health Sciences.**  
*Science and Research Branch, Islamic Azad University, Tehran, Iran.*  
September 2015- January 2018  
**Thesis:** The association between different types and amounts of dietary poly-unsaturated fatty acids and risk of type 2 diabetes mellitus incidence.  
**Supervisors:** Prof. Dr. Abolghassem Djazayeri, Prof. Dr. Parvin Mirmiran
- **BSc. In Nutrition Sciences.**  
*Shahid Beheshti University of Medical Sciences, Tehran, Iran.*  
September 2010- June 2014  
**Supervisor:** Dr. Azita Hekmatdoost

## RESEARCH INTEREST

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- Nutritional epidemiology, The inter-relationship between dietary intakes and non-communicable diseases especially in type 2 diabetes, metabolic syndrome, cardiovascular disease and chronic kidney disease.
- The effects of different types of dietary fats on non-communicable diseases
- Meta-analysis of cohort studies and clinical trials

## Reviewer for journals

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- Public Health Nutrition

- BMC Public Health
- BMC Endocrine Disorders
- Journal of Functional Foods
- British Journal of Nutrition
- International Journal of Endocrinology and Metabolism
- Clinical Nutrition
- Diabetes/ Metabolism, Research and Reviews
- Journal of the American College of Nutrition
- Journal of Nutritional Science

## BOOK PUBLICATIONS

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- **Gaeini Z**, Razeghi-Jahromi S. Dietary Guideline for Children with Autism (in Persian). Publication of National Nutrition and Food Technology Research Institute, Tehran, Iran. 2018.
- **Gaeini Z**. Mini habits for weight loss (translated in Persian). Danesh Gostaran Asar Bartar Publication. 2020.

## ARTICLE PUBLICATIONS

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- **Gaeini Z**, Bahadoran Z, Mirmiran P, Feyzi Z, Azizi F. High-Fat Dairy Products May Decrease the Risk of Chronic Kidney Disease Incidence: A Long-Term Prospective Cohort Study. *J Ren Nutr*. 2022 Oct 19;S1051-2276(22)00192-3. doi: 10.1053/j.jrn.2022.10.003. Epub ahead of print. PMID: 36270480.
- **Gaeini Z**, Bahadoran Z, Mirmiran P. Saturated Fatty Acid Intake and Risk of Type 2 Diabetes: An Updated Systematic Review and Dose-Response Meta-Analysis of Cohort Studies. *Adv Nutr*. 2022 Dec 22;13(6):2125-2135. doi: 10.1093/advances/nmac071. PMID: 36056919; PMCID: PMC9776642.
- **Gaeini Z**, Bahadoran Z, Mirmiran P, Norouzirad R, Ghasemi A, Azizi F. Spot urinary microalbumin concentration, metabolic syndrome and type 2 diabetes: Tehran lipid and glucose study. *BMC Endocr Disord*. 2022 Mar 8;22(1):59. doi: 10.1186/s12902-022-00976-x. PMID: 35260113; PMCID: PMC8905801.
- **Gaeini Z**, Mirmiran P, Bahadoran Z, Aghayan M, Azizi F. The association between dietary fats and the incidence risk of cardiovascular outcomes: Tehran Lipid and Glucose Study. *Nutr Metab (Lond)*. 2021 Oct 30;18(1):96. doi: 10.1186/s12986-021-00624-6. PMID: 34717669; PMCID: PMC8557498.
- Mirmiran P, Bahadoran Z, **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. doi: 10.1186/s12902-021-00774-x. PMID: 34059041; PMCID: PMC8165802.
- Mirmiran P, **Gaeini Z**, Bahadoran Z, Ghasemi A, Norouzirad R, Tohidi M, Azizi F. Urinary sodium-to-potassium ratio: a simple and useful indicator of diet quality in population-based studies. *Eur J Med Res*. 2021 Jan 6;26(1):3. doi: 10.1186/s40001-020-00476-5. PMID: 33407860; PMCID: PMC7788983.

- Mirmiran P, Bahadoran Z, **Gaeini Z**. Common Limitations and Challenges of Dietary Clinical Trials for Translation into Clinical Practices. *Int J Endocrinol Metab*. 2021 May 1;19(3):e108170. doi: 10.5812/ijem.108170. PMID: 34567133; PMCID: PMC8453651.
- **Gaeini Z**, Mirmiran P, Bahadoran Z. Effects of Ramadan intermittent fasting on leptin and adiponectin: a systematic review and meta-analysis. *Hormones (Athens)*. 2021 Jun;20(2):237-246. doi: 10.1007/s42000-021-00285-3. Epub 2021 Mar 31. PMID: 33786736.
- 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. doi: 10.1016/j.niox.2020.12.005. Epub 2020 Dec 16. PMID: 33340674.
- **Gaeini Z**, Mirmiran P, Bahadoran Z, Azizi F. Association of the Type and Amount of Dietary Proteins with Microalbuminuria: Tehran Lipid and Glucose Study. *Iranian Journal of Endocrinology and Metabolism* 2021; 22 (5) :443-443
- Mirmiran P, Houshialsadat Z, **Gaeini Z**, Bahadoran Z, Azizi F. Functional properties of beetroot (*Beta vulgaris*) in management of cardio-metabolic diseases. *Nutr Metab (Lond)*. 2020 Jan 7;17:3. doi: 10.1186/s12986-019-0421-0. PMID: 31921325; PMCID: PMC6947971.
- **Gaeini Z**, Bahadoran Z, Mirmiran P, Azizi F. The Association Between Liver Function Tests and Some Metabolic Outcomes: Tehran Lipid and Glucose Study. *Hepat Mon*. 2020;20(5):e98535. doi: 10.5812/hepatmon.98535.
- Mirmiran, P., **Gaeini, Z.**, Bahadoran, Z. et al. Elevated serum levels of aminotransferases in relation to unhealthy foods intake: Tehran lipid and glucose study. *BMC Endocr Disord* 19, 100 (2019). <https://doi.org/10.1186/s12902-019-0437-5>
- **Gaeini, Z.**, Bahadoran, Z., Mirmiran, P. et al. Tea, coffee, caffeine intake and the risk of cardio-metabolic outcomes: findings from a population with low coffee and high tea consumption. *Nutr Metab (Lond)* 16, 28 (2019). <https://doi.org/10.1186/s12986-019-0355-6>
- Mirmiran P, Bahadoran Z, **Gaeini Z**, Moslehi N, Azizi F. Effects of Ramadan intermittent fasting on lipid and lipoprotein parameters: An updated meta-analysis. *Nutr Metab Cardiovasc Dis*. 2019 Sep;29(9):906-915. doi: 10.1016/j.numecd.2019.05.056. Epub 2019 May 14. PMID: 31377182.
- **Gaeini Z**, Bahadoran Z, Mirmiran P, Azizi F. Association of Dietary Fat Pattern and Incidence of Cardiovascular Disease, Hypertension and Chronic Kidney Disease: Tehran Lipid and Glucose Study. *Iranian Journal of Endocrinology and Metabolism*. 2019 Mar 10;20(6):332-43.
- **Gaeini Z**, Bahadoran Z, Mirmiran P, Djazayeri A. The Association between Dietary Fat Pattern and the Risk of Type 2 Diabetes. *Prev Nutr Food Sci*. 2019 Mar;24(1):1-7. doi: 10.3746/pnf.2019.24.1.1. Epub 2019 Mar 31. PMID: 31008091; PMCID: PMC6456237.
- Asghari G, Yuzbashian E, Shahemi S, **Gaeini Z**, Mirmiran P, Azizi F. Dietary total antioxidant capacity and incidence of chronic kidney disease in subjects with dysglycemia: Tehran Lipid and Glucose Study. *Eur J Nutr*. 2018 Oct;57(7):2377-2385. doi: 10.1007/s00394-017-1511-2. Epub 2017 Jul 24. PMID: 28741082.
- **Gaeini, Z.**, Taghinezhad, M., Sohrabvandi, S., Mortazavian, A. M., & Mahdavi, S. M. (2013). Healthful characteristics of pennyroyal essential oil. *Archives of Advances in Biosciences*, 4(4). <https://doi.org/10.22037/jps.v4i4.4823>

## **RESEARCH PROJECTS**

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- The association between dietary intake of different dairy products and risk of cardiovascular disease among adults participated in Tehran Lipid and Glucose Study. (2023)
- Investigation of the association between dietary fat quality indices and the incidence of pre-diabetes and type 2 diabetes mellitus in adults: Tehran Lipid and Glucose Study. (2023)
- The association between dietary fatty acid patterns and risk of metabolic syndrome: Tehran Lipid and Glucose Study. (2023)
- The association between snacks patterns and risk of metabolic syndrome incidence among adults participated in Tehran Lipid and Glucose Study. (2022)
- The association between dietary intake of different dairy products and risk of chronic kidney disease among adults participated in Tehran Lipid and Glucose Study. (2022)
- Investigation of the association between different types of dietary saturated fatty acids and the incidence of type 2 diabetes in Tehranian adults, Tehran Lipid and Glucose Study. (2022)
- Investigation of the association between different types of dietary fatty acids and the incidence of cardiovascular disease in Tehranian adults, Tehran Lipid and Glucose Study. (2021)
- Dietary saturated fatty acids and diabetes mellitus incidence: a systematic review and meta-analysis. (2021)
- Review of common study designs of clinical trials in nutritional science. (2020)
- The properties of beetroot (*Beta vulgaris*) in glucose and insulin metabolism regulation and management of blood pressure: a systematic review. (2020)
- The association between amount and type of protein intake and dietary pattern of amino-acids with micro-albumin concentration and microalbuminuria: Tehran Lipid and Glucose Study. (2020)
- The association between liver enzyme levels and cardio-metabolic outcomes in adults participated in 6th phase of Tehran Lipid and Glucose Study. (2019)
- Effect of Islamic fasting on basal metabolism and energy expenditure: a systematic review and meta-analysis. (2019)
- Investigation of the association between caffeine, tea, coffee intake and the incidence of chronic kidney disease in Tehranian adults, Tehran Lipid and Glucose Study. (2019)
- Investigation of the association between fast food and non-alcoholic sweetened beverages intakes and liver function indices: Tehran Lipid and Glucose Study. (2019)
- effect of Islamic fasting on lipid profile in healthy subjects: a systematic review and meta-analysis. (2019)
- Assessment of the relationship between dietary fat pattern and incidence of type 2 diabetes and cardio-metabolic outcomes after 6 years of follow-up, Tehran Lipid and Glucose Study. (2019)

## **CONGRESS PRESENTATION**

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- Presenting an article entitled “Meal frequency and breakfast consumption are associated with childhood obesity, a systematic review” as poster in the first congress of nutrition students, Islamic Azad university, Tehran, Iran 2016.
- Presenting an article entitled “Effects of pomegranate seed oil on some cardio-metabolic risk factors” as poster in the first congress of nutrition students, Islamic Azad university, Tehran, Iran 2016.

## **PROFESSIONAL QUALIFICATION**

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- Systematic review and meta-analysis (Advanced), International College of Tehran University of Medical Sciences, June 2021.
- Systematic review and meta-analysis (Basic), International College of Tehran University of Medical Sciences, June 2021.
- Dose-response meta-analysis of observational studies, International College of Tehran University of Medical Sciences, January 2021.
- Diet therapy in management of diabetes and its complications, August 2019.
- Peer reviewing for scientific journals, June 2019.
- Writing a medical article, September 2017.
- Design scientific poster, March 2016.
- Writing scientific article, May 2016.
- How to write a scientific article, September 2015.
- Research methodology, November 2011.
- Statistical Analyses with SPSS (Basic), 2015, Iran
- Statistical Analyses with SPSS (Advanced), 2015, Iran
- Research Methodology (Basic), 2015, Iran
- Research Methodology (Advanced), 2016, Iran