

Curriculum Vitae

Personal info

Full name	Fateme Ghafouri-Taleghani
Nationality	Iranian
Languages	Persian, English
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Education

Ph.D.	<p>Nutrition Sciences Nutrition science, 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 2019- January 2024)</p> <p>Title of thesis: Effects of probiotic supplementation added to a weight loss program on anthropometric measures, body composition, eating behavior, and related hormone levels in patients with food addiction and weight regain after bariatric surgery: A randomized clinical trial GPA:18/64</p>
MSc	<p>Nutrition Sciences Department of Nutrition, Faculty of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran (October 2011- February 2014) GPA:17/95</p>
BSc	<p>Nutrition Sciences Nutrition science, 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 (February 2006- January 2010) GPA:17/17</p>

Work experiences

Assistant professor (26 units) (3 semesters)	<p>Department of Nutrition Sciences, Varastegan Institute for Medical Sciences, Mashhad, Iran</p> <p>(Basic of nutrition- diet therapy- Nutrition in the Life Cycle- Food service management- Principles of nutrition education and counseling- Health and food poisoning)</p>
Lecturer (4 units) (2 semester)	<p>School of Nursing and Midwifery, Mashhad University of Medical Sciences, Mashhad, Iran</p> <p>Faculty of Health, , Mashhad University of Medical Sciences, Mashhad, Iran</p>

(Basic of nutrition and diet therapy)	
Dietitian (4 years)	Imam Reza Hospital, Mashhad, Iran Specialized clinics of Ghaem Int Hospital, Mashhad, Iran Healthcare Centers Affiliated to Mashhad University of Medical Sciences Healthcare Centers Affiliated to Mazandaran University of Medical Sciences Diabetes Clinic (Darulshafa of Astan Quds Razavi)

Publications

Books

- ❖ Ghafouri-Taleghani F, Safarian M. diet therapy in congenital heart diseases (case studies). Mashhad University of Medical Sciences, Mashhad, Iran
- ❖ Ghafouri-Taleghani F, Zakerhoseini N, Fadaei Z, Ghafarian R, Radmehr M, Mehrabam M. Translation of Krause and Mahan's Food & The Nutrition Care Process book. Mashhad University of Medical Sciences, Mashhad, Iran

Journal papers

1. Bahadoran Z, Ghafouri-Taleghani F, Azizi F, Ghasemi A. High Serum Zinc Concentration Accelerates Progression of Isolated Impaired Glucose Tolerance to Type 2 Diabetes: A Cohort Study. Biol Trace Elem Res. 2025 Feb 13.
2. Ghafouri-Taleghani F, Tafreshi AS, Doost AH, Tabesh M, Abolhasani M, Amini A, et al. Effects of Probiotic Supplementation Added to a Weight Loss Program on Anthropometric Measures, Body Composition, Eating Behavior, and Related Hormone Levels in Patients with Food Addiction and Weight Regain After Bariatric Surgery: A Randomized Clinical Trial. Obesity Surgery. 2024;1-14.
3. Ghafouri-Taleghani F, Abiri B, Zamanian A, Saidpour A. Effects of probiotic supplementation with weight reducing intervention on anthropometric measures, body composition, eating behavior, and related hormone levels in patients with food addiction and weight regain after bariatric surgery: a study protocol for a randomized clinical trial. BMC nutrition. 2023;9(1):63
4. Ghafouri-Taleghani F, Norouzy A, Samini F, Nematy M, Safarian M, Rahbari A, et al. Effects of curd on diarrhea treatment in patients with head trauma receiving enteral feeding in intensive care units. Mediterranean Journal of Nutrition and Metabolism. 2021;14.۱۴-۱۰۷:(۲)
5. [Ghafouri-Taleghani F, Zamanian A,] **Co-first authors**, Abiri B, Rasekhi H, Rafiei N, Abbas-Hashemi SA, Alhouei B, Saidpour A, Yari Z. Effects of Low Calorie Ketogenic Diet vs. Low-Calorie Diet on Anthropometric, Behavioral, and Biochemical Parameters in Food-Addicted Overweight/Obese Adults with Weight Regain: A Randomized Controlled Trial. (It has been submitted)
6. Ghafouri-Taleghani F, Doost AH, Saidpour A. Effect of probiotic supplementation on gut microbiota in patients with food addiction and weight regain after bariatric surgery. (It has been submitted)

7. Alhouei B, Chloei N, Abdi H, Ghafouri-Taleghani F, Saidpour A. Effect of probiotics/synbiotics on blood sugar in individuals with metabolic syndrome: A systematic review and meta-analysis. (It has been submitted)
8. Ghafouri-Taleghani F, Bahadoran Z. Role of zinc in pre-diabetes: A review
9. Alhouei B, Mohammadrezabeigi F, Ghafouri-Taleghani F, Saidpour A. The Impact of Probiotics and Synbiotics on Immunity, Performance, and Nutrient Metabolism in Athletes: A Systematic Review. (It has been submitted)
10. Shafiee M, Sadeghi A, Ghafouri-Taleghani F, Nilghaz M, Hekmatdoost A, saidpour A. The effect of Time-Restricted Feeding (TRF) combined with a Lacto-Ovo-Vegetarian (LOV) diet on weight loss, metabolic markers, and liver health in overweight and obese patients with Metabolic Associated Fatty Liver Disease: A randomized clinical trial.
11. Mohammadzadeh M, Bahrami A, Abdi F, Ghafouri-Taleghani F, Paydareh A, Jalali S, et al. Dietary Diabetes Risk Reduction Score (DDRRS) and Breast Cancer Risk: A Case-Control Study in Iran. *Nutrition and Cancer*. 2024;76(1):106-13
12. Mohammadzadeh M, Bahrami A, Ghafouri-Taleghani F, Khalesi S, Abdi F, Hejazi E. Dietary iron and the risk of lung cancer: A systematic review and meta-analyses of observational studies. *International Journal for Vitamin and Nutrition Research*. 2023
13. Azizzade M, Bahrami A, Ghafouri-Taleghani F, Nazari Z, Sheikhi Z, Movahed M, et al. The Association between Carbohydrate Quality Index and Low Carbohydrate Diet with the Risk of Prostate Cancer. Available at SSRN 4607875. 2023
14. Bahrami A, Khalesi S, Ghafouri-Taleghani F, Alibeyk S, Hajigholam-Saryazdi M, Haghighi S, et al. Dietary acid load and the risk of cancer: a systematic review and dose-response meta-analysis of observational studies. *European Journal of Cancer Prevention*. 2022;31(6):577-84.
15. Hadi S, Alipour M, Aghamohammadi V, Shahemi S, Ghafouri-Taleghani F, Pourjavadi N, et al. Improvement in fasting blood sugar, anthropometric measurement and hs-CRP after consumption of epigallocatechin-3-gallate (EGCG) in patients with type 2 diabetes mellitus. *Nutrition & Food Science*. 2020;50(2):348-59
16. Sangsefidi ZS, Norouzy A, Safarian M, Kashanifar R, Pourbaferani R, Ghafouri-Taleghani F, et al. The Association between Dietary Intakes and Differentiated Thyroid Cancer: A Cross-Sectional Study among Patients and Healthy People in Iran. *Journal of Nutrition and Food Security*. 2020;5(2):109-17.
17. Sangsefidi ZS, Ghafouri-Taleghani F, Zakavi SR, Norouzy A, Kashanifar R, Pourbaferani R, et al. Major dietary patterns and differentiated thyroid cancer. *Clinical Nutrition ESPEN*. 2019;33:195-201.
18. Sangsefidi ZS, Vakili R, Zarifian A, Zabolinejad N, Norouzy A, Ghafouri-Taleghani F, et al. Persistent Hyperinsulinemic Hypoglycemia of Infancy: A Rare Case with Multiple Anomalies. 2015.
19. Banikazemi Z, Mokhber N, Safarian M, Mazidi M, Mirzaei H, Esmaily H, Azarpazhooh MR, Ghafouri-Taleghani F, Ghayour-Mobarhan M, Gordon A. Dietary vitamin E and fat intake are related to Beck's depression score. *Clinical nutrition ESPEN*. 2015;10(2):e61-e5.

20. Ghafouri-Taleghani F, Norouzy A, Zarifian A, Khademi G, Banikazemi Z, Sangsefidi ZS, et al. Long term clinical outcome of small intestinal atresia in children, a single center experiences. *Govaresh*. 2014;19(4):288-91.

Research projects

1. Effects of curd on diarrhea treatment in patients with head trauma receiving enteral feeding in intensive care units
2. Effects of probiotic supplementation with weight reducing intervention on anthropometric measures, body composition, eating behavior, and related hormone levels in patients with food addiction and weight regain after bariatric surgery: a study protocol for a randomized clinical trial
3. Effect of probiotic supplementation on intestinal microbiota in people with food addiction and weight regain after bariatric surgery
4. Effect of zinc supplementation on the regression from pre-diabetes to normoglycemia
5. Role of zinc in pre-diabetes: A review
6. Investigating the relationship between serum levels of zinc and the risk of progression of different pre-diabetes phenotypes to type 2 diabetes
7. Investigating the relationship between serum levels of zinc and the incidence of cardiometabolic outcomes
8. Investigating the association of serum zinc concentration and indices of insulin resistance in Tehranian adults: A cross-sectional study in the Tehran Lipid and Glucose Study
9. Association of serum zinc concentration and incidence of abdominal obesity: A nine-year follow-up in the Tehran Lipid and Glucose Cohort Study

Main Conference papers and posters

Ghafouri-Taleghani F, et al. Serum zinc concentration is associated with incident of abdominal obesity: A nine-year follow-up in the Tehran Lipid And Glucose Cohort

Ghafouri-Taleghani F, et al. Survey of growth status of children in Khorasan urban and rural areas. Poster. 1nd International Iranian Nutrition Congress, Esfahan, Iran.

Banikazami Z, Abasalti Z, Safarian M, Ghafouri-Taleghani F. Dietary intake of macronutrients and micronutrients among employees of Sarakhs Gas Company. Poster. 1nd International Iranian Nutrition Congress, Esfahan, Iran.

Ghafouri-Taleghani F, et al. Comparison of growth status of urban and rural children in Khorasan province. Poster. 4th research conference of graduate students, Mashhad,Iran.

Ghafouri-Taleghani F, et al. The therapeutic effect of probiotic and curd supplementation on diarrhea in patients hospitalized in ICU. Poster. 3th research conference of graduate students, Mashhad,Iran.

Ghafouri-Taleghani F, et al. The effect of curd on diarrhea in patients hospitalized in ICU. Poster. 4th research conference of graduate students, Mashhad,Iran.

Main Workshop Teaching

Training workshop: “Comprehensive vegetarian diet course”. Shahid Beheshti University of Medical Sciences.

Training workshop: “The role of nutrition in determining gender”. For nursing and midwifery ph.D students. Mashhad University of Medical Sciences.

Training workshop: “Diet therapy in eating disorders”. For Clinical nutrition department personnel, Imam Reza Hospital, Mashhad University of Medical Sciences.

Training workshop: “The importance of diet therapy in cardiac patients”. For Cardiologists, Imam Reza Hospital, Mashhad University of Medical Sciences.

Training workshop: “The importance of diet therapy in congenital heart failure in infants and children”. For Cardiologists, Imam Reza Hospital, Mashhad University of Medical Sciences.

Reviewer (research project)

1. Investigating the relationship between dietary calcium intake and the risk of prediabetes and type 2 diabetes: 12-year follow-up: Tehran lipid and glucose study
2. Investigating the relationship between the amount of sodium excreted in the 24-hour urine and different phenotypes of hypertension in adults: Tehran lipid and glucose study
3. Validation of 24-hour urinary sodium estimation using random urine samples in healthy adults: a cross-sectional study.
4. Studying the effect of red beetroot powder on skeletal muscle mass, strength, and function in patients with type 2 diabetes suspected of sarcopenia: A randomized clinical trial
5. Serum zinc levels in prediabetes and diabetes patients compared with healthy individuals: a systematic review and dose-response meta-analysis.
6. Investigating the association between the cardiovascular health diet index and the risk of metabolic syndrome in Tehrani adults: A prospective cohort study within the framework of the Tehran Lipid and Glucose Study.
7. Investigating the relationship between urinary sodium concentration in random samples and non-alcoholic fatty liver indices: A cross-sectional study in the Tehran Lipid and Sugar Study

Reviewer (article)

1. Dietary Advanced Glycation End-products (dAGEs) Are not Associated with the Risk of Cancer Incidence. A Systematic Review and Meta-analysis of Prospective Cohort Studies. (Food Science & Nutrition journal)
2. The impact of co-exposure to multiple vitamins on the TyG index in healthy populations: A cross-sectional study. (Scientific Reports journal)
3. Major Dietary Patterns in Candidates for Bariatric Surgery and Their Relationships with Metabolic Syndrome (Obesity Medicine)
4. Association between dietary zinc intake and 10-year atherosclerotic cardiovascular disease risk in diabetes mellitus patients: a cross sectional study of NHANES database (BMC Cardiovascular Disorders)
5. Efficacy of Diabetes-Specific Partial Meal Replacement on Glycemic and Weight Control in Type 2 Diabetes: A Randomized Controlled Trial (Diabetes, Obesity and Metabolism)

Main Achieved Certificates

A certificate on “**training course in the field of diet therapy in ICU (864 hours= 6 months)**” held by Department of Nutrition, Faculty of Medicine, Mashhad University of Medical Sciences.

A certificate on “**Systematic review and meta-analysis training course (Four days)**” held by Esfahan University of Medical Sciences.

A certificate on “**Performing meta-analysis in STATA training course (Three days)**” held by Esfahan University of Medical Sciences.

A certificate on “**Performing meta-analysis in R software training course (Four days)**” held by Esfahan University of Medical Sciences.

A certificate on “**Dose-response meta-analysis in R and STATA training course (Two days)**” held by Esfahan University of Medical Sciences.

A certificate on “**Writing and preparing manuscript training course (Two days)**” held by Esfahan University of Medical Sciences.

A certificate on “**Soft Skills workshop**” held by Shahid Sadoughi University of Medical Sciences, Yazd.

A certificate on “**Iranian traditional medicine training course (4 semester)**” held by Shahid Beheshti University of Medical Sciences.

A certificate on “**Scientific writing training course (Three days)**” held by Mashhad University of Medical Sciences.

A certificate on “**Training the trainers**” held by Mashhad University of Medical Sciences.

A certificate on “**Probiotics in human health**” held by Tehran University of Medical Sciences.

A certificate on “**Canva software workshop**” held by Esfahan University of Medical Sciences.

A certificate on “**Elsevier resources workshop**” held by Shahid Sadoughi University of Medical Sciences, Yazd.

A certificate on “**Diabetes, immunology and children's nutrition webinar**” held by USERN.

A certificate on “**Scientific and critical writing of articles**” held by Mashhad University of Medical Sciences.

Research interest

Micronutrients

Nutrition in diabetes mellitus

Nutrition in Weight Management/ Obesity

Bariatric surgery patients/ Weight regain

Microbiome research

Probiotic/ Prebiotic

Nutrition in eating disorders/ Food addiction

Nutrition in cancer

Enteral/Parenteral nutrition

Skills

Diet therapy

Expert in Microsoft Office and SPSS

Trained to laboratory skills: ELISA, real time-PCR, DNA and RNA extraction

Trained to use R, STATA, Maxqda, EQS softwares