

## *Curriculum Vitae*

### Personal info

<b>Full name</b>	<b>Matin Ghanavati</b>
<b>Nationality</b>	Iranian
<b>Marital status</b>	Single
<b>Languages</b>	English, Persian, Arabic
<b>Work place</b>	National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences and Health Services, Tehran, Iran.
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<b>Research Gate</b>	<a href="https://www.researchgate.net/profile/MatinGhanavati/publications?sorting=recentlyAdded&amp;editMode=1">https://www.researchgate.net/profile/MatinGhanavati/publications?sorting=recentlyAdded&amp;editMode=1</a>

### Education

#### **Ph.D.**

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 2016- January 2021)

**Title of thesis: the effects of mixed nut consumption in context of a low calories diet on lipid profile, inflammatory makers, peripheral blood mononuclear cells (PBMCs) gene expression and fecal microbiota in patients with coronary artery disease**

#### **MSc**

Nutrition science, Department of community Nutrition, Faculty of Nutrition and Food Technology, National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, Tehran, Iran (October 2011- June 2014)

#### **BSc**

Nutrition science, school of Allied medical sciences, Jundishapur University of Medical Sciences, Ahvaz, Iran (September 2006- July 2009)

### Work experiences

Assistant professor (from 2021)	National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, Tehran, Iran
Dietitian (from 2021)	Diet therapy clinic/ Shahid Beheshti University of Medical Sciences / <a href="http://nutrclinic.ir">nutrclinic.ir</a>
Research member (from 2022)	Iranian Organ Donation Center

Research assistant (2015-2016) Nutrition and Metabolic Diseases Research Center, Jundishapur University of Medical Sciences, Ahvaz, Iran

### Lecturer

Islamic Azad University, current topics in nutrition, seminar course (MSc)

Science and Research Branch (2022)

Shahid Beheshti University of Medical Sciences (2016) nutrition services in primary health care

University of Applied Sciences (2014-2017) sport nutrition 1 and 2, diet therapy, pharmacology, basic sport nutrition

Jundishapur University of Medical Sciences (2015) nutrition services in primary health care

### Publications

1. Afrisham R, Farrokhi V, Ghanavati M, Asbaghi O, Mohammadi S, Mohammadiyan M, et al. The effects of beetroot and nitrate supplementation on body composition: A GRADE-assessed systematic review and meta-analysis. *British Journal of Nutrition*. 2023;1-31.
2. Alipour M, Malihi R, Hosseini SA, Abbasnezhad A, Ghavami A, Shahmohammadi HA, et al. The effects of catechins on related risk factors with type 2 diabetes: a review. *Progress in nutrition*. 2018;20(1):12-20.
3. Asbaghi O, Ghanavati M, Ashtary-Larky D, Bagheri R, Rezaei Kelishadi M, Nazarian B, et al. Effects of folic acid supplementation on oxidative stress markers: a systematic review and meta-analysis of randomized controlled trials. *Antioxidants*. 2021;10(6):871.
4. Asbaghi O, Salehpour S, Rezaei Kelishadi M, Bagheri R, Ashtary-Larky D, Nazarian B, et al. Folic acid supplementation and blood pressure: a GRADE-assessed systematic review and dose-response meta-analysis of 41,633 participants. *Critical reviews in food science and nutrition*. 2023;63(13):1846-61.
5. Ashtary-Larky D, Bagheri R, Ghanavati M, Asbaghi O, Tinsley GM, Mombaini D, et al. Effects of betaine supplementation on cardiovascular markers: A systematic review and Meta-analysis. *Critical reviews in food science and nutrition*. 2022;62(23):6516-33.
6. Ashtary-Larky D, Bagheri R, Ghanavati M, Asbaghi O, Wong A, Stout JR, et al. Effects of beta-alanine supplementation on body composition: a GRADE-assessed systematic review and meta-analysis. *Journal of the International Society of Sports Nutrition*. 2022;19(1):196-218.
7. Ashtary-Larky D, Daneghian S, Alipour M, Rafiei H, Ghanavati M, Mohammadpour R, et al. Waist circumference to height ratio: better correlation with fat mass than other anthropometric indices during dietary weight loss in different rates. *International journal of endocrinology and metabolism*. 2018;16(4).
8. Ashtary-Larky D, Ghanavati M, Lamuchi-Deli N, Payami SA, Alavi-Rad S, Boustaninejad M, et al. Rapid weight loss vs. slow weight loss: which is more effective on body composition and metabolic risk factors? *International journal of endocrinology and metabolism*. 2017;15(3).
9. Ashtary-Larky D, Suzuki K, Ghanavati M, Setayesh, L., Pourreza, S., Zeinali Khosroshahi, M., Asbaghi, O., Bagheri, R., Rezaei Kelishadi, M., Wong, A., Clark, CCT.
10. Behrooz M, Ghanavati M, Hosseini Z, Asghari G, Rashidkhani B. Healthy eating index and risk of multiple sclerosis: a case control study. *Journal of Nutritional Sciences and Dietetics*. 2017.

11. BEHROOZ M, HOSSEINI Z, ASGHARI G, GHANAVATI M, RASHIDKHANI B. ORAL: HEALTHY EATING INDEX AND RISK OF MULTIPLE SCLEROSIS: A CASE CONTROL STUDY. 2014.
12. Behrouz M, Ghanavati M, Mirmiran P, Hosseini Z, Rashidkhani B. Scientific review of nutritional beliefs of traditional medicine and modern nutrition about multiple sclerosis: a case control study in Tehranian adult. *Iranian Journal of Nutrition Sciences & Food Technology*. 2013;7(5).
13. Cheraghpoor K, Ehrampoush E, Shahbazi R, Alipour M, Ghanavati M, Khodadadi B, et al. Evaluation and compare the indices of body adiposity in Ahvaz University students. *Jundishapur Scientific Medical Journal*. 2015;14(5):534-48.
14. Cheraghpour M, Hosseini SA, Ashtary-Larky D, Shirali S, Ghanavati M, Alipour M. Effects of high-protein, low-energy diet on body composition in overweight and obese adults: a clinical trial. *International Journal of Nutrition and Food Engineering*. 2017;11(3):77-80.
15. Emamat H, Asadian S, Zahedmehr A, Ghanavati M, Nasrollahzadeh J. The effect of barberry (*Berberis vulgaris*) consumption on flow-mediated dilation and inflammatory biomarkers in patients with hypertension: A randomized controlled trial. *Phytotherapy Research*. 2021;35(5):2607-15.
16. Ghanavati M, Alipour M, Khodaparast-Zavareh M, Sarli R, Rashidkhani B. Fruit, vegetable, and dietary antioxidant intake and age-related cataract risk: A case-control study. *Journal of Nutritional Sciences and Dietetics*. 2017:15-22.
17. Ghanavati M, Alipour Parsa S, Nasrollahzadeh J. A calorie-restricted diet with nuts favourably raises plasma high-density lipoprotein-cholesterol in overweight and obese patients with stable coronary heart disease: A randomised controlled trial. *International Journal of Clinical Practice*. 2021;75(9):e14431.
18. GHANAVATI M, AMIR ZA, AHANGARPOUR A, OROUJAN AA. SPASMODIC EFFECTS OF CITRUS AURANTIUM AQUEOUS EXTRACT ON NON-PREGNANT UTERUS IN RATS. 2009.
19. Ghanavati M, Behrooz M, Rashidkhani B, Ashtray-Larky D, Zameni SD, Alipour M. Healthy eating index in patients with cataract: a case-control study. *Iranian Red Crescent medical journal*. 2015;17(10).
20. Ghanavati M, Clark CC, Bahrami A, Teymoori F, Movahed M, Sohrab G, et al. Dietary intake of polyphenols and total antioxidant capacity and risk of prostate cancer: A case-control study in Iranian men. *European Journal of Cancer Care*. 2021;30(2):e13364.
21. Ghanavati M, Hosseinabadi SM, Parsa SA, Safi M, Emamat H, Nasrollahzadeh J. Effect of a nut-enriched low-calorie diet on body weight and selected markers of inflammation in overweight and obese stable coronary artery disease patients: a randomized controlled study. *European journal of clinical nutrition*. 2021;75(7):1099-108.
22. Ghanavati M, Hosseini SA, Alipour M, Ashtari-larky D, Cheraghpour K. The role of probiotics in the management of cardiovascular disease risk factors. *Clinical Excellence*. 2015;4(1):156-40.
23. Ghanavati M, Khorshidi Y, Shadnoush M, Akbari ME, Ardehali SH, Chavarri-Guerra Y, et al. Tamoxifen use and risk of endometrial cancer in breast cancer patients: A systematic review and dose-response meta-analysis. *Cancer Reports*. 2023;6(4):e1806.
24. Ghanavati M, Movahed M, Rashidkhani B, Rakhsha A, Hejazi E. Index-based dietary patterns and the risk of prostate cancer among Iranian men. *Asian Pacific Journal of Cancer Prevention*. 2019;20(5):1393-401.
25. Ghanavati M, Nasrollahzadeh J. A calorie-restricted diet enriched with tree nuts and peanuts reduces the expression of CX3CR1 in peripheral blood mononuclear cells in patients with coronary artery disease. *International Journal for Vitamin and Nutrition Research*. 2021.
26. Ghanavati M, Rahmani J, Clark CC, Hosseinabadi SM, Rahimlou M. Pistachios and cardiometabolic risk factors: A systematic review and meta-analysis of randomized controlled clinical trials. *Complementary Therapies in Medicine*. 2020;52:102513.
27. Ghanavati M, Rahmani J, Rinaldi G, Zand H. Fasting insulin and risk of cancer related mortality in non-diabetic adults: A dose-response meta-analysis of cohort studies. *Current diabetes reviews*. 2020;16(4):357-63.

28. Ghanavati M, Rashidkhani B, Behrooz M, Sarli R, Moradi B. The Relationship between the Intake of Some Macronutrients and Dietary Antioxidants and Risk of Age-related Cataract in Adults: A Case Control. *Iranian Journal of Nutrition Sciences & Food Technology*. 2014;9(3):33-44.
29. Hejazi J, Ghanavati M, Hejazi E, Poustchi H, Sepanlou SG, Khoshnia M, et al. Habitual dietary intake of flavonoids and all-cause and cause-specific mortality: Golestan cohort study. *Nutr J*. 2020;19(1):1-25.
30. Hooshmand Moghadam B, Bagheri R, Ghanavati M, Khodadadi F, Cheraghloo N, Wong A, et al. The combined effects of 6 weeks of jump rope interval exercise and dark chocolate consumption on antioxidant markers in obese adolescent boys. *Antioxidants*. 2021; 10 (11): 1675. s Note: MDPI stays neutral with regard to jurisdictional claims in published ...; 2021.
31. Hosseini SA, Aghamohammadi V, Ashtary-Larky D, Alipour M, Ghanavati M, Lamuchi-Deli N. Are young Iranian women with metabolically healthy obesity at increased risk of CVD incidence? *Jornal Vascular Brasileiro*. 2020;19.
32. Hosseini SA, Aghamohammadi V, Ashtary-Larky D, Alipour M, Ghanavati M, Lamuchi-Deli N. Jovens iranianas obesas metabolicamente saudáveis têm maior risco de incidência de DCV? *Jornal Vascular Brasileiro*. 2020;19.
33. Hosseini SA, Ahangarpour A, Ghanavati M, Aria M, Alipour M. Review effects of ginseng on improving glycemic status and other related parameters with Type 2 diabetes. *J Clin Exc*. 2015;4:90-107.
34. Hosseini SA, Cheraghpour M, Shirali S, Rafie R, Ghanavati M, Amjadi A, et al. Relationship of Sleep Duration with Obesity and Dietary Intake. *International Journal of Nutrition and Food Engineering*. 2017;11(3):73-6.
35. Hosseini SA, Ghalesardi OK, Kamaei Z, Aghili S, Ashtary-Larky D, Hoseininejad SS, et al. Associations of Maternal Serum Zonulin and Elements Concentrations with Neonatal Birth Weight: A Case-Control Study. *Journal of Clinical & Diagnostic Research*. 2017;11(12).
36. Hosseini SA, Shirali S, Ghanavati M, Alipour M. Role of nutrition in epigenetic modulation as a preventive and therapeutic approach for cancer. *International Journal of Pharmaceutical Research & Allied Sciences*. 2016;5(2).
37. Jafari Nasab S, Bahrami A, Rafiee P, Hekmatdoust A, Ghanavati M, Rashidkhani B, et al. Healthy Eating Index-2010 and Mediterranean-Style Dietary Pattern Score and the risk of colorectal cancer and adenoma: A case-control study. *Nutrition and cancer*. 2020;72(8):1326-35.
38. Jafari Nasab S, Ghanavati M, Bahrami A, Rafiee P, Sadeghi A, Clark CC, et al. Dietary nutrient patterns and the risk of colorectal cancer and colorectal adenomas: a case-control study. *European Journal of Cancer Prevention*. 2021;30(1):46-52.
39. Jafari Nasab S, Ghanavati M, Rafiee P, Bahrami A, Majidi N, Clark CC, et al. A case-control study of Dietary Approaches to Stop Hypertension (DASH) diets, colorectal cancer and adenomas among Iranian population. *BMC cancer*. 2021;21:1-9.
40. Jalili C, Talebi S, Bagheri R, Ghanavati M, Camera D, Amirian P, et al. The Association between Dietary Inflammatory Index and Aging Biomarkers/Conditions: A Systematic Review and Dose-response Meta-analysis. *The journal of nutrition, health & aging*. 2023:1-13.
41. Javid Z, Santos HO, Norouzi M, Taghavi M, Hatami M, Nazari M, et al. The effects of *Spirulina platensis* supplementation on COVID-19 severity in critically ill patients: A randomized clinical trial. 2023.
42. Movahedian M, Thomas J, Rahmani J, Clark CC, Rashidkhani B, Ghanavati M. Association between dietary glycemic index and glycemic load, insulin index and load with incidence of age-related cataract: Results from a case-control study. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews*. 2020;14(3):199-204.
43. Nikkiah-Bodaghi M, Ghanavati M, Hekmatdoost A. Polyphenol intakes and risk of impaired lipid profile, elevated hepatic enzymes and nonalcoholic fatty liver disease. *Nutrition & Food Science*. 2019.

44. Nikparast A, Rahmani J, Bagheri R, Mohammadpour S, Shadnoosh M, Wong A, et al. Maternal uric acid levels and risk of gestational diabetes mellitus: A systematic review and dose–response meta-analysis of cohort studies including 105,380 participants. *Journal of Diabetes Investigation*. 2023.
45. Radi E, Ghanavati M, Khoundabi B, Rahmani J, Nahafizadeh K, Shadnoush M, et al. The effect of the Iranian family approach-specific course (IrFASC) on obtaining consent from deceased organ donors’ families. *Korean Journal of Transplantation*. 2022;36(4):237-44.
46. Rahmani J, Nikkhah M, Clark CC, Ghanavati M. Adherence to Baltic Sea diet and healthy Nordic dietary pattern and lower risk of age-related cataract: a case-control study from Iran. 2022.
47. Sedaghat F, Ghanavati M, Hajian PN, Hajishirazi S, Ehteshami M, Rashidkhani B. Nutrient patterns and risk of cataract: a case-control study. *International journal of ophthalmology*. 2017;10(4):586.
48. Setayesh L, Pourreza S, Khosroshahi MZ, Asbaghi O, Bagheri R, Kelishadi MR, et al. The effects of guar gum supplementation on lipid profile in adults: a GRADE-assessed systematic review, meta-regression and dose–response meta-analysis of randomised placebo-controlled trials. *British Journal of Nutrition*. 2022:1-11.
49. Shivappa N, Hebert JR, Rashidkhani B, Ghanavati M. Inflammatory potential of diet is associated with increased odds of cataract in a case-control study from Iran. *International journal for vitamin and nutrition research Internationale Zeitschrift fur Vitamin- und Ernährungsforschung Journal international de vitaminologie et de nutrition*. 2017;87(1-2):17-24.
50. Zamani M, Rezaei Kelishadi M, Ashtary-Larky D, Ghanavati M, Asaghi O. The effects of green tea supplementation on cardiovascular risk factors: A systematic review and meta-analysis. *Frontiers in Nutrition*. 2023;9:3245.

### *Research interest*

- ✓ Nutrition in cardiovascular diseases
- ✓ Microbiome research
- ✓ Sport nutrition
- ✓ Nutrition and non-communicable diseases
- ✓ Gene expression and cell culture
- ✓ Cancer prevention and treatment
- ✓ Nutrition and age related cataract

### *CONFERENCE PAPERS AND POSTERS*

Ghanavati M, Behrooz M. Healthy eating index and multiple sclerosis , Oral presentation, 1nd International & 13th Iranian Nutrition Congress, Tehran, Iran

Ghanavati M. prostate cancer and hormone therapy. Oral presentation, 1-day conference in Jundishapur University, Ahvaz, Iran

Ghanavati M, Behrooz M. Prevalence of obesity, overweight and central obesity in 35-65 years old population from Mashhad. Poster. 4<sup>th</sup> Iranian Congress for the Prevention and Treatment of Obesity, Tehran, Iran.

Ghanavati M, Behrooz M. Investigating the beliefs of traditional medicine nutrition and modern nutrition regarding diseases. 4th Iranian Congress for the Prevention and Treatment of Obesity, Tehran, Iran.

Ghanavati, M. Index-based Dietary Patterns and the Risk of Prostate Cancer among Iranian men, poster, the 5<sup>th</sup> Cancer Congress, Tehran, Iran.

Ghanavati M. Effect of a nut-enriched low-calorie diet on body weight and selected markers of inflammation in overweight and obese stable coronary artery disease patients: a randomized controlled study. Poster. 4<sup>rd</sup> international clinical nutrition congress. Mashhad, Iran.

Ghanavti M. prevention and treatment of cancer cachexia: an appetite control approach. 2<sup>th</sup> national cancer prevention congress. Oral presentation. January 2023. Tehran University of medical science

### TV programs

Nutrition and cardiovascular disease/ salamat channel/ zaraban show/  
<https://telewebion.com/episode/0x54162d4>

Nutrition and hypertension management/ salamat channel/ zaraban show/  
<https://telewebion.com/episode/0x6416be5>

### Research projects

No	Title	Role in project	Project duration
1	Maternal uric acid levels and risk of gestational diabetes mellitus: a systematic review and meta-analysis	Executive	6 months
2	Dietary total antioxidant capacity (TAC) and risk of prostate cancer	Executive	12 months
3	Healthy Eating Index (HEI) and endometrial cancer: a case control study	Colleague	12 months
4	Effect of inclusion of nuts in a low calorie diet on some fecal bacteria DNA and plasma concentration of insulin and adiponectin and toll like receptor-4 expression in peripheral blood mononuclear cells in overweight and obese patients with coronary artery disease	Executive	12 months
5	Effects of nut consumption on plasma small-dense low density lipoprotein cholesterol, monocyte chemoattractant protein-1 and complement c3 in patients with CAD	Executive	6 months
6	Polyphenol intake and liver enzymes in NAFLD	Colleague	12 months
7	Effects of low calories diet with or without mixed nuts on biomarkers of inflammations and vascular function	Executive	12 months

8	Food patterns and anthropometrical indices and cataract risk	Colleague	12 months
9	Comparison of the effects of fast and slow weight loss diets on body composition and glycemic control markers in overweight and obese individuals: A randomized control trial	Colleague	12 months
10	The effects of high protein low calories diet on body composition indices in overweight and obese adults: RCT	Colleague	12 months
11	Comparison biochemical and metabolic factors in normal, obese and normal weight obese individuals	Colleague	12 months

### Peer reviewing

- ✓ Frontiers in nutrition
- ✓ Nutrition and cancer journal
- ✓ International journal of clinical practice
- ✓ Archive of physiology and biochemistry
- ✓ Nutrient

### Skills

- ✓ Data analysis: Stata, SPSS, R
- ✓ Laboratory skills: gel electrophoresis, UV/Vis spectrophotometry , real time-PCR, ELISA, cell culture, Auto analyzer, DNA and RNA extraction, buffy coat extraction
- ✓ Meta-analyzing
- ✓ Diet therapy