



Personal information:

Jaleddin Mirzay Razzaz

MD, PhD in Nutrition

Key Positions & Affiliations:

- President, National Nutrition and Food Technology Research Institute (NNFTRI), 2019–2020. (NNFTRI)
 - ✓ Dean of the Faculty of Nutrition Sciences and Food Technology, Shahid Beheshti University of Medical Sciences (SBMU) 2019- 2020
- President, Iranian Nutrition Society (INS)
- Head, Nutrition and Health Research Center
- Vice President, Iranian Biosafety Society (IBS)
- Member, National Scientific Committee on COVID-19 (National Task Force Against Coronavirus)
- Member, National Organization for Development of Exceptional Talents (NODET)

Address:

Department of Community Nutrition, School of Nutrition Sciences & Food Technology, Shahid Beheshti University of Medical Sciences, Tehran, Iran.

RESEARCH PROFILES:

- Google Scholar:
 - <https://scholar.google.com/citations?user=fKfbjVYAAAAJ&hl=en> **h-index 15**
- Scopus Author ID:
 - <https://www.scopus.com/authid/detail.uri?authorId=54797322200> **h-index: 14**
- Web of Science ResearcherID:
 - <https://www.webofscience.com/wos/author/reCORD/AAA-1178-2022>
- ORCID:
 - <http://orcid.org/0000-0002-8633-1868>
- ResearchGate:
 - <https://www.researchgate.net/profile/Jaleddin-Razaz>
- Semantic Scholar:
 - <https://www.semanticscholar.org/author/2053164602>

RESEARCH INTERESTS

- Public health nutrition and food policy
- Nutritional Intervention for Non-Communicable Disease (NCD) Prevention"
- Assessment and Intervention for Reducing Childhood and Adult Obesity
- Geriatric Nutrition
- Evaluating and Implementing Programs to Increase Health and Nutritional Literacy
- Integrating Healthy Nutrition Education into the K-12 Curriculum
- Long-Term Safety Assessment of Genetically Engineered (GE) Foods
- Nutrition in Crisis
- Humanitarian Nutrition
- Screening for Nutritional Supplementation requirements and Targeted Intervention
- Clinical nutrition and metabolic diseases (Diabetes, Obesity, Metabolic Syndrome)

ACADEMIC APPOINTMENTS

- **Associate Professor of Nutrition**, Department of Community Nutrition, Shahid Beheshti University of Medical Sciences (SBMU), Tehran, Iran, 2013–Present.
- **Dean**, Faculty of Nutrition and Food Technology, Shahid Beheshti University of Medical Sciences, 2019–2020.

- **Vice Dean for
Resource
Development and
Management,**
Faculty of Nutrition
and Food
Technology, SBMU,
2014–2015.

EDUCATION

- **PhD in Nutrition Sciences**, Shahid Beheshti University of Medical Sciences, Tehran, Iran, 2013.
 - Thesis: Molecular mechanism of Omega-3 fatty acid supplementation on memory disorders and apoptosis after hippocampal ischemia-reperfusion in rats.
- **M.Phil (Master of Philosophy)**, University College London (UCL), London, UK, 2007.
- **Doctor of Medicine (MD)**, Tehran University of Medical Sciences, Tehran, Iran, 1995.
- **Honors**: Ranked 2nd in the National Comprehensive Medical Exam.

EXECUTIVE & LEADERSHIP POSITIONS (Selected)

- **President**, Iranian Nutrition Society (INS), 2015–Present.
- **Vice President**, Iranian Biosafety Society.
- **Member**, National Scientific Committee on COVID-19 (National Task Force Against Coronavirus).
- **Member**, National Organization for Development of Exceptional Talents (NODET).
- **Member**, National Diabetes Committee, Ministry of Health, 1997–2000.
- **Advisor and Deputy**, Deputy for Food and Drug, Ministry of Health, 1997–1999.
- Executive Advisor & Deputy to the President, Shahid Beheshti University of Medical Sciences, 1999–2005.

EDITORIAL AND PEER-REVIEW SERVICE

- Director & Editor-in-Chief, Nutritional Sciences and Food Industries (English Journal), 2019–2021.
- Director & Editor-in-Chief, Ebne-Sina (Health & Clinical Journal), SBMU.
- Editorial Board Member, Journal of National Nutrition and Food Technology Research Institute, since 2015.
- Reviewer for numerous MSc and PhD theses in Nutrition Sciences.

UNIVERSITY SERVICE AND COMMITTEES

- **Senior Expert, Office of the President**
 - *Date*: 1996 – 1998
- **Advisor and Deputy to the Vice Minister for Food and Drug** (With full signature authority), Ministry of Health and Medical Education (MOHME)
 - *Date*: 1997 – 1999
- **Member, National Diabetes Committee**
 - *Date*: 1997 – 2000
- **Representative of the Deputy for Curative Affairs (MOHME) & Member of the National Committee for Stratification of Healthcare Services**
 - *Date*: 1997 – 2000
- **Representative of the Deputy for Curative Affairs in the Article 20 Commission**, Ministry of Health
 - *Date*: 1997 – 2001
- **Representative of the Deputy for Cultural and Student Affairs in the Medical Ethics Committee**, Ministry of Health

- *Date:* 1997 – 2002
 - **Managing Director and Editor-in-Chief**, Shahid Beheshti University of Medical Sciences (SBMU) Quarterly Journal
- *Date:* 1997 – 2004
 - **Plenipotentiary Representative of the Deputy for Curative Affairs (MOHME)** in the **National Council for Organizing Emergency Centers and ICUs**
- *Date:* 1998 – 2001
 - **Member, Strategic Planning Committee**, Shahid Beheshti University of Medical Sciences
- *Date:* 1998 – 2000
 - **Senior Advisor to the Deputy for Employment**, Ministry of Health
- *Date:* 2000 – 2003
 - **Member, Supreme Specialized Council of the General Directorate of Medical Equipment & Medical Products Distribution Company**, Ministry of Health
- *Date:* 1999 – 2001
 - **Plenipotentiary Representative of the University President in the University Medical Equipment Council**
- *Date:* 1998 – 2003
 - **Executive Advisor and Deputy to the President**, Shahid Beheshti University of Medical Sciences (SBMU)
- *Date:* 1999 – 2003
 - **Representative of the Minister of Health in the Administrative Violations Board**
- *Date:* 1999 – 2004
 - **Member, University Supreme Cultural Council**
- *Date:* 1999 – 2003
 - **Member, National Committee for Medical Education Reform**
- *Date:* 2000 – 2004
 - **Head, Committee for Drafting and Revising University Administrative and Employment Regulations**
- *Date:* 2000 – 2003
 - **Managing Director, Avicenna Specialized Journal** (Food, Drug, and Nutrition)
- *Date:* 2011 – Present
 - **Managing Director and Editor-in-Chief**, *Nutritional Sciences and Food Industries* (English Language Journal)
- *Date:* 2019 – 2021
 - **Member of the Scientific Committee**, 1st International Congress and 13th National Congress of Nutrition of Iran
- *Date:* 2014
 - **Executive Secretary**, 1st International Congress and 13th National Congress of Nutrition of Iran
- *Date:* 2014
 - **Vice President for Development and Resource Management**, National Nutrition and Food Technology Research Institute (NNFTRI)
- *Date:* 2013 – 2014
 - **Deputy Dean**, Faculty of Nutrition Sciences and Food Technology, Shahid Beheshti University of Medical Sciences

- *Date:* 2013 – 2014
 - **Vice Dean for Development and Resource Management**, Faculty of Nutrition Sciences and Food Technology
- *Date:* 2013 – 2014
 - **Member of the Editorial Board**, Scientific Journal of the National Nutrition and Food Technology Research Institute
- *Date:* 2014 – Present
 - **Executive Secretary**, Child and Adolescent Nutrition and Health Congress
- *Date:* 2015
 - **Member of the Scientific Committee**, 2nd International Congress and 14th National Congress of Nutrition of Iran
- *Date:* 2016
 - **President and Member of the Scientific Committee**, 3rd International Congress and 15th National Congress of Nutrition of Iran
- *Date:* 2018
 - **Executive Secretary and Head of Scientific Committee**, 3rd International Congress and 15th National Congress of Nutrition of Iran (SBMU)
- *Date:* 2018
 - **Member, Ethics Committee**, National Nutrition and Food Technology Research Institute (NNFTRI)
 - **Member, Publications Council**, National Nutrition and Food Technology Research Institute (NNFTRI) & Faculty of Nutrition Sciences
 - **Head of the Permanent Secretariat**, Council for Innovation in Food Industries (Appointed by the Vice President for Science and Technology)
 - **Dean, Faculty of Nutrition Sciences and Food Technology**, Shahid Beheshti University of Medical Sciences
- *Date:* 2019 – 2020
 - **President, National Nutrition and Food Technology Research Institute (NNFTRI)**
- *Date:* 2019 – 2020
 - **President, Iranian Nutrition Society**
- *Date:* 2013 – Present

BOOKS AND MONOGRAPHS (Persian; authored/translated/compiled – selected)

- Executive Regulation for Awarding the "Badge of Science and Effort" (Farzanegan), Authors: Jalaledin Mirzay Razaz, Hassan Emami.
- Comprehensive Guide to Nutritional Support for Hospitalized Patients, Authors: Jalaledin Mirzay Razaz, Hamideh Sadat Hesabgar.
- Ergogenic Aids and Their Application in Sports, Authors: Jalaledin Mirzay Razaz, Reza Homayounfar.
- Collection of Nutrition Science Questions (1991–2015) with Descriptive Answers (For MSc & PhD Entrance Exams), Authors: Jalaledin Mirzay Razaz, Year: 2015
- Collection of Nutrition Science Questions (1991–2017) with Descriptive Answers & Krause 2017 Notes (For MSc & PhD Entrance Exams – 2nd Edition), Authors: Jalaledin Mirzay Razaz, Mostafa Arabi, Behnam Khodadadi, Year: 2017
- The A to Z of Diabetes in Simple Language, Authors: Jalaledin Mirzay Razaz.

- Basic Nutritional Concepts (For the General Public), Authors: Jalaledin Mirzay Razaz.
- Clinical Nutrition Guidelines for COVID-19, Authors: Jalaledin Mirzay Razaz et al, Year: 2020
- Nutritional Support Guidelines for Hospitalized Patients with COVID-19 (National Hospital Protocol), Authors: Jalaledin Mirzay Razaz et al, Year: 2020
- Nutritional Support and Biosafety During and Post-COVID-19, Authors: Jalaledin Mirzay Razaz et al, Year: 2020
- Nutrition and Diagnosis-Related Care (Translation of the Reference Book – 2 Volumes), Authors: Jalaledin Mirzay Razaz, Reza Homayounfar.

LANGUAGES

- Persian (native), English (professional working proficiency)

PEER-REVIEWED JOURNAL ARTICLES (full list)

2025

- A Askari, M Abidi, Z Ghiasi, M Farjam, **JM Razzaz**, R Homayounfar. Association Between Bone Mineral Density and Body Composition in an Iranian Population: A Cross-Sectional Study. Sadra Medical Sciences Journal 13 (2), 332-342

2024

- Hojati SR, Rostamian F, Eghtesad S, Farjam M, **Mirzay Razaz J**, Davoodi SH, Ehrampoush E, Homayounfar R. Diet Quality and Its Assessment Methods: A Narrative Review. Nutr Food Sci Res. 2024; 11(4): 41-51.
- Navvab M, Hosseinpour-Niazi S, Mirmiran P, **Mirzay Razzaz J**, Azizi F. Effects of Camel Milk on Glycemic Indices and Lipid Profiles of Type-1 and Type-2 Diabetic and Metabolic Syndrome Patients: A Systematic Review. Iranian Journal of Nutrition Sciences and Food Technology. 2024 Oct 10;19(3):96-105.

2023

- **Mirzay-Razaz J**, Koochakpoor G, Hassanghomi M, Ajami M, Hosseini-Esfahani F, Mirmiran P. Nutrition Management and Recommendations for Improving the Outcomes of Coronavirus Disease 2019: A Narrative Review. Iran Red Crescent Med J. 2023; 25(6): e1794.

2022

- **Mirzay-Razaz J**, Hassanghomi M, Ajami M, Koochakpoor G, Hosseini-Esfahani F, Mirmiran P. Effective food hygiene principles and dietary intakes to reinforce the immune system for prevention of COVID-19: a systematic review. BMC Nutr. 2022; 8(1): 53.
- **Mirzay Razaz J**, Hosseini Balam F, Karimi T, Rahmani J, Kalantari N, Shariatpanahi SP. Sex differences in healthy eating: investigating the moderating effect of self-efficacy. J Nutr Educ Behav. 2022; 54(2): 151-158.
- Rahmani J, Haghighian Roudsari A, Bawadi H, Clark C, Ryan PM, Salehisahlabadi A, Rahimi Sakak F, Goodarzi N, **Mirzay Razaz J**. Body mass index and risk of Parkinson, Alzheimer, Dementia, and Dementia mortality: a systematic review and dose–response meta-analysis of cohort studies among 5 million participants. Nutr Neurosci. 2022; 25(3): 423-431. (Published online 2020).

- Navvab M, Hosseinpour-Niazi S, Mirmiran P, **Razaz JM**, Azizi F. Relationship between the consumption of refined and whole grains and the risk of metabolic syndrome components in adults: the Tehran lipid and glucose study, 2022.
- Homayounfar R, Koohpayeh F, Ghaemi A, Osati S, **Razzaz JM**, Javedan G, Ehrampoush E, Ariya M. Evaluation of the relationship between body composition and risk of non-alcoholic fatty liver. *Journal of Nutrition, Fasting & Health*. 2022 Jan 2;10.

2021

- Rahmani J, **Mirzay Razaz J**, Kalantari N, Garcia LMT, Shariatpanahi SP. Dynamic conceptual framework to investigate adoption of healthy diet through agent-based modelling. *Br Food J*. 2021; 123(8): 2743-2755.
- Ariya M, Koohpayeh F, Ghaemi A, Osati S, Davoodi SH, **Razzaz JM**. Assessment of the association between body composition and risk of non-alcoholic fatty liver. *PLoS One*. 2021; 16(4): e0249223.
- **Mirzay Razaz J**, Nosrati-Oskouie M, Hassan Qomi M, Behzadi-Moghaddam M, Aghili-Moghaddam NS, Mohsenpour MA, et al. Practical Recommendations of Micronutrients and Food Hygiene for Rehabilitation of Survived COVID-19 Patients: A Review. *Int J Nutr Sci*. 2021; 6(2): 59-64.
- **Mirzay Razaz J**, Nosrati-Oskouie M, Hassan Qomi M, Elham-Kia M, Behzadi-Moghaddam M, Ahadi Z, et al. Nutritional Support for Rehabilitation of Survived COVID-19 Patients: A Review. *Int J Nutr Sci*. 2021; 6(1): 1-5.
- Ehrampoush E, **Razzaz JM**, Ghaemi A, Shahraki HR, Babaei AE, Osati S, Homayounfar R. The association of vitamin D levels and insulin resistance. *Clinical nutrition ESPEN*. 2021 Apr 1;42:325-32.
- Zare Bidaki S, **Mirzay Razaz J**, Haghighian Roudsari A. Consumer perceptions toward genetically modified food products: a qualitative study in Tehran. *Iranian Journal of Nutrition Sciences and Food Technology*. 2021 Jun 10;16(2):45-56.
- **Mirzay Razzaz J**, Moameri H, Akbarzadeh Z, Ariya M, Hosseini SA, Ghaemi A, Osati S, Ehrampoush E, Homayounfar R. Investigating the relationship between insulin resistance and adipose tissue in a randomized Tehrani population. *Hormone Molecular Biology and Clinical Investigation*. 2021 Sep 24;42(3):235-44.

2020

- Rahmani J, Haghighian Roudsari A, Bawadi H, Thompson J, Khalooei Fard R, Clark C, **Mirzay Razaz J**. Relationship between body mass index, risk of venous thromboembolism and pulmonary embolism: A systematic review and dose-response meta-analysis of cohort studies among four million participants. *Thromb Res*. 2020; 192: 64-72.

2019

- **Mirzay Razaz J**, Rahmani J, Kord Varkaneh H, Thompson J, Clark C, Abdulazeem HM. The health effects of medical nutrition therapy by dietitians in patients with diabetes: A systematic review and meta-analysis. *Prim Care Diabetes*. 2019; 13(5): 399-408.
- **Razaz JM**, Mohebi Z, Faraji MH, Houshiarrad A, Eini-Zinab H, Haris MA. The association between depression, anxiety, stress and dietary behavior in female students 2019.

2017

- Hosseini M, Yousefifard M, Ataei N, Oraii A, **Mirzay Razaz J**, Izadi A. The efficacy of probiotics in prevention of urinary tract infection in children: A systematic review and meta-analysis. *J Pediatr Urol*. 2017; 13(6): 581-591.
- Nakhjavan-Shahraki B, Baikpour M, Yousefifard M, Nikseresht ZS, Abiri S, **Razaz JM**, Faridaalae G, Pouraghae M, Shirzadegan S, Hosseini M. Rapid acute physiology score versus rapid emergency medicine score in Trauma Outcome Prediction; a comparative study. *Emergency*. 2017 Jan 10;5(1):e30.
- Nakhjavan-Shahraki B, Yousefifard M, Hajighanbari MJ, Karimi P, Baikpour M, **Razaz JM**, Yaseri M, Shahsavari K, Mahdizadeh F, Hosseini M. Worthing physiological score vs revised trauma score in outcome prediction of trauma patients; a comparative study. *Emergency*. 2017 Jan 11;5(1):e31.
- Ehrampoush E, Arasteh P, Homayounfar R, Cheraghpour M, Alipour M, Naghizadeh MM, Davoodi SH, Askari A, **Razaz JM**. New anthropometric indices or old ones: Which is the better predictor of body fat?. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews*. 2017 Oct 1;11(4):257-63.

2016

- Izadi A, Yousefifard M, Nakhjavan-Shahraki B, Baikpour M, Mirzay Razaz J, Ataei N, et al. Value of Plasma/Serum Neutrophil Gelatinase-Associated Lipocalin in Detection of Pediatric Acute Kidney Injury; a Systematic Review and Meta-Analysis. *Int J Pediatr*. 2016; 4(11): 3815-3836.
- Izadi A, Yousefifard M, NAKHJAVAN SB, Baikpour M, MIRZAY RJ, Hosseini M. Diagnostic value of Urinary Neutrophil Gelatinase-Associated Lipocalin (NGAL) in detection of pediatric acute kidney injury; a systematic review and meta-analysis, 2016.
- Nikooyeh B, Neyestani TR, Zahedirad M, Mohammadi M, Hosseini SH, Abdollahi Z, Salehi F, Mirzay Razaz J, Shariatzadeh N, Kalayi A, Lotfollahi N. Vitamin D-fortified bread is as effective as supplement in improving vitamin D status: a randomized clinical trial. *The Journal of Clinical Endocrinology & Metabolism*. 2016 Jun 1;101(6):2511-9.

2012

- Ajami M, Eghtesadi S, Habibey R, Mirzay Razaz J, Peyrovi H, Zarrindast M, Pazoki-Toroudi H. Effect of short and long-term treatment with omega-3 Fatty acids on scopolamine-induced amnesia. *Iranian Journal of Pharmaceutical Research: IJPR*. 2012;11(2):533.
- Farahini H, Ajami M, Razaz JM, Azad N, Soleimani M, Ayatollahi SA, Abotaleb N, Peyrovi H, Pazoki-Toroudi H. Nitric oxide is necessary for diazoxide protection against ischemic injury in skeletal muscle. *Iranian Journal of Pharmaceutical Research: IJPR*. 2012;11(1):375.

2011

- Ajami M, Eghtesadi S, Razaz JM, Kalantari N, Habibey R, Nilforoushzadeh MA, Zarrindast M, Pazoki-Toroudi H. Expression of Bcl-2 and Bax after hippocampal ischemia in DHA+ EPA treated rats. *Neurological Sciences*. 2011 Oct;32(5):811-8.

2010

- Desai M, Mirzay-Razzaz J, von Delft D, Sarkar S, Hamilton G, Seifalian AM. Inhibition of neointimal formation and hyperplasia in vein grafts by external stent/sheath. *Vascular medicine*. 2010 Aug;15(4):287-97.

2007

- Kannan RY, Sarkar S, Mirzay-Razaz J, Seifalian AM. New vessels: Vascular tissue engineering. *The Biochemist*. 2007 Feb 1;29(1):12-5.

Note: Additional national-language publications and earlier Iranian journal contributions are available upon request to avoid duplication across databases. The above list consolidates English-language, PubMed/Scopus-indexed works and major Persian publications with English abstracts.

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