



## Personal and Contact Information

**First Name:**

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Files

**Last Update:**

## Education

❖ **Sub specialty/Fellowship (Field of Study, Name of University, Year Graduated)**

❖ Visiting Scholar, McGill University, Canada, 2002

❖ **Supervisor:** Prof. Harriet V. Kuhnelein

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❖ **Sub specialty/Fellowship (Field of Study, Name of University, Year Graduated)**

❖ Fellowship in Evaluation and Assessment in Medical sciences, Virtual University of Medical Sciences, Tehran, 2021.

❖ **Sub specialty/Fellowship (Field of Study, Name of University, Year Graduated)**

❖ Fellowship in Medical Education, Isfahan University of Medical Science, 2006.

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- ❖ **Specialty/PhD (Field of Study, Name of University, Year Graduated)**
- ❖ Nutrition Sciences, Tabriz University of Medical Sciences, Iran, 2003
  - ❖ **Thesis title:** Investigating the effect of bread made from micronutrient-enriched wheat on the status of serum iron and some of the micronutrients. **Supervisor:** Dr Javad Mohtadinia, **Advisor:** Prof Soltan Ali Mahboob

- ❖ **Master of Science (Field of Study, Name of University, Year Graduated)**
- ❖ Nutrition Sciences, Shaheed Beheshti University of Medical Sciences, Tehran, 1998
  - ❖ **Thesis title:** Comparison of the effect of ferrous sulfate alone and along with Na<sub>2</sub>EDTA on iron and zinc status in female students with iron deficiency anemia. **Supervisor:** Prof. Seyed Masoud Kimiagar. **Advisor:** Naser Valaei

- ❖ **Bachelor of Science (Field of Study, Name of University, Year Graduated)**
- Nutrition Sciences, Shaheed Beheshti University of Medical Sciences, Tehran, 1995.

- ❖ **Related degree (Field of Study, Name of University, Year Graduated)**
- 1.

### Honors, Awards, and Scholarships (if available)

1. Distinguished achievement award by Razi research festival in student section and receiving the honor greeting from the President, 2001
2. Achievement of distinguished researcher title from Lorestan governor, 2001
3. Achievement of distinguished researcher title from Lorestan university of Medical Sciences, 2001, 2005, 2006, 2007, 2008, 2010, 2013, 2014
4. The highest scientific rank of Lorestan province, 2006
5. The highest scientific rank of Lorestan province, 2014.
6. Ranking the first in Ph.D entrance exam of Nutrition
7. The distinguished professor of the state received a decoration from the minister of Health, 2007
8. Distinguished achievement award by Shaheed Motahari festival, Lorestan University of





Medical Sciences, 2009, 2012, and 2016.

9. The distinguished professor of the Lorestan University of Medical Sciences, 2016.
10. Achievement of third rank in Nutrition, Health, and Management section by the Lorestan University of Medical Sciences first research festival, 2016.
11. Achieve the top technology rank of the university, 2022
12. Achieve the top technology rank of the Lorestan Province, 2024
13. Achieve the top technology rank of the LUMS, 2024
- 14.

## Experiences

### Management

1. Deputy of Research and Technology Affairs, Lorestan University of Medical Sciences, Khorramabad, Iran, 2019-2022
2. Dean of School of Health and Nutrition, Lorestan University of Medical Sciences, Khorramabad, Iran, 2015 -2019
3. Head of Nutrition Department, Lorestan University of Medical sciences, Khorramabad, Iran, 2011-2015.
4. Vice- chancellor of education and research of Medical Council of Khorramabad, 2013- 2021
5. Vice- chancellor of Food and Drug, Lorestan University of Medical Sciences, Khorramabad, Iran, 2005-2011.
6. Head of Nutrition Department, School of Health and Nutrition, Lorestan University of Medical sciences, Khorramabad, Iran. 2023-continues

### 1.Scientific position

Professor in Nutrition Sciences

1. Dean of School of Health and Nutrition, Lorestan University of Medical Sciences, Khorramabad, Iran, 2015 -2019
2. Head of Nutrition Department, Lorestan University of Medical sciences, Khorramabad, Iran, 2011- 2015

### 2.Clinical Experiences

Nutrition counseling and diet therapy in the hospital and private sector (office) since 2003

### 3.Teaching Experiences

#### Course teaching

BSc.

Essential Nutrition 1

Principles of Diet Planning





Diet therapy 1 and 2,4

Food and drug Interaction

**M.Sc.**

Clinical nutrition

Research methodology in health sciences

English for Student of Nutrition

Seminar

Food and Nutrition Planning

Clinical Nutrition

Advanced Nutrition 1

Advanced Nutrition 2

Advanced English for Students of Nutrition

**M.D.**

General principles of Nutrition

## Grants

1. Household consumption survey of Khorramabad city, 1998.
2. Association between food habits and prevalence of hyperlipidemia in Khorramabad city.
3. Effect of supplementation of iron and zinc alone and in combination on anemia, zinc and vitamin A indices in elementary school students
4. Need assessments of undergraduate degree courses in nutrition science through students
5. Comparison of the Effect of Modified Team effect of Design with Lecture on Academic Performance and Satisfaction of Master Students in course of Diet therapy 1 and 2.
6. The Relationship between Iron Indicators and Metabolic Syndrome.
7. Investigation on the amount of mineral elements and carbohydrate compounds of Apple fruit Lebanese yellow and red cultivars in Lorestan province
8. Study of volatile and aromatic compounds , organic acids , vitamins and antioxidants of Apple fruit Lebanese yellow and red cultivars in Lorestan province
9. Effect of nutritional education on the status of iron deficiency anemia and calcium in female high school students
10. The effect of iron supplementation on the outcome and problems of pregnancy
11. Prevalence of overweight and underweight obesity and its related factors among Khorramabad students in the academic year 2011-2012.
12. Relationship between iron deficiency and iron deficiency anemia with obesity in obese women
13. The effect of olive oil on the improvement of non-alcoholic fatty liver in rats
14. Study of association between food patterns and metabolic syndrome in 18 to 50 year old people in Khorramabad city





15. The study of the frequency of meat consumption and the causes of tendency toward red meat consumption among people in Khorramabad city in 2008.
16. Antioxidant activity, flavonoids and phenolic compound of traditional edible wild plants and fruits in Lorestan province.
17. Relationship between nutritional status and recovery time of patients with new coronavirus (Covid-19) in Lorestan province. Co-Worker. Date of approval: 2020.
18. Systematic and meta-analytical review on the relationship between insulin resistance and prostate cancer risk in analytical studies (case-control and cohort). Project collaborator.
19. Meta-analysis of vitamin E and C supplementation and their combined effects on total antioxidant capacity in randomized clinical trials. Co-Worker
20. Meta-analysis of the effect of vitamin E supplementation on oxidative stress status in randomized clinical trials. Co-Worker

## Supervisor

1. The Effect of low calorie diet and Saturex on Weight Control. M.D.
2. Comparison of oral and intravenous iron therapy in iron deficiency anemia. M.D.
3. Study and Comparison of Nutritional Interventions in Obesity. M.D.
4. Association between nutrients intake and Metabolic Syndrome in Adults in Khorramabad city. M.D.
5. Study of the effect of vitamin D on lipid profiles and body fat mass. M.D.
6. Antioxidant and cytotoxic effects of aqueous and alcoholic extracts of Rose Canina fruit on the cell line U937. M.Sc.
7. COMPARISON OF THERAPEUTIC EFFECTS OF GINGER ESSENTIAL OIL, CITRAL, AND BARIATRIC SURGERY ON LIVER-RELATED OUTCOME IN NON-ALCOHOLIC STEATOHEPATITIS (NASH) SPRAGUE-DAWLEY RATS
8. Evaluation of the relationship between dietary inflammatory index (DII) and the risk of gastric ulcer
9. The effect of Saturex supplement on blood sugar control, serum insulin, lipid profile, and liver function in patients with type 2 diabetes: a randomized double-blind controlled clinical trial study
10. The effect of Saturex supplementation on inflammatory and antioxidant indices in patients with type 2 diabetes: a randomized double-blind controlled clinical trial
11. Investigating the relationship between access to local food and food insecurity in Khorramabad
12. Evaluation of the relationship between dairy bioactive lipids intake and the risk of cardiometabolic diseases Tehran Lipid and Glucose Study

## Advisor





1. Investigating the relationship between anemia and birth weight, M.Sc.
2. Study of the relationship between homocysteine and birth weight, M.D.
3. Determination of adherence to DASH diet and its relation with insulin resistance and endothelial indices in Isfahan nurses. M.Sc.

## Publication

### Book

1. Nutrition and diet in cardiovascular diseases, first ed, 2009, pub. Teimorzadeh, tehran
2. Proper Food Patterns in different age groups and sex, first ed., Dena, Qom, 2009
3. Guide to buying, storing and consuming food. first ed ., Dena, Qom, 2010.
4. Documentary case studies (Diet Therapy). first ed ., Adeba, Tehran, 2013
5. Diet therapy and nutritional recommendation in various diseases, first ed ., Adeba, Tehran, 2013
6. Clinical guide to oncology nutrition. 1th edition, Farsar, Orumie, 2018.

### Articles

#### 1. Articles (In English)

- 1-Falahi, E., Kimiagar, M., Valaei, N., et al." Effect of fortified flour with ferrous sulfate alone and with Na<sub>2</sub>EDTA on iron deficiency anemia and serum zinc". Food Agriculture & Environment ,2003; 3&4 : 69-71.
- 2- Kuhnlein, H. V,Barthet, V., Farren, A., Falahi, E, Legge, D., Receveur, O., and Bertit, P., "Vitamins A, D , and E in Canadian Arctic Traditional Food and Adult Diet". Journal of Food Composition and Analysis, 2006; 19(6-7):495-506.
- 3- Falahi, E., Mohtadinia, J., Mahboub, S.A.," Effect of consumption of whole bread baked from cultivated wheat with micronutrients fertilizer on blood iron indices".JFAE,2005;3(3&4): 39-42.
- 4- Falahi, E., Kimiagar, SM, Nazari, A., et al. Effect of Zinc and Iron Supplementation on Indicators of Iron , Zinc and vitamin A status of Primary Children. PJBS, 2007, 10(7): 1088-1092.
5. Falahi, E. General Physicians' Viewpoints Towards Nutrition Course in the Medical School: a Cross-Sectional Study. Journal of Medical Education , 2006; 10(1): 41-45.
6. Falahi, E., Hedaiati, R., Ghiasvand, AR. Survey of iron, zinc, calcium, copper, lead and cadmium in rice samples grown in Iran. Food Additives and Contaminants: Part B, 2010, 3(2):80-83.
7. Falahi, E, Akbari, S, Ebrahimzade, F. Impact of iron supplementation prophylactic on iron indices and pregnancy outcome. Food Nutr Bullet, sep 2011;32(3):213-17.
8. Falahi, E., Ebrahimzadeh, F., Anbari, K. Determination of the Causes of Tendency toward Red Meat and Meat Products in the West of Iran . Journal of Research in Medical Sciences, April, 2012.
- 9- Falahi, E., Hedaiatifar R. Heavy metal Content of teas consumed in Iran. Food Additives and Contaminants: Part B, 2013.
- 10- Falahi, E., Ebrahimzadeh, F., Khalkhali, A.H. Title: Do we consume fish and poultry enough? : A cross-sectional study at west of Iran. Asian Journal of Medical Research 2013;2(2):58-61.
- 11- Fatemeh Zaribaf, Ebrahim Falahi\*, Farzaneh Barak, Marzieh Heidari, Ammar Hassanzadeh Keshteli, Ahmadreza Yazdannek, Ahmad Esmailzadeh. Fish consumption is inversely associated





with the metabolic syndrome. *EJCN* 2014, 68;7: 474-480.

12-Farzaneh Barak, Ebrahim Falahi, Ammar Hassanzadeh Keshteli, Ahmadsreza Yazdannik, Ahmad Esmailzadeh. Adherence to the Dietary Approaches to Stop Hypertension (DASH) diet in relation to obesity among Iranian female nurses. *Public Health Nutrition*. 2014, 18(4):705-712.

13-Abedini M, Falahi E, Roosta S. Dairy product consumption and the metabolic Syndrome. *Diabetes and Metabolic Syndrome: Clinical Research and Review* 2015, 9(1):34-37.

14- A Kiani, M H Gharoni, R Shariati and E Fallahi. Comparison of fatty acid profile of *longissimus dorsi* muscle in indigenous Lori cattle reared under rural and semi-industrial production system. [Livestock Research for Rural Development 26 \(11\) 2014](#)

15- Amir Hossein Khalkhali Rad, Ebrahim Falahi, Farzad Ebrahimzadeh. Recent Patents on Physical, Mineral & Organic Acid Composition of Golden Delicious and Red Delicious Apples (*Malus domestica* Borkh) Grown in the West of Iran. *Recent Patents on Food, Nutrition & Agriculture*, 2014, 6(2):93-99.

16- Parvane Saneei, Ebrahim Fallahi, Farzaneh Barak, Negar Ghasemifard, Ammar Hassanzadeh Keshteli, Ahmad Reza Yazdannik, et al. Adherence to the DASH diet and prevalence of the metabolic syndrome among Iranian women. *European Journal of Nutrition*. June April 2015, Volume 54, [Issue 3](#), pp 421-428

17-Farzaneh Barak, Ebrahim Falahi, Ammar Hassanzadeh Keshteli, Ahmadsreza Yazdannik, Parvane Saneei, and Ahmad Esmailzadeh. Red meat intake, insulin resistance, and markers of endothelial function among Iranian women. *Mol. Nutr. Food Res* 2015;59:315-322.

18-Ebrahim Fallahi. Vitamin D and Obesity: which one is affected by the other? *Nutrition and Food Sciences Research*. 2015;2(3):1-3

19-Falahi, E., Khalkhali, AH, Roosta S. What is the best biomarker for metabolic syndrome diagnosis. *Diabetes and Metabolic Syndrome: Clinical Research and Review* .2015,9:366-372.

20- Behzadpour M., Behzadpour M., Abdi S., Malekzadeh R., Arab Samani M., Ghoreishinia Gh., Falahi E., Mirzaei M., Shams Bironvand N., Sayehmiri K. Prevalence of Food Insecurity in Iran: A Systematic Review and Meta-analysis. *Archives of Iranian Medicine* 19(4):288-294 · April 2016

21-Ebrahim Falahi, Sajjad Roosta, Marzieh Abedini, Farzad Ebrahimzadeh. Relationship between yogurt consumption and components of metabolic syndrome: A cross-sectional study in the west of Iran. *International Dairy Journal*, 2016,61:85-90.

22. Fazeli Moghadam E, Tadevosyan A., Fallahi E, Goodarzi R. Nutritional factors and metabolic variables in relation to the risk of coronary heart disease: A case-control study in Armenian adults. *Diabetes and Metabolic Syndrome: Clinical Research and Review*. 2017 Jan - Mar;11(1):7-11

23. Falahi E., Anbari Kh., Ebrahimzadeh F., Roosta S. Dietary Patterns associated with metabolic syndrome: The Khorramabad Study. *JNFS*, 2017; 2(3):5

24. Arefeh Khaksar Jalali, Shahrzad Mir Ashrafi, Samira Shokri, Maryam Rezaee, Farzad Ebrahimzadeh, Ebrahim Falahi\*. The Effects of Olive Oil on Non-Alcoholic Fatty Liver Disease (NAFLD) in Male Wistar Rats. *Herbal Medicines Journal*, 2017,2(2): 80-86.

25-[Malakouti M.J.](#), [Malakouti A.](#), [Majidi A.](#), [Baybord A.](#), [Salari A.A.F.](#), [Falahi E.](#) Comparison between wheat enrichment in the farm with flour fortification in the factory in promotion society health level. [technology 2009, 6\(3\): 117 – 130.](#)

26- Sajjad Roostaa, Mina Kharadmandb, Farshad Teymooric, Mehdi Birjandid, Ahmad A., Ebrahim Falahi . Effect of vitamin D supplementation on anthropometric indices among overweight and obese women: A double blind randomized controlled clinical trial . *Diabetes & Metabolic Syndrome: Clinical Research & Reviews*. 2018,12(3): In press.





27. Esmaeil Yousefi Rad, Somayeh Saboori, Ebrahim Falahi & Mahmoud Djalali.. Vitamin D supplementation decreased body weight and body mass index of Iranian type-2 diabetic patients: A randomized clinical trial study. *Mal J Nutr* 24(1): 1-9, 2018
28. [Saboori, S.](#) , [Falahi, E.](#), [Eslampour, E.](#), [Zeinali Khosroshahi, M.](#), [Yousefi Rad, E.](#) Effects of alpha-lipoic acid supplementation on C-reactive protein level: A systematic review and meta-analysis of randomized controlled clinical trials. [Nutrition, Metabolism and Cardiovascular Diseases](#). 2018 (in press)
29. Saboori S, Yousefi Rad E., Birjandi M., Mohiti S., Falahi E. Serum insulin level, HOMA-IR and prostate cancer risk: A systematic review and meta-analysis. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews* 2019(13):110-115.
30. Saboori S., Falahi E., Birjamdi M., Hesami S., Veisi F, Hosseini M.A., et al. Could co-administration of vitamin E and C increase total antioxidant capacity? A systematic review and meta-analysis. *Current Topics in Nutraceutical research*. 2018; 16(4):253-262.
31. Somayeh Saboori, Esmaeil Yousefi Rad, Mahnaz Mardani , Mohammad Zeinali Khosroshahi, Yasaman Nouri, Ebrahim Falahi. Effect of Q10 supplementation on body weight and body mass index: A systematic review and meta-analysis of randomized controlled clinical trials. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews* 2019(13): 1179-1185.
32. Somayeh Sabooria, Ebrahim Falahia, Esmaeil Yousefi Rada,\*, Omid Asbaghib, Mohammad Zeinali Khosroshahib, Cain C.T. Clarkc, Sadegh Jafarnejad. Does soy protein supplementation affect body composition in healthy exerciser adults? A systematic review and meta-analysis of clinical trials. *Obesity Medicine*. 2019(14): 100083.
33. Esmaeil YousefiRad, Somayeh Saboori, Mahmoud Djalali, Ebrahim Falahi, Sanaz Gholamhosseini, Ebrahim Nematipour. Omega-3 fatty acids and vitamin E supplementation can affect gene expressions of SIRT1, FOXO1 and UCP-2 in coronary artery disease patients. *Obesity Medicine*, 2019;15: <https://doi.org/10.1016/j.obmed.2019.100116>.
34. [Esmaeil Yousefi Rad](#), [Ebrahim Falahi](#), [Somayeh Saboori](#), [Omid Asbaghi](#), [Mehdi Birjandi](#), [Sepideh Hesami](#), and [Maryam Aghayan](#). Effect of selenium supplementation on lipid profile levels: An updated systematic review and meta-analysis of randomized controlled clinical trials. *Obesity Medicine*, 15, September 2019. <https://doi.org/10.1016/j.obmed.2019.100113>
35. Falahi E., Delshadian Z, Ahmadvand H, Shokri Jokar S. Head space volatile constituents and antioxidant properties of five traditional Iranian wild edible plants grown in west of Iran. *AIMS agriculture and Foods*. 2019, 4(4): 1034–1053.
- 36- Saboori, S., Rad, E.Y., Birjandi, M., Mohiti, S., Falahi, E. Serum insulin level, HOMA-IR and prostate cancer risk: A systematic review and meta-analysis. [Diabetes and Metabolic Syndrome: Clinical Research and Reviews](#), 2019;13(1), pp. 110-115
- 37- Saboori, S., Falahi, E., Yousefi Rad, E., Asbaghi, O., Khosroshahi, M.Z. Effects of ginseng on C-reactive protein level: A systematic review and meta-analysis of clinical trials. [Complementary Therapies in Medicine](#), 2019: 45, pp. 98-103.
- 38- Yousefi Rad, E., Eslampour, E., Falahi, E., (...), Asbaghi, O., Saboori, S. Effects of carnitine supplementation on liver aminotransferase enzymes: A systematic review and meta-analysis of randomized controlled clinical trials. [Indian Journal of Gastroenterology](#), 2019: 38(6), pp. 470-479.
- 39- Yousefi Rad, E., Nazarian, B., Saboori, S., Falahi, E., Hekmatdoost, A. Effects of L-arginine supplementation on glycemic profile: Evidence from a systematic review and meta-analysis of clinical trials.







[Journal of Integrative Medicine](#), 2020;18(4), pp. 284-291.

40- Abbasnezhad, A., Falahi, E., Gonzalez, M.J., (...), Fouladvand, F., Choghakhori, R. Effect of different dietary approaches in comparison with high/low-carbohydrate diets on systolic and diastolic blood pressure in type 2 diabetic patients: A systematic review and meta-Analysis.

[Preventive Nutrition and Food Science](#), 2020: 25(3), pp. 233-245.

41- Asbaghi, O., Saboori, S., Falahi, E., (...), Abdollahpour, F., Ojani, Z. The effect of omega-3 fatty acids and vitamin E co-supplementation on glycemic profile: A systematic review and meta-analysis of randomized controlled trials. [Obesity Medicine](#), 2020;17,100180.

42- Fouladvand, F., Falahi, E., Asbaghi, O., Abbasnezhad, A. Effect of vitamins C and E co-supplementation on serum C-reactive protein level: A systematic review and meta-analysis of randomized controlled trials. [Preventive Nutrition and Food Science](#), 2020: 25(1), pp. 1-8.

43- Abbasnezhad, A., Falahi, E., Gonzalez, M.J., (...), Fouladvand, F., Choghakhori, R. Effect of different dietary approaches compared with a regular diet on systolic and diastolic blood pressure in patients with type 2 diabetes: A systematic review and meta-analysis. [Diabetes Research and Clinical Practice](#), 2020: 163,108108.

44- Ghosn, B., Falahi, E., Keshteli, A.H., (...), Azadbakht, L., Esmailzadeh, A. Lack of association between nuts and legumes consumption and metabolic syndrome in young Iranian nurses.

[Clinical Nutrition ESPEN](#), 2021: 46, pp. 173-178.

45- Bavani, N.G., Saneei, P., Hassanzadeh Keshteli, A., (...), Sadeghi, O., Esmailzadeh, A. Magnesium intake, insulin resistance and markers of endothelial function among women.

[Public Health Nutrition](#), 2021: 24(17), pp. 5777-5785.

46- Mohammad, A., Falahi, E., Mohd Yusof, B.-N., (...), Mohamad Yusof, L., Gheitasvand, M. The effects of the ginger supplements on inflammatory parameters in type 2 diabetes patients: A systematic review and meta-analysis of randomised controlled trials.

[Clinical Nutrition ESPEN](#), 2021: 46, pp. 66-72.

47- Mohammad, A., Falahi, E., Barakatun-Nisak, M.Y., (...), Gheitasvand, M., Rezaie, F. Systematic review and meta-analyses of vitamin E (alpha-tocopherol) supplementation and blood lipid parameters in patients with diabetes mellitus. [Diabetes and Metabolic Syndrome: Clinical Research and Reviews](#), 2021: 15(4),102158.

48- Gholizadeh, M., Falahi, E., Hassanzadeh Keshteli, A., (...), Esmailzadeh, A., Saedisomeolia, A. Association of dietary inflammatory potential (DIP) and endothelial function biomarkers among females. [Nutrition and Food Science](#), 2022.

49- Abbasnezhad, A., Falahi, E., Ghavamzadeh, S., (...), Angali, K.A., Choghakhori, R. Association between deficient levels of circulating vitamin D, dietary intake of vitamin D, calcium and retinol, and risk of colorectal cancer in an Iranian population: A case control study.

[Asia-Pacific Journal of Clinical Oncology](#), 2022: 18(1), pp. 118-126

50- P Kavei, EY Rad, S Akbari, E Falahi, M Mardani, M Birjandi, S Saboori. [Association of Dietary Inflammatory Index \(DII\) With the Risk of Poly Cystic Ovary Syndrome: a Case-control Study](#).

Preprint

51. Abolfathi Mohammad, Ebrahim Falahi, Zubaidah Nor Hanipah\*, et al.

**Outcomes Assessments of Sleeve Gastrectomy in a Diet-Induced Non-Alcoholic Steatohepatitis Rats.** *International Journal of Surgery*. 2023; 10(1):4-10. DOI:

10.60122/j.IJS.2023.10.07

52. Mahdavi F., Ebrahimzade F., Behzadifar M, Falahi E. Assessing the association of access to local foods with food insecurity in Iran: A case study: Lorestan province. *GeoJournal*, 2024(89):8.

<https://doi.org/10.1007/s10708-024-11012-x>

53. [Sajjad Roosta](#) , [Fatemeh Ghasemi](#) , [Yaser Mokhayeri](#) , [Saeed](#)





**Choobkar , Mohammad Reza Nikbakht , Ebrahim Falahi. Effects of Satureja Khuzestanica supplementation on glycemic indices and lipid profile in type 2 diabetes patients: a randomized controlled clinical-trial. BMC Complement Med Ther. 2024 may 22; 24(1)201. doi: 10.1186/s12906-024-04384-7.**

## 2. Articles (In Persian)

1. Fallahi E, Kaveh MH. Medical Interns' Viewpoints about Nutrition Course in Lorestan University of Medical Sciences. Iranian Journal of Medical Education 2006; 6(1): 75-81.
2. Falahi E., Abbaszade M., Tarrahi M.J., Nazari A., Effect of Low calorie diet alone and with together Satorex on weight control in overweight and obese women. J School of Medicine of Tabriz. 2006, 28(3): 85-88.
3. Falahi E., Namdari M. Association between food habits and hyperlipidemia prevalence. Yafte . 1999, 3: 9-12.
4. Falahi E. Food pattern among Khorramabad households in 1998. Yafte. 1999, 2:9-13.
5. Falahi E. Food fortification with iron: Challenges and resolves. Yafte. 2001, 10: 3-8.
6. Falahi E., Kimiagar S.M., Gholami Y. Prevalance of anemia, iron deficiency and iron deficiency anemia in dormitory of Hazrat Fatemat –o- Alzahra, Shaheed Beheshti University of Medical Sciences. Yafte. 1999, 1:19-24.
7. Ebrahim Fallahi \* , Mehrdad Seifi , Afshin Nazari. Effect of zinc and iron supplementation on vitamin A status of primary school children. yafte 2006, 8(3): 3-10.
8. Ghazi Sh., Falahi E. Comparison of effect of teaching methods cooperative and lecture on exam score of students of school of Health. 2006, 2&3: 33-38.
9. Ebrahim Fallahi , Hamidreza Pouretamad , Ali Farhadi . Effect of iron and zinc supplementation on academic performance of primary school children. J Shahrekord Univ Med Sci 2009, 10(4): 35-42.
10. Ebrahim Falahi \* , Marzeah Rashidi , Farzad Ebrahimzadeh , Shohreh Karbasi , Nosrat Shokrollahi. Effect of nutritional education on iron-deficiency anemia in high schools girls. J Shahrekord Univ Med Sci 2010, 12(1): 37-45.
11. Ebrahim **Falahi** , Elham Khazaeli , Farzad Ebrahimzadeh . The Comparison of Effects of High Protein-Low Fat Diet, and Standard Diet on Weight Loss. Yafte, 2009, 11(3): 31-39.
12. Roshanak Hedayatifar, Dr Ebrahim **Falahi**, Mehdi Birjandi. Determination of Cadmium and





Lead Levels in High Consumed Rice (oryza Sativa L.) Cultivated in Lorestan Province and Its Comparison With National Standards. Yafte, 2011, 12(4): 15-22

13. Ebrahim Fallahi<sup>\*</sup>, Mehrdad Seifi, Mohammad ali Hasanvand. The effect of zinc and iron supplementation on the status of iron and zinc in the primary schoolchildren. J Shahrekord Univ Med Sci 2006, 8(3): 1-9
14. Ebrahim Falahi, Nahid Ghazi, Survey of Hydroxyproline in Sausages Produced By Manufactures of Khorramabad. Yafte, 2011, 3(3):16-21.
15. Ebrahim Falahi, Esfandiar Hasani Moghadam, Sajad Roosta. Physical Features and Nutritional Value of Golden and Red Delicious Apples (malus, Domestica Borkh) Grown in Lorestan, Iran. Yafte, 2012, 14(2): 15-22.
16. Ebrahim Falahi, Khatereh Anbari. Identification of Dietary Patterns Among Iranian Adults. Yafte, 2013, 14(5): 29-39.
17. Falahi E., Farhadi A., Ghazi Sh. Effect of Modified Team Effect of Design (m-TED) and Lecture Teaching Methods on Students' Satisfaction and their Learning in Lorestan University of Medical Sciences. Biannual J of Med Edu; Education Development Center, Babol Univ of Med Sci, 2012, 1(1): 7-12.
18. Barak F, Fallahi E, Hassanzadeh Keshteli A, Yazdannik A, Esmailzadeh A. Association between adherence to the DASH diet and obesity among Isfahani female-nurses. Iranian Journal of Nutrition & Food Technology. 2013, 8(2): 209-217.
19. Heidari M., Falahi E., Barak F., Onvani Sh., Shahvazi S., Sanei P., Hasanzade A., Yazdannik E., Esmailzade A. Association between fish consumption and metabolic syndrome in women 20-60 y . J Health Syst Res 2013; Nutrition supplement.
20. Ebrahim Falahi, Alireza Ghasvand, Farzad Ebrahimzadeh, Amir Hosein Khalkhali Rad. The Determination of Vitamin C, Organic Acids, Phenolic Compounds Concentration of Red and Golden Delicious Apple Grown in Lorestan Province. Yafte, 2013, 15(2): 5-14.
21. Falahi E, Roosta S, Khalkhali A, Anbari Kh. Relationship between western dietary pattern and the risk of metabolic syndrome among Khorramabadian adults. J Health Syst Res 2013; Nutrition supplement: 1414-1426.
22. Falahi E, Roosta S\*, Ebrahimzadeh F, Anbari K, Khalkhali Rad AH. Traditional dietary patterns and risk of metabolic syndrome: a study in Khorramabad. Iranian Journal of Nutrition Sciences & Food Technology. 2013, 8( 2):155-164.
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31. Khorramabadi S, Saeidi Fard N, Ebrahimzadeh F, Fallahi E\*. Study of associated factors with obesity and overweight among students of Khorramabad city in 2011-2012. *Yafte*, 2017, 19: 98-110.
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## Abstract

### 1. International

- 1- Fallahi, E., Ghazi, Sh., "Food consumption pattern among Khorramabad households in 1999". *Annal of Nutrition & Metabolism*, 2001, 45(Suppl 1): 524  
17<sup>th</sup> international congress of nutrition, August 27-31, 2001, Vienna, Austria.
- 2- Fallahi, E., Namdari, M., Food habits and hyperlipidemy relationship. *Annal of Nutrition & Metabolism*, 2001, 45(Suppl 1): 504.  
17<sup>th</sup> international congress of nutrition, August 27-31, 2001, Vienna, Austria.
- 3- Fallahi, E., kimiagar, M., Jadali, F., et al. Effect of ferrous sulfate and ferrous sulfate with Na<sub>2</sub>EDTA on Iron and zinc status. *Annal of Nutrition & Metabolism*, 2001, 45(Suppl 1): 48.  
17<sup>th</sup> international congress of nutrition, August 27-31, 2001, Vienna, Austria.
- 4- Fallahi, E, Mohtadinia, J, Mahboob, S.A. "Effect of whole bread baked from cultivated wheat with micronutrient fertilizers on some of serum minerals". 18<sup>th</sup> International Congress of Nutrition, September 19-23, 2005, Durban, South Africa.
- 5- Falahi, E, Abbaszade, M., Tarrahi, M.J., et al " Effect of weight loss diet and Satureja Khozestanica Jamzad on overweight and obesity in women". 10<sup>th</sup> European conference, *Annal of Nutrition & Metabolism*, 2007, 51(Suppl 1): 349.
- 6- Falahi E, Roosta S., , Abedini M, Ebrahimzadeh F. Yogurt consumption is inversely associated with the risk of metabolic syndrome: A cross-sectional study in west of Iran. The first International Congress of Nutrition, Tehran, Iran, 2014.
- 7- Tehran workshop" traditional food and indigenous people" 8-9 sep2016

### 2. National

1. lecture at Round Table "Food Enrichment" 7th Iranian Nutrition Congress, September 11-14, 2002 – Rasht





2. "Examining the Household Consumption Patterns in Khorramabad City" 6th Iranian Nutrition Congress February 24-27, 2000, Ahvaz.
3. "Comparison of the Effect of bread fortified with Ferrous Sulfate alone and with together Na<sub>2</sub>EDTA on the Iron and Zinc Status of Iron deficiency in Girls with Iron Deficiency Anemia", 5th Iranian Nutrition Congress. September 22-25, 1999, Tehran.
4. "Study of dietary errors in diets prescribed by unskilled people in Khorramabad city", National Seminar on Prevention of Medical error. May 28, and May, 2005, Khorramabad.
5. "Effect of supplementation of iron and zinc alone and in combination on zinc and iron status of primary school children" 9th Iranian Nutrition Congress. September 13-16, 2006, Tabriz
6. Relationship between iron deficiency anemia and birth weight. 9th Iranian Nutrition Congress. September 13-16, 2006, Tabriz
7. "The effect of supplementation of iron and zinc alone and in combination on the educational ability of primary school children" 9th Iranian Nutrition Congress. September 13-16, 2006, Tabriz
8. Assessment of nutritional status among students in Lorestan province. 9th Iranian Nutrition Congress. September 13-16, 2006, Tabriz
9. The effect of low calorie diet alone and with together Saturex on weight control in overweight and obese women. "Obesity Seminar, Shiraz, December 2006.
10. The role of calcium in obesity as one of the components of metabolic syndrome "1th Iranian Metabolic Syndrome. Tabriz 2008.
11. "The association between Metabolic Syndrome and Food Patterns in Adults in Khorramabad City" Iranian Nutrition Congress, Isfahan 2012.
12. Iranian food patterns and chronic diseases. Samposium, Iranian Nutrition Congress, Isfahan, 2012.
13. Food patterns and healthy communities. Healthy Society Conference, Khorramabad - March 2013.
14. Study of the association between consumption of yogurt and metabolic syndrome. 13<sup>th</sup> Iranian Nutrition Congress, Tehran, 2014.
15. Studying the basic courses of nutrition science curriculum from the viewpoint of students in this field. Evidence-Based Education Conference, May 12, 2012 Mashhad.
16. The study of the principle courses of nutrition science curriculum from the viewpoint of students in this field. Evidence-Based Education Conference, May 12, 2012 Mashhad
17. Study of specialty and apprenticeship courses of nutrition science curriculum from the viewpoint of students in this field. Evidence-Based Education Conference, May 12, 2012 Mashhad
18. Access to local foods: key to Food security: 1th Iranian Congress of Iranian Society of Nutrition. February 14-16, 2024, Isfahan.
- 19.

### Editorial Board of Medical Journals

1. Journal of Nutrition and Food security
2. Yafte Journal
3. Journal of Herbal Medicine





## workshop

Holding dozens of educational and research workshops

## Interest

Food patterns, Metabolic syndrome, micronutrients ( especially Iron and zinc), Local and traditional foods, food security, Food and Nutrition planning, Food and nutrition Policy

## Language Proficiency

**Speaking**

**Reading**

**Writing**

**Listening**

**Language: English**

**Degree of Proficiency**

Medium

Good

Medium

Medium

