



## **Dr. Nimah Bahreini Esfahani**

**Assistant of Professor . Department of Food Science & Technology. School of Nutrition and Food Sciences. Isfahan University of Medical Sciences. Isfahan. Iran.**

### **Education:**

**Ph.D in Nutrition: University Kebang Saan Malaysia; 2009-2014**

**MSc. in Nutrition: : Punjab Agriculture University; 1978-1980**

**BSc. in Food Science: Punjab Agriculture University; 1975-1978**

### **Publication:**

- 1- Bahreini-Esfahani N, Moravejolahkami AR. Can Synbiotic Dietary Pattern Predict Lactobacillales Strains in Breast Milk?. Breastfeeding Medicine. 2020 Apr 20.**
- 2- Heidari- Beni M, Moravejolahkami AR, Gorgian P, Askari G, Tarrahi MJ, Bahreini- Esfahani N. Herbal formulation “turmeric extract, black pepper, and ginger” versus Naproxen for chronic knee osteoarthritis: A randomized, double- blind, controlled clinical trial. Phytotherapy Research. 2020 Mar 16.**
- 3- Esfahani NB, Jafari M, Moravejolahkami AR. Heavy metals concentration and target hazard quotients assessment through the consumption of fish muscle CtenopharyngodonIdella (Cyprinidae) from markets in Ahvaz province, Iran. Nutrition & Food Science. 2020 Jan 4.**
- 4- Moravejolahkami AR, Esfandiari Z, Ebdali H, Dashti MG, Hassanzadeh A, Ziaei H, Esfahani NB. Employees’ knowledge, attitude and practice of food additives; impacts of an educational intervention. Nutrition & Food Science. 2020 Mar 20.**
- 5- Submitted article: AzamMohamadi, GholamrezaAskari, Mohammad JavadTarrahi, MohammadrezaHajiesmaeili, Amir Reza Moravejolahkami, NimahBahreiniEsfahani. Effect of  $\alpha$ -Lipoic acid supplementation on lipid profile and blood pressure in patients admitted to intensive care unit (ICU): A randomized, double-blind, controlled with placebo study. In:**

**Nutrition in Clinical Practice (NCP)** an official journal of the American Society for Parenteral and Enteral Nutrition (ASPEN).

- 6- Submitted article: AzamMohamadi, GholamrezaAskari, Mohammad JavadTarrahi, MohammadrezaHajiesmaeili, Amir Reza Moravejolahkami, NimahBahreiniEsfahani. Effect of  $\alpha$ -Lipoic acid supplementation on malnutrition and stress oxidative in patients admitted to intensive care unit (ICU): A randomized, double-blind, controlled with placebo study. In: Nutrition in Clinical Practice (NCP) an official journal of the American Society for Parenteral and Enteral Nutrition (ASPEN).**
- 7- Shahnazi H, Bee Koon P, AbdTalib R, Lubis SH, GanjaliDashti M, Khatooni E, BahreiniEsfahani N. Can the BASNEF Model Help to Develop Self-Administered Healthy Behavior in Iranian Youth?Iran Red Crescent Med J. 2016 Mar 3;18(3):e23847. doi: 10.5812/ircmj.23847.**
- 8- Parvaresh F, Ghiasvand R, Feizi A, Bahrein N.Evaluation and Comparison of Dietary Patterns in Patients with Alzheimer's Disease and Healthy Controls.J Alzheimers Dis Parkinsonism. 2016 Nov;6(6):1-5.DOI: 10.4172/2161-0460.1000280.**
- 9- Taghizadeh M, Mirlohi M, Poursina F, Madani G, Khoshhali M, Bahreini N, GhasemianSafaei H. The influence of impact delivery mode, lactation time, infantgender, maternal age and rural or urban life on total numberof Lactobacillus in breast milk Isfahan – Iran.Adv Biomed Res. 2015, 4(1):1-7.DOI: 10.4103/2277-9175.**
- 10- Bahreini N. Can BASNEF model constructs be predictor of lifestyle self administering behavior in youth? Red Cer Med Jour. 2015**
- 11- Bahreini N. Dietary predictors of overweight and obesity in Iranian adolescents. Red Cer Med Jour. 2015**
- 12- Ganjali M, Bahreini N. Mycelial pallet formation in Fungal lipid production by Cuninghamellabainieri 2A1 using repeated Batch culture.NatlAcadSci Lett.2014 India**
- 13- Bahreini N, Gharipour M, Khosravi-Boroujeni H, Rouhi-Boroujeni H, Shiranian A, Salehi-Abargouei A, Sharifzadeh. Pivotal role of mediterranean dietary regimen in the increase of serum magnesium concentration in patients with coronary artery disease.JNutrMetab. ;2013:431070. doi: 10.1155/2013/431070.**
- 14- Bahreini N, Noor MI, Koon PB, Talib RA, Lubis SH, Dashti MG, Salehi-Abargouei A, Esmailzadeh A. Weight status among Iranian adolescents: Comparison of four different criteria. J Res Med Sci. 2013 Aug;18(8):641-6.**
- 15- Esmailzadeh A, Entezari M, Paknahad Z, Safavi M, Jalali M, Ghiasvand R, Bahreini N, Nourian M, Azadbakht L. Identification of diet-disease relations through dietary pattern approach: A review. . J Res Med Sci. 2008 Nov-Dec;13(6): 337-43.**
- 16- Bahreini N. Determination of the relationship of weith loss & weight loss maintenace in Esfahanian obese subjects. pakistan journal of national. 2008**
- 17- Bahreini N. trend of overweight and abesity among Esfahanianadalescents using three different sets of standards. pakistan journal of national. 2008**
- 18- Bahreini N ,Entezari M ,Hassansadeh A ,Ganjalideshti M ,Jalali M. Nutritional Status of the Cardiac Patients Hospitalized in Cardiology Ward of Alzahra Hospital and its Comparison with Healthy Eating Index. Pakistan Journal of Nutrition 2007;6 (6): 708-711**

- 19- Bahreini N. Nutrition status assessment in CVD patients using healthy eating index (HEI) Isfahan, Iran. JNP. 2007;6
- 20- Tazhibi M, Bahreini N. Estimation of energy requirements of young students in Isfahan.
- 21- Bahreini N. Survey in the Status of breast feeding and nutrient needs of premature and low birth weight infants, related to their Growth in Alzahrah and ShahidBeheshti hospitals , Isfahan University
- 22- Bahreini N. The estimation of the amount of urine riboflavin in the diabetic Patient's.
- 23- Bahreini N. Estimation the amount of Thiamine and Riboflavin in different variety of rice in Punjab (P.A.U) 1981 – Indian. Indian Journal of Nutrition Ludhiana. 2003

### **Papers in Congress:**

**Can BASNEF model constructs be predictor of lifestyle self administering behavior in youth?**

**Conference: The 1st International Iranian Nutrition Congress & 13th Iranian Nutrition Congress**  
**Impact of educational program based on BASNEF model on the nutritional behavior and physical activity among Esfahan high school students.**

**Conference: The 1st International Iranian Nutrition Congress & 13th Iranian Nutrition Congress**  
**Comparison of side effects of diet and non-diet beverages.**

**Conference: 9th Iranian nutrition congress. 2006; (Poster)**

**Effect of soy bean on total plasma cholesterol in Alzahra clinic Isfahan.**

**Conference: 9th Iranian nutrition congress. 2006; (Poster)**

**Assessment of Nutritional status of High school Students in Isfahan**

**Conference: The Fifth international Conference on Dietary Assessment Methods. 2003; (Poster)**

**Estimation of energy requirements of young students in Isfahan**

**Conference: International conference Impact of Global on women and children. 2003; (Poster)**

**Prevalence of bacterial Contamination of raw and cooked food in Isfahan Medical university selfservice**

**Conference: The first congress on preventive non communicable disease 2002; (Poster)**

**Study of relative frequency of some effectiveness factors in Esophageal Cancer patients referred to Alzahra. Hospital.**

**The first congress on preventive non communicable disease 2002; (Poster)**

**Comparative survey of relation between Vegetarian diet and Breast Cancer in university's hospital outpatient.**

**Conference: Congress of food & Nutrition. 2001; (Poster)**

**Determination of glycemic index in common carbohydrate foods in Isfahan**

**Conference: Congress of food & Nutrition. 2001; (Poster)**

**Evaluation of dietary intake many mothers living in village's**

**Conference: Congress of food & Nutrition. 2001; (Poster)**

**Survey in the Status of breast feeding and nutrient needs of premature and low birth weight infants,related to their Growth in Alzahrah and ShahidBeheshti hospitals , Isfahan University**

**Conference: Yemeni Scientific Research foundation 11-13 oct 2001. 2001; (Speech)**

**Report of Seminar on problems concerning bread problems Concering bread production in Sari**

**Conference: Congress of food & Nutrition. 2000; (poster)**

**Survey in the Status of breast feeding and nutrient needs of premature and low birth weight infants,related to their Growth in Alzahrah and ShahidBeheshti hospitals**

**Conference: 5 th Iranian Nutrition Congress. 1999; (poster)**

**The estimation of the amount of urine ribofalvin in the diabetic Patient's.Conference: 3th Iranian Con, Nut IsfahanUniversity of Medical Science of health Services of Iranian Nutrition Society 4-7 March 1995. (poster)**

**Assessment of nutritional status in high School girl's ...1990-1991 Isfahan Iran.**

**Conference: Congress of food & Nutrition. 2001; (Poster)**

**Book:**

**Medical Abbreviation in food and Nutrition [persian]**