

هُوَ الْحَكِيمُ

۲۱ الی ۲۳ اسفند ۱۴۰۲

21-23 February 2024

تهران، مرکز همایش های
بین المللی ابوریحان،
دانشگاه شهید بهشتی

The 4th International & 16th Iranian

Nutrition Congress



چهارمین کنگره بین المللی و
شانزدهمین کنگره سراسری تغذیه ایران

دستاوردها و چالش‌ها در نظام غذا و تغذیه: نگاهی به افق‌های جدید
Achievements and Challenges in Food and Nutrition System: Approaching toward new Horizons



دارای امتیاز باآموزی



سرشناسه: چهارمین کنگره بین المللی و شانزدهمین تغذیه ایران (چهارمین و شانزدهمین: 2024م.=1402: تهران)

The 4th International and 16th Iranian Nutrition Congress

23-21 February 2024, Tehran-Iran

عنوان و نام پدیدآور: Jaleddin Mirzay Razzaz: Compilation and Compilation

مشخصات نشر: تهران: رسانه تخصصی، ۱۴۰۲=2024م.

مشخصات ظاهری: ۵۶ ص.

شابک: ۹۷۸-۶۰۰-۲۹۳-۶۳۲-۵

وضعیت فهرست نویسی: فیپا

یادداشت: انگلیسی.

موضوع: علوم صنایع غذایی--کنگره‌ها

شناسه افزوده: میلانی بناب، علی

شناسه افزوده: آشتیانی، محمدرضا، ۱۳۴۵- تدوین فنی

The 4th International & 16th Iranian Nutrition Congress

Collector: Dr. Jaleddin Mirzay Razzaz

By Effort: Dr. Ali Milani Bonab

Technical Compilation: Mohammad Reza Ashtiani

Executive and Business Affairs: Hamid Reza Eskandari

Layout: Fatemeh Ghiasvand

Printing turn: First /2024 (1402)

ISBN: 978-600-293-632-5

Circulation: 1800

This book is freely available for congress participants and related companies.

RASANE
TAKHASSOSI
PUBLISHING

Adress: Unit 1, No. 8, Kandovan alley, Enghelab Street, Ferdowsi Square,

RASANE TAKHASSOSI PUBLISHING

Tel: +982166737133-66737332- +989123049109

Content

Welcome Message

Dr. Hossein Farshidi	4
Dr. Alireza Zali	5
Dr. Jalaleddin Mirzay Razaz	6
Dr. Amir M. Mortazavian	7
Dr. Majid Hajifarji	8
Dr. Azizollah Zargaran	9
Steering Committee	10
Scientific Committee	10
Executive Committee	14
Executive Team	15



The 4th International & 16th Iranian Nutrition Congress



Dr. Hossein Farshidi

Deputy Minister of Health
Ministry Of Health and Medical Education

Dear esteemed colleagues and friends,

The Iranian Nutrition Congress, which has been held concurrently with the International Nutrition Congress for several years now, stands as a pivotal scientific event in the field of nutrition science within our country and the broader region. During this gathering, researchers, scientists, and policy-makers come together to share their latest scientific discoveries and experiences related to food and nutrition.

The alarming rise in non-communicable diseases in Iran and other countries underscores the critical need for lifestyle modifications, including dietary choices. Equally important is imparting healthy habits to our children and future generations. Unfortunately, our century bears witness to devastating wars, mass displacement, and environmental crises, all of which magnify the challenges surrounding nutrition and health.

Addressing these challenges requires the collective empathy, consultation, and resourcefulness of experts from diverse backgrounds: nutrition, agriculture, environment, economics, and policy-making. I sincerely hope that this congress will serve as a platform for such collaboration.

The theme of this year's congress is "**Achievement and Challenges in the Food and Nutrition System: Approaching New Horizons.**" This theme underscores the pivotal role of nutrition in enhancing overall quality of life. Sustainable nutrition encompasses not only dietary practices but also factors like sustainable agriculture and a robust economy. Inter-sectoral and international collaborations are essential for establishing sustainable nutrition practices that positively impact people's well-being. As we convene, let us remain steadfast in our pursuit of innovative approaches to promote health and genuine happiness among our communities.

Sincerely.



Dr. Alireza Zali

**Chancellor of the Shahid Beheshti
University of Medical Sciences | President
of the Congress**

Greetings to our colleagues and friends, both near and far.

After a significant hiatus since our last gathering, largely due to the pandemic, we are increasingly excited as we approach the 4th International and 16th Iranian Nutrition Congress in Tehran, Iran. The congress theme is "Achievements and Challenges in Food and Nutrition System: Approaching toward New Horizons." It is my privilege to extend this invitation to all of you for this scientific event.

This congress presents a valuable opportunity for scientists and health professionals to exchange knowledge and expertise in the realms of food and nutrition sciences. We have endeavored to encompass all facets of nutrition, from the cellular level to society at large. The program includes keynote addresses, plenary and scientific lectures, symposia, and roundtable discussions. Researchers and students are encouraged to present their latest scientific discoveries through posters or brief oral presentations.

I eagerly anticipate our gathering at the 4th International and 16th Iranian Nutrition Congress. I am confident that you will not only benefit from the event but also appreciate Iranian hospitality, culture, and cuisine.



The 4th International & 16th Iranian Nutrition Congress



Dr. Jalaleddin Mirzaei Razaz, MD, Ph.D.

Vice President of the Congress and
president of Iranian Nutrition Society

Dear colleagues and friends

We have the honor to announce that the 4th International and 16th Iranian Nutrition Congress, scheduled to take place at the Shahid Beheshti International Conferences Center, Tehran, Iran on 21 to 23 February 2024.

The theme of the congress is **“Achievements and Challenges in food and Nutrition system: Approaching toward new Horizons”** to emphasize the goal of food and nutrition scientific community, which is the improvement of the quality of life through a healthy nutrition.

The event will provide an excellent opportunity for interaction among experts in nutrition, food and related disciplines from USA, Europe, Asia and Canada and exchange their knowledge and expertise in these areas and its application to promote the health of populations.

This year and in this congress we hope to face successful events, because it will be well-attended by relevant nutrition and health stakeholders, policy-makers and planners, and food and nutrition faculty members from many universities in the country.

The total number of participants (including students) is expected to be around 2000 this year. Location and facilities of Shahid beheshti International Conferences Center provides an opportunity for colleagues and students to come together in a pleasure space. Looking forward to meeting you in Tehran.

Yours sincerely,



Dr. Amir M. Mortazavian

Director of National Nutrition and Food
Technology Research Institute Dean of Faculty
of Nutrition Sciences and Food Technology

The close relationship between nutrition and food technology

‘Human nutrition’ is the science of food fate in the body and its relationship with the health. The area of nutrition starts from cellular nutrition, followed by clinical nutrition and ended in larger scale, to the community nutrition in different aspects of public health. ‘Food technology’ comprises the operationalization and commercialization of nutrition and food science facts in the form of food matrices and products.

Although in an initial view, the ‘nutrition’ and ‘food technology’ fields are separate and distinct professions, however, food technology is along the nutrition. In fact, while a food matrix with satisfactory nutritional and health considerations as well as fair price is rationally expected, the food technology must design and develop it according to the principles of nutrition sciences. Therefore, without close relationship and collaboration between the food technologists and nutritionists, the community would be deprived from healthy and tasty foods with fair prices.

In parallel with its instinct vision and mission, the ‘National Nutrition and Food Technology research Institute’ (NNFTRI) with the experience more than 62 years, has been being tried and attempted to accomplish this important and substantial issue in the country and to bind the food guilds and industries with universities and research centers in this regard.

In this congress, a symposium entitled ‘Food technology and public health: policy making, manufacturing and regulations’ was defined with aforementioned wide viewpoint and goals.



The 4th International & 16th Iranian Nutrition Congress



Dr. Majid Hajifarji

Congress Scientific Secretary

In the name of God,

We express our gratitude for the opportunity to host the 4th International Congress and the 16th National Congress of Iranian Nutrition from February 21st to 23rd. The event will take place at the International Conference Center of Shahid Beheshti University in Tehran. After a delay of several years, we take immense pride in bringing together esteemed professors, experts, researchers, and students from various fields, including nutrition sciences, the food industry, biotechnology, and related medical and non-medical disciplines.

The science of nutrition, with its diverse trends, is intricately linked to various domains, including medical sciences. It plays a pivotal role in establishing a sustainable system that enhances food security, nutrition, and public health—all critical pillars of our nation's security. During this congress, we will delve into the challenges and achievements of the food and nutrition system. Our focus will extend to exploring new horizons, examining governance, management, and policy aspects of this system, and introducing knowledge-based technologies for production, provision, and access to sufficient, healthy, and safe food.

Additionally, our discussions will encompass strategies for reducing the burden of both communicable and non-communicable diseases. We will address the impacts of climate change and explore the intricate interrelationship between nutritional status and social, psychological, and spiritual well-being. Furthermore, we aim to promote food and nutrition culture and literacy, along with innovative methods of education at both the community and university levels.



Dr. Azizollah Zargaran

Congress Executive Secretary

The 4th International and the 16th National Nutrition Congress, this eternal legacy that has come to us from the ancestors and the founders of nutrition science in Iran, by the grace of God, will be held on February 21 to 23, at the Abureyhan International Conference Center, Shahid Beheshti University.

Holding this congress, after several years of the coronavirus pandemic, is of special importance. In the last few years, after the coronavirus pandemic, which was the source of tremendous developments and changes at the national and international level, the world of nutrition also underwent a transformation, and therefore we decided to organize this event, which has been held for more than 15 years.

In 2024, we will hold it as a review of the achievements and challenges in the food and nutrition system and with a view to new horizons. The use of young researchers and experts along with experienced professors in the composition of the scientific and executive committees of the Congress, as well as the selection of practical topics in round tables, symposiums and lectures, have been among the most important activities carried out in the course of holding this Congress. It is hoped that the results of this congress will show its effects on food and nutrition policies, the position of nutrition science in the health system and improve the nutritional status of society.



The 4th International & 16th Iranian Nutrition Congress

Steering Committee

Alphabetical Order

Dr Azizi Fereidoon	Research Institute for Endocrine Sciences, SBMU
Dr Davoudi Seyyed Hossein	School of Nutrition Sciences and Food Technology, SBMU
Dr Farshidi Hossein	Ministry of Health and Medical Education
Dr Ghane'ei Mostafa	Vice-Presidency for Science, Technology and Knowledge-based Economy
Dr Hajifaraji Majid	National Nutrition and Food Technology Research Institute
Dr Kalantari Naser	School of Nutrition Sciences and Food Technology, SBMU
Dr Larijani Bagher	Research Institute for Endocrine Sciences, TUMS
Dr Mirzay Razaz Jalaeddin	School of Nutrition Sciences and Food Technology, SBMU
Dr Mortazavian A.Mohammad	School of Nutrition Sciences and Food Technology, SBMU
Dr Motlagh Mohammad-Esmaeil	Supreme Council for Health and Food Security
Dr Neyestani Tirang	National Nutrition and Food Technology Research Institute
Dr Panahi Younes	Ministry of Health and Medical Education
Dr Takian Amirhossein	Tehran Univ. of Medical Sciences
Dr Rahmati Roodsari Mohammad	Shahid Beheshti Univ. of Medical Sciences
Dr Zaali Alireza	Shahid Beheshti Univ. of Medical Sciences

Scientific Committee

Alphabetical Order

Dr Abdollahi Morteza	National Nutrition and Food Technology Research Institute
Dr Abdollahi Zahra	Ministry of Health and Medical Education
Dr Abolhassani Mohammadhassan	Iran Univ. of Medical Sciences
Dr Ahari Hamed	Science and Research Branch, IAU
Dr Ajami Marjan	National Nutrition and Food Technology Research Institute
Dr Akbarzadeh Marziyeh	Shiraz Univ. of Medical Sciences
Dr Alipour Beytollah	Tabriz Univ. of Medical Sciences
Dr Amani Reza	Isfahan Univ. of Medical Sciences



Dr Amini Maryam	National Nutrition and Food Technology Research Institute
Dr Aryaeiyan Nahid	Iran Univ. of Medical Sciences
Dr Azizi Fereidoon	Research Institute for Endocrine Sciences, SBMU
Dr Babajafari Siyavash	Shiraz Univ. of Medical Sciences
Dr Barzeghar Ali	Tabriz Univ. of Medical Sciences
Dr Bazhan Marjan	School of Nutrition Sciences and Food Technology, SBMU
Dr Davoudi Seyyed Hossein	School of Nutrition Sciences and Food Technology, SBMU
Dr Doaei Saeid	School of Nutrition Sciences and Food Technology, SBMU
Dr DoostMohammadian Azam	Iran Univ. of Medical Sciences
Dr Ebrahimi Mamaghani Mehranghiz	Tabriz Univ. of Medical Sciences
Dr Entezari Mohammad-Hassan	Isfahan Univ. of Medical Sciences
Dr Esfarjani Fatemeh	National Nutrition and Food Technology Research Institute
Dr Eslamian Ghazaleh	School of Nutrition Sciences and Food Technology, SBMU
Dr Eslamitabar Shariar	Smart Univ. of Medical Sciences
Dr Faghfoori Zeinab	Semnan Univ. of Medical Sciences
Dr Faghih Shiva	Shiraz Univ. of Medical Sciences
Dr Farhood Daryoosh	Academy of Medical Sciences
Dr Farsani Gholamreza	Tehran Univ. of Medical Sciences
Dr Farshidi Hossein	Ministry of Health and Medical Education
Dr Fazeltabar Akbar	Mazandaran Univ. of Medical Sciences
Dr Ghanavati Matin	National Nutrition and Food Technology Research Institute
Dr Ghane'ei Mostafa	Vice-Presidency for Science, Technology and Knowledge-based Economy
Dr Gharibzahedi Mohammad Taghi	Tehran Univ.
Dr Ghayour Mobarhan Majid	Mashad Univ. of Medical Sciences
Dr Ghazalian Farshad	Science and Research Branch, IAU
Dr Gholzarand Mahdiyeh	Research Institute for Endocrine Sciences, SBMU
Dr Ghorbani Arman	School of Nutrition Sciences and Food Technology, SBMU
Dr Giahi Ladan	Avicenna Center of Infertility
Dr Hadaeigh Farzad	Research Institute for Endocrine Sciences, SBMU
Dr Hadi Vahid	AJA Univ. of Medical Sciences



The 4th International & 16th Iranian Nutrition Congress

Dr Haghighiyan Arezoo	School of Nutrition Sciences and Food Technology, SBMU
Dr Hajifaraji Majid	National Nutrition and Food Technology Research Institute
Dr Hassangomi Majid	Ministry of Health and Medical Education
Dr Homayounfar Reza	National Nutrition and Food Technology Research Institute
Dr Hosseini Firoozeh	Research Institute for Endocrine Sciences, SBMU
Dr Hozoori Mohammad	Qom Univ. of Medical Sciences
Dr Iravani Orod	IFMARC
Dr Jalilvand Mohammadreza	North Khorasan Univ. of Medical Sciences
Dr Javadi Maryam	Qazvin Univ. of Medical Sciences
Dr Javanbakht MohammadHassan	Tehran Univ. of Medical Sciences
Dr Javdan Gholamali	Hormozgan Univ. of Medical Sciences
Dr Jazayeri Shima	Iran Univ. of Medical Sciences
Dr Kalantari Naser	School of Nutrition Sciences and Food Technology, SBMU
Dr Karajibani Mansoor	Zahedan Univ. of Medical Sciences
Dr Kaseb Fatemeh	Shahid Sadoughi Univ. of Medical Sciences
Dr Kelishadi Roya	Isfahan Univ. of Medical Sciences
Dr Khosravi-Darani Kianoosh	National Nutrition and Food Technology Research Institute
Dr Kooshki Mohammadreza	National Nutrition and Food Technology Research Institute
Dr Larijani Bagher	Research Institute for Endocrine Sciences, TUMS
Dr Maddah Mohsen	Gilan Univ. of Medical Sciences
Dr Mahdavi Reza	Tabriz Univ. of Medical Sciences
Dr Mahdavi Roshan Marjan	Gilan Univ. of Medical Sciences
Dr Malayeri FardinAli	Zabol Khorasan Univ. of Medical Sciences
Dr Mardani Mahnaz	Lorestan Univ. of Medical Sciences
Dr Mazloomi Seyyed Mohammad	Shiraz Univ. of Medical Sciences
Dr Mehdizadeh Atiyeh	Mashad Univ. of Medical Sciences
Dr Mesghar Tehrani Majid	Pasteur Institute of Iran
Dr Milani-Bonab Ali	National Nutrition and Food Technology Research Institute
Dr Mirmiran Parvin	School of Nutrition Sciences and Food Technology, SBMU



Dr Mirzay Razaz Jalaeddin	School of Nutrition Sciences and Food Technology, SBMU
Dr Mofid Vahid	School of Nutrition Sciences and Food Technology, SBMU
Dr Mohammadi Mohsen	Shiraz Univ. of Medical Sciences
Dr Mohammadi-Nasrabadi Fatemeh	National Nutrition and Food Technology Research Institute
Dr Mortazavian A.Mohammad	School of Nutrition Sciences and Food Technology, SBMU
Dr Motlagh Mohammad-Esmaeil	Supreme Council for Health and Food Security
Dr Movahedi Ariyo	Science and Research Branch, IAU
Dr Mozaffari -Khosravi Hassan	Shahid Sadoughi Univ. of Medical Sciences
Dr Najarzadeh Azadeh	Shahid Sadoughi Univ. of Medical Sciences
Dr Nemati Mohsen	Mashad Univ. of Medical Sciences
Dr Neyestani Tirang	National Nutrition and Food Technology Research Institute
Dr Nikooyeh Bahareh	National Nutrition and Food Technology Research Institute
Dr Norouzy Abdolreza	Iran Univ. of Medical Sciences
Dr OstadRahimi Alireza	Tabriz Univ. of Medical Sciences
Dr Paknahad ZamZam	Isfahan Univ. of Medical Sciences
Dr Panahi Younes	Ministry of Health and Medical Education
Dr Pasdar Yahya	Kermanshah Univ. of Medical Sciences
Dr Pourghassem Bahram	Tabriz Univ. of Medical Sciences
Dr Pourvali Katayoun	School of Nutrition Sciences and Food Technology, SBMU
Dr RafRaf Maryam	Tabriz Univ. of Medical Sciences
Dr Rashidkhani Bahram	School of Nutrition Sciences and Food Technology, SBMU
Dr Razeghi Soodeh	School of Nutrition Sciences and Food Technology, SBMU
Dr Sabooni Mehdi	-
Dr Saeidpour Atoosa	School of Nutrition Sciences and Food Technology, SBMU
Dr Safarian Mohammad	Mashad Univ. of Medical Sciences
Dr Safavi Seyed Morteza	Isfahan Univ. of Medical Sciences
Dr Salehi Moosa	Shiraz Univ. of Medical Sciences
Dr Shadnoosh Mehdi	School of Nutrition Sciences and Food Technology, SBMU
Dr Shahraki Mansoor	Zahedan Univ. of Medical Sciences
Dr Shahrjerdi Alireza	Arak Univ. of Medical Sciences



The 4th International & 16th Iranian Nutrition Congress

Dr Sharifi Nasrin	Kashan Univ. of Medical Sciences
Dr Sheykholeslam Robabeh	Ministry of Health and Medical Education
Dr Sobouti Behnam	Iran Univ. of Medical Sciences
Dr Sohrabvandi Sara	National Nutrition and Food Technology Research Institute
Dr Taghizadeh Mohsen	Kashan Univ. of Medical Sciences
Dr Takian Amirhossein	Tehran Univ. of Medical Sciences
Dr Tarighat Esfanjani Ali	Tabriz Univ. of Medical Sciences
Dr Torabi Parisa	Ministry of Health and Medical Education
Dr Zand Hamid	School of Nutrition Sciences and Food Technology, SBMU
Dr Zargaran Azizollah	National Nutrition and Food Technology Research Institute

Executive Committee

Alphabetical Order

Ahmadigol Adel	School of Nutrition Sciences and Food Technology, SBMU
Amin Neda	Shahid Beheshti Univ. of Medical Sciences
Asjodi Foad	Research Institute for Endocrine Sciences, TUMS
Assadi Fariba	National Nutrition and Food Technology Research Institute
Emamizadeh Seyyed Javad	Shahid Beheshti Univ. of Medical Sciences
Eslamian Ghazaleh	School of Nutrition Sciences and Food Technology, SBMU
Ghanavati Matin	National Nutrition and Food Technology Research Institute
Hassangomi Majid	School of Nutrition Sciences and Food Technology, SBMU
Homayoufar Reza	Supreme Council for Health and Food Security
Iravani Orod	Ministry of Health and Medical Education
Karimi Mozghan	Shahid Beheshti Univ. of Medical Sciences
Majid Hajifarji	Vice-Presidency for Science, Technology and Knowledge-based Economy
Milani-Bonab Ali	Ministry of Health and Medical Education
Momeni Aref	National Nutrition and Food Technology Research Institute
Neyestani Tirang	School of Nutrition Sciences and Food Technology, SBMU
Zargaran Azizollah	School of Nutrition Sciences and Food Technology, SBMU



Executive Team

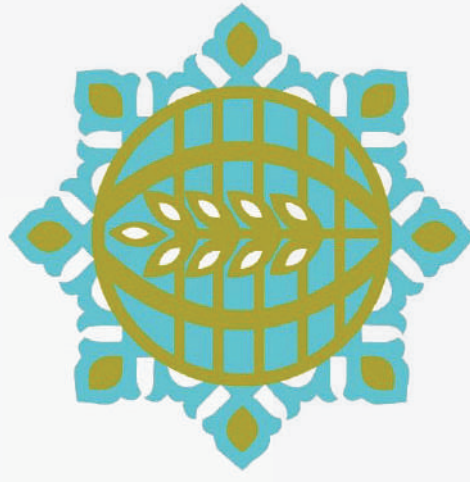
Alphabetical Order

Abbas-Pasha OmidReza	Shahid Beheshti Univ. of Medical Sciences
Ahmadi Maryam	National Nutrition & Food Technology Research Institute
Ahmadnezhad Salaheh	Shahid Beheshti Univ. of Medical Sciences
Alem Emad	Qazvin Univ. of Medical Sciences
Asbaghi Omid	Shahid Beheshti Univ. of Medical Sciences
Assadi Ali	Shahid Beheshti Univ. of Medical Sciences
Assari Sajjad	Baghiyatallah Univ. of Medical Sciences
Baghernia Nima	Science and Research Branch, IAU
Bahrani Sara	Tabriz Univ. of Medical Sciences
Bahreini Boroujeni Leyli Zahra	School of Nutrition Sciences and Food Technology, SBMU
Behnoodfar Shadi	Shahid Beheshti Univ. of Medical Sciences
Behrouzi Roya	Iran Univ. of Medical Sciences
Doctorsafae Kiana	Science and Research Branch, IAU
Esmaili Helia	Kashan Univ. of Medical Sciences
Farhang Mohammad Amin	Science and Research Branch, IAU
Fazeli Farsani Zahra	School of Nutrition Sciences and Food Technology, SBMU
Felegari Zeinab	School of Nutrition Sciences and Food Technology, SBMU
Ghaeminejad Zeinab	School of Nutrition Sciences and Food Technology, SBMU
Ghaffari Mehdi	Shahid Beheshti Univ. of Medical Sciences
Haghighat Mehdi	Shahid Beheshti Univ. of Medical Sciences
Hasanlou Fatemeh	Science and Research Branch, IAU
Hosseini Razieh	Shiraz Univ. of Medical Sciences
Javaheri Tafti Fatemeh	School of Nutrition Sciences and Food Technology, SBMU
Javanshir Zahra	School of Nutrition Sciences and Food Technology, SBMU
Karimi Mahya	Science and Research Branch, IAU
Katanbaf Nezhad Marzieh	Science and Research Branch, IAU
Keshtkar Nasrin	Iran Univ. of Medical Sciences
Khorshidi Raheleh	Iranian Nutrition Society



The 4th International & 16th Iranian Nutrition Congress

Kiani Elahe	Science and Research Branch, IAU
Menshari Saeid	Shahid Beheshti Univ. of Medical Sciences
Mirnoori Maryam	Shahid Beheshti Univ. of Medical Sciences
Mobini Alireza	School of Nutrition Sciences and Food Technology, SBMU
Mohammadi Fatemeh	Shahid Beheshti Univ. of Medical Sciences
Mohammadi Parisa	Shahid Beheshti Univ. of Medical Sciences
Mozafari Fatemeh	Iran Univ. of Medical Sciences
Mozaffari Shima	Science and Research Branch, IAU
Mozaffari Shima	Science and Research Branch, IAU
Mozhda Rahmani	Shahid Beheshti Univ. of Medical Sciences
Naghash Zadeh Motahareh	Tehran Univ. of Medical Sciences
Naghavi Marjan	Shahid Beheshti Univ. of Medical Sciences
Navvab Motahhareh	Shahid Beheshti Univ. of Medical Sciences
Noori Farnaz	Qazvin Univ. of Medical Sciences
Rafieiranjbar Atena	Science and Research Branch, IAU
Rafiezade Negar	School of Nutrition Sciences and Food Technology, SBMU
Rahmany Masoumeh	University of Allameh Tabatabaei
Rajabi Golnoosh	School of Nutrition Sciences and Food Technology, SBMU
Rasaei Niloufar	Tehran Univ. of Medical Sciences
Rezakhani Shabnam	National Nutrition & Food Technology Research Institute
Rezvani Soroush	Iran Univ. of Medical Sciences
Samadi Fatemeh	School of Nutrition Sciences and Food Technology, SBMU
Samadi Zahra	Tehran Univ. of Medical Sciences
Shahabi Nejad Shabnam	School of Nutrition Sciences and Food Technology, SBMU
Sheikhhossein Fatemeh	Tehran Univ. of Medical Sciences
Shirzadi Ayyoub	Shahid Beheshti Univ. of Medical Sciences
Shoja' Siahi Maryam	Tehran Univ. of Medical Sciences
Taherinia Sorour	Isfahan Univ. of Medical Sciences
Zamani Behzad	Tehran Univ. of Medical Sciences
Zarook Hossein	Shahid Beheshti Univ. of Medical Sciences
Ziaeeian Yazdinejad Narges	School of Nutrition Sciences and Food Technology, SBMU



چهارمین کنگره بین المللی و
شانزدهمین کنگره تغذیه ایران

The 4th International
and 16th Iranian Nutrition Congress

۲ تا ۴ اسفند ۱۴۰۲
تهران- ایران

21- 23 February 2024
Tehran, Iran



Venue Information



Daneshjoo Blvd., Yaman St.
Chamran Exp. Way, Shahid
Beheshti International Conferences
Center, Tehran, Iran



The 4th International
and 16th Iranian Nutrition
Congress

چهارمین کنفرانس بین‌المللی و
شانزدهمین کنفرانس ملی تغذیه ایران

Time		Program at a Glance											
		Day 1 (Feb. 21)				Day 2 (Feb. 22)				Day 3 (Feb. 23)			
8:00-10:00		Registration Opening Ceremony				Scientific Lectures (1) Scientific Lectures (2) Diet, Gut Microbiome & Health Climate Change and Nutrition Culture & Health Literacy ... Interpretation of lab... Sport Nutrition				Scientific Lectures (3) Scientific Lectures (4) Scientific Lectures (5) Non-Invasive Technologies for ... Nutrition and NCDs Diet Therapy in Diabetes Weight Management			
10:00-10:30		Coffee Break				Coffee Break				Coffee Break			
10:30-12:30		Keynote Address (1) Keynote Address (2)				Plenary Lectures (1-4)				Plenary Lectures (5-8)			
12:30-14:00		Lunch Break				Lunch Break				Lunch Break			
14:00-16:00		Nutritional Care in Hospitals Future Studies in Food & Nutrition System Compulsory Community Service for ... Sport Supplements Nutrition in Cancer Oral Communications				Mother and Child Nutrition Psychological & Spiritual Health... Physical Activity, Sport Nutrition... Colored Food Labeling Clinical Nutrition in Health System Nutrition in Infertility Nutritional Care after Bariatric Surgery				Closing Ceremony			
16:00-16:30		Coffee Break				Coffee Break				Coffee Break			
16:30-18:30		Food Technology & Public Health... Standardization of Body Shaping Technologies Evidence based Policymaking Sport Supplements (cont.) Nutrition in Cancer (cont.) Oral Communications Oral Communications				Personalized Diet, Epi-genetics... Supplements & Health Challenges Insurance Coverage of Nutritional and Diet... Human Resource Training for ... Capacities of food tourism Development Nutritional Care after Bariatric Surgery (cont.) Oral Communications							
18:30-20:30		Meeting (invited)											

- Keynote Address
- Plenary Lectures
- Scientific Lectures
- Symposiums
- Round Tables
- Oral Communications
- Workshops

1-12 SYMPOSIUMS

Symposiums		day1	day2	day3
	Governance, Stewardship & Policy-making in the Food & Nutrition System			
	Nutritional Care in Hospitals			
	Future Studies in Food & Nutrition System			
	Food Technology and Public Health: Policy Making, Manufacturing and Regulations			
	Diet, Gut Microbiome & Health			
	Climate Change & Food & Nutrition Security			
	Mother and Child Nutrition			
	Nutrition in Psychological & Spiritual Health			
	Physical Activity, Sports Nutrition & Public Health			
	Personalized Diet, Epigenetics, Nutrigenomics & Nutrigenetics			
	Supplements & Health Challenges			
	Nutrition & Non-Communicable Diseases			

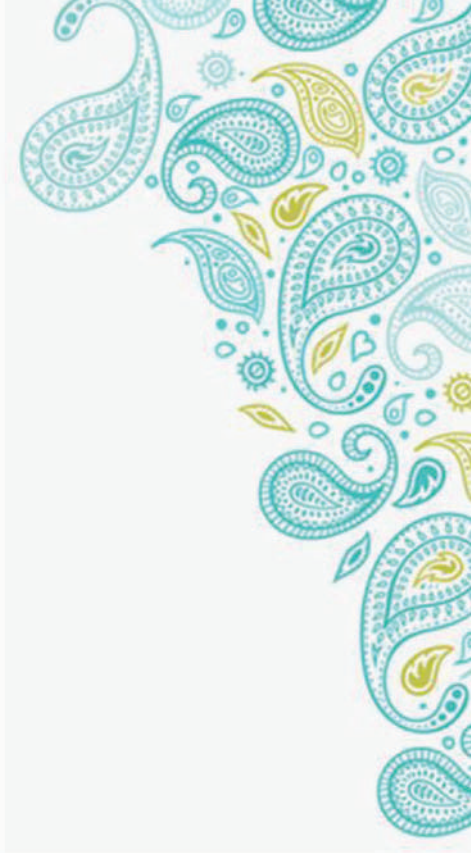
1-10 ROUND TABLES

Round Tables	
day1	Compulsory Community Service for nutritionists: Opportunities & Challenges
	Standardization of Body Shaping Technologies: Challenges and Solutions
	Evidence based Policy-Making Challenges in Iranian Food & Nutrition System
day2	Culture and Health Literacy in National Policy Statement of Food & Nutrition Security
	Colored-Food Labeling in Iran: Is it Suitable for the Iranian Public?
	Clinical Nutrition in National Health System
	Insurance Coverage of Nutritional and Diet Therapy Services
	Human Resource Training for Sustainable Food & Nutrition System
	Capacities of food tourism Development in Iran
day3	Non-Invasive Technologies for Body Shaping



Day 1

February 21



February 21		Program	Speaker
Time			
8:00-10:00		Registration and Opening Ceremony	
10:00-10:30		Coffee Break	
10:30-12:30	Keynote	Food Systems Transformation & Nutritional Sustainability: Global Trends, national Perspectives	Prof. Amirhossein Takian
		Current perspectives in the treatment of obesity	Prof. Reza Malekzadeh
12:30-14:400		Lunch Break	

February 21

Allameh Tabatabaeei Hall 150		Abooreihan Hall 650	
S1	<p>Panel: Dr. Majid Hajifaraji (Chair), Prof. Amirhossein Takian, Dr. Fatemeh Mohammadi Nasrabadi, Dr. Arezoo Haghghian, Dr. Ali Milani Bonab</p> <p>Strengthening Collaborative Governance for Sustainable Nutrition Policy: the Role of Social Network Analysis</p> <p>Food and nutrition security documents in Iran: lessons learned and future directions</p> <p>Addressing Food Security Challenges in the Face of Sanctions and Post-COVID-19 Realities: A Comprehensive Approach</p> <p>Policy Recommendations for Food and Nutrition System Stewardship and Governance Integration</p>	<p>Prof. Takian</p> <p>Dr. Nasrabadi</p> <p>Dr. Jalal Hejazi</p> <p>Dr. Ali Milani</p>	<p>S2</p> <p>Nutritional Care in Hospitals</p>
<p>14:00-16:00</p> <p>16:00-16:30</p>		<p>Coffee Break</p>	

Symposiums

February 21

Kharazmi Hall

150

S 3

Panel: Prof. Mostafa Ghane'ei (Chair), Dr. Shahram Towfighi, Dr. Behnam Honarvar, Dr. Hassan Mozaffari, Dr. Morteza Abdollahi

Symposium

Future Studies in Food & Nutrition System

Future Studies System in Nutrition

A Futuristic Global Perspective on Nutrition

Children's Anthropometric Indices and Their National Trends

Dr. Shahram Towfighi

Prof. Mostafa Ghane-ei

Prof. M. Abdollahi

14:00-16:00

16:00-16:30

Coffee Break

February 21

Shahriar Hall



RT 1

Panel Moderator: Dr Jaleleddin M. Razzaz

Compulsory Community
Service for nutritionists:
Opportunities & Challenges

14:00-16:00

Panelists:

**Representative of Human Resource Department, Ministry of Health and Medical
Education:**

Dr. Omid Fathi, Dr. Saeid Changizi Ashtiani and Ms. Elaheh Rasouli

Representative of Students and Graduates on Nutrition Sciences

16:00-16:30

Coffee Break

Round Table

Speaker	Title
Alboebadi Roghayeh	Panel: Dr Reza Homayounifar, Dr Matin Ghanavati, Dr. Ghazaleh Eslamian, Dr Mahdiyeh Golzarand, Dr Nasrin Sharifi The Effect of Low-calorie, Low-carbohydrate Raisin Containing Diet on Liver Enzymes, Liver Steatosis Grade, Inflammatory and Oxidative Stress Biomarkers in Non-alcoholic Fatty Liver Disease Patients
Barghchi Hanieh	Effects of Pomegranate (Punica Granatum L.) Peel Extract on Metabolic Syndrome Risk Factors in Non-alcoholic Fatty Liver Disease Patients: A Randomized Double-blind Clinical Trial
Doagoo Alireza	Medium-chain Triglycerides Exert Hepatoprotective and Therapeutic Effects in NAFLD-induced Rats By Improving Lipid Metabolism and Preventing Inflammatory Responses Through Recruiting Phosphorylated AMPK
Razmpour Farkhondeh	Chinese Visceral Adiposity Index: A Novel Tool for Screening Liver Fibrosis and Steatosis; A Cross-sectional Study
Arefhosseini Sara	Improved Lipid Profile and LDLR Gene Expression Following Myo-inositol Supplementation in Obese Patients with Nafid: A Double-blind Placebo-controlled Randomized Clinical Trial
Bavi Behbahani Hossein	Association of Malnutrition-inflammation Score With Metabolic Parameters, Interdialytic Weight Gain, Uremic Pruritus, Sleep Quality, Mental Health, And Quality of Life in Maintenance Hemodialysis Patients
Faghfour Amir Hossein	Immunomodulatory, Anti-inflammatory, Antioxidant and Clinical Responses to Zinc Gluconate Supplementation in Patients with Behcet's Disease: A Randomized, Double-blind, Placebo-controlled Clinical Trial
Mirmajidi Susan	How Are Dietary Patterns Associated with Dietary Inflammatory Index, Systemic Inflammation, and Insulin Resistance in Apparently Healthy Individuals with Obesity?

Coffee Break

75  Parvin Etesami Hall

14:00-16:00

Oral Communications

16:00-16:30

February 21

Allameh Tabatabaeei Hall



150

S 4

Panel: Dr. Amir M. Mortazavian (Chair), Dr. Faramarz Khodaian, Dr. Koushan Nayebezhadeh, Dr. Vahid Mofid, Dr. Nabi Shariatifar, Dr. Azizollah Zargaran

Food Technology and Public Health: Policy Making, Manufacturing and Regulations

Enrichment Strategies of Food Products in Iran

Food Safety Regulatory Strategies and Challenges in Food Industries

Food Guilds and Public Health: Concerns, Challenges and the Relevant Regulations

Role of Nano emulsion in food safety (Threat or Opportunity for Organic Food?)

16:30-18:30

Symposium

Dr. Tirang Neyestani

Dr. Mahmood Ale-Booyeh

Dr. Jafar Jandaghi

Dr. Hamed Ahari

February 21	
Abooreihan Hall 650	Khazami Hall 150
RT 2	RT 3
<p>Panel Moderator: Dr. Majid Hassangomi</p> <p>Panelists: Dr. Amirhessam Alirezaei, Dr. Seyed Moosa Tabatabaei, Dr. Freshteh Torabi, Dr. Nasrin Bayat, Dr. Sanaz Bakhshandeh, Dr. Nafiseh Goudarzi-zadeh, Dr. Maryam Javadi, Dr. Abdolreza Norouzy, Dr. Saeid Hadi, Dr. Mohammadreza Jalilvand</p>	<p>Panel Moderator: Dr. Zahra Abdollahi</p> <p>Panelists: Dr. Mohammad Esmaeil Motlagh, Dr. Ali KianiRad, Prof. Naser Kalantari, Dr. Zahra Ghayoumi, Dr. Zahra Farzaneh, Dr. Ali Milani-Bonab, Dr. Shirin Seyyed Hamzeh, Dr. Mona Pourghaderi</p>
Standardization of Body Shaping Technologies: Challenges and Solutions	Evidence based Policy-Making & Challenges in Iranian Food & Nutrition System
16:30-18:30	
Round Tables	

February 21

Speaker	Title
Panel: Dr Marjan Bazhan, Dr Samira Rabiei, Dr Hoda Derakhshanian, Dr. Atoosa Saeidpour	Investigating The Predominant Dietary Pattern in Hashimoto's Thyroiditis Patients in the Iranian Adult Population, A Case-control Study
Salehi Ammar	Association of Diet Diversity Score with Primary Insomnia: A Case-control Study
Barkhidarian Bahareh	Association Between Plant-based Diet Index and Appetite-regulating Peptides: A Cross-sectional Study on Iranian Female Adults
Ansari Shakila	Ultra Processed Foods Increases The Risk of Premature Coronary Heart Disease
Bazhan Marjan	Willingness of Iranians to Pay for Organic Foods: Egoistic or Altruistic Motivations
Dehghani Kari Bozorg Azadeh	Nutrient Profile Models' Application to Food Advertisements and Food Marketing Via Television for Children: A Systematic Review
Behroozi Farde Mogaddam Azra	Relationship Between Body Composition and Bone Density in Postmenopausal Women With Primary Osteoporosis
Mojtaba Nasiri	Peptides Administration May Improve Diabetes Mellitus and Fatty Liver Diseases

90



Shahriar Hall

16:30-18:30

Oral Communications

Parvin Etesami Hall		Title	Speaker
Panel: Dr Neda Dolatkah, Dr Nazanin Moslehi, Dr Hoda Zahedi			
The Effect of Probiotic Saccharomyces Boulardii Supplementation on Some Clinical and Para-clinical Findings of Patients With Multiple Sclerosis			Dolatkah Neda
Effects of Spirulina (Arthrospira Platensis) Supplementation on Disease Activity, Bowel Habits, Antioxidant Status, and Serum Pentraxin 3 Levels in Patients With Ulcerative Colitis: A Double-blind, Placebo-controlled Randomized Trial			Moradi Sajjad
The Association Between Dietary Polyphenol Intake and Attention-deficit Hyperactivity Disorder: A Case-control Study			Abbasi Mobarakeh K.
The Impact of Zinc Supplementation on Galectin-3 and Metabolic Markers in Diabetic Patients on Hemodialysis: A Randomized, Double-blind, Placebo-controlled Trial			Hosseini Razieh
Effects of Synbiotic Yogurt Consumption on Metabolic Parameters, Oxidative Stress, Atherogenic Risk Factors, Inflammation and Gene Expression of Lipid Metabolism Indicators in Adults With Metabolic Syndrome: A Randomized Clinical Trial			Jowshan Mohammadreza
The Effects of Post-biotic Butyrate Supplementation on the Expression of Clock and BMAL1 Genes in Patients with Active Ulcerative Colitis: A Double-blind Randomized Controlled Trial			Firoozi Donya
Individual and Combined Associations of Macronutrient Quantity and Quality With the Incidence of Type 2 Diabetes			Moslehi Nazanin
A Double-blind, Placebo-controlled Trial Related to The Effects of Melatonin And/Or Magnesium on Oxidative Stress and Inflammatory Parameters of Women with Polycystic Ovary Syndrome			Mousavi Reihaneh
Association Between Nutritional Status and Biochemical Markers among Hematopoietic Stem Cell Transplant Candidates: A Cross-sectional Study			Zahedi Hoda Sadat

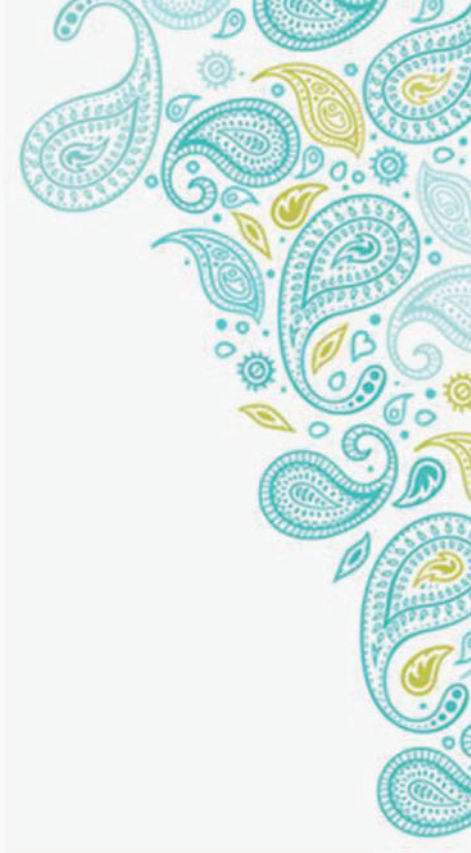
Oral Communications

16:30-18:30



Day 2

February 22



February 22

Scientific Lectures		8:00-10:00	10:00-10:30
Alameh Tabatabaee Hall 150			
Panel Chair: Dr Mehdi Shadnough			
	Title	Speaker	Language
	The Nutritional Status of Hospitalized Patients in Hospitals	Dr. Abdloreza Norouzy	Fa
	Nutrition, Diet and Burden of Cancer	Prof. Mohammad Esmael Akbari	Fa
	Standard of Nutrition Services for Patients in the Hospital	Dr. Mohammad Safarian	Fa
	GLIM as a local adapted global tool for malnutrition screening in hospitals	Prof. Tommy Cederholm	En
Coffee Break			

February 22

90 Shahriar Hall	8:00-10:00	10:00-10:30
Title	Speaker	Language
Panel Chair: Dr Mohammad Esmail Motlagh Food and Nutrition Surveillance: The Main Strategy to Eradicate Malnutrition and Cellular Hunger	Prof. Tirang Neyestani	Fa
Nutritional Support Programs for Vulnerable Social Groups	Dr. Kobra Eghtedary	En
Iranian Optimum Food Basket	Dr. Fatemeh Mohammadi	Fa
Changes in Food Security in Society During the COVID-19 Pandemic	Dr. Majid Hajifaraji	Fa
Coffee Break		

Scientific Lectures

February 22

Symposiums		08:00-10:00		10:00-10:30	
S 5		S 6		S 6	
Diet, Gut Microbiome & Health		Climate Change & Food & Nutrition Security		Climate Change & Food & Nutrition Security	
Prof. Bagher Larjani (Chair), Dr Hossein Davoudi, Dr Maryam Tajabadi, Dr Homayoun Moradi, Dr Behnam Sobouti		Dr. H. Ejtahed		Dr. H. Aghababaeian	
Probiotics, next-generation probiotics and postbiotics for management of obesity and its-associated complications		Prof. B. Larjani		Dr. A. Haghigian	
The role of human microbiome in health and diseases		Dr. H. Davoudi		Dr. A. Taghizadeh	
Engineered probiotic: current status and future perspective		Dr. M. Barati		Dr. Ramesh Ailipor	
Food-derived Exosomes and disease management		Dr. M. Mohammadi		Food Security under Climate change Governance in Iran	
Dietary advanced glycation end products (AGE) and gut microbiota interaction in health and disease		Dr. M. Mohammadi		Food Security under Climate change Governance in Iran	
Abooreihan Hall		Parvin Etesami Hall		Parvin Etesami Hall	
650		75		75	
Coffee Break		Coffee Break		Coffee Break	

February 22

		Kharazmi Hall		150	
		Panel Moderator: Dr Farshid Rezaei			
RT 4		Culture and Health Literacy in National Policy Statement of Food & Nutrition Security		<p>Panelists: Dr. Majid Saffarina, Dr. Fazlolah GhofraniPour, Dr. Abbas Ghanbari Baghestan, Dr. Nastaran Keshavarz Mohammadi, Dr. Majid Hassanghomi,</p>	
8:00-10:00					
10:00-10:30				Coffee Break	

Round Table

February 22

Plenary Lectures		Aboreihan Hall	
10:30-12:30		650	
Title	Speaker	Language	
Panel: Dr Hossein Davoudi, Dr Nastaran Keshavarz, Dr Amir M. Mortazavian			
Food Loss and Waste: Challenges and Opportunities	Dr Hossein davoudi	Fa	
Sustainable Food and Nutrition System	Dr Nastaran Keshavarz	Fa	
Functional foods and public health: past, present and future	Dr. Amir M. Mortazavian	Fa	
Milk and Health	Prof. Walter Willet	En	
Lunch Break			
12:30-14:00			

February 22

Kharazmi Hall		Parvin Etesami Hall	
150		75	
S7 Mother and Child Nutrition Panel: Prof. Naser Kalantari (Chair), Dr Jalaleddin Razzaz, Dr Ramin Heshmat, Dr Mehrangiz Ebrahimi, Dr Saeid Doaei, Dr Hossein Hajjiafar		S8 Nutrition in Psychological & Spiritual Health Panel: Prof. Shahin Akoundzadeh (Chair), Dr Bahareh Fakhraei, Dr. Foroughan, Dr. Reza Amani, Dr. Maryam Javadi	
MAHDAK mobile application	Dr Nasrollahi	Psychological factors effective in changing nutritional behavior	Dr. A. Akbartabar
Increasing Awareness Among Households about the Vital Role of Nutrition for Mothers and Children in Food-Insecure Areas	Dr. R. Heshmat	Gut brain axis in neurological diseases	Dr. Reza Amani
The Interplay Between Genetic Factors and Nutrient Intake in Unwanted Abortion	Dr Saeid Doaei	Nutritional Care in Multiple Sclerosis	Dr. Maryam Javadi
Nutritional Care in ADHD Children	Dr. M. Ebrahimi	Food Addiction	Dr. Maatosa Saeidpour
Diet and Pregnancy Disorder	Dr Yahya Pasdar		
14:00-16:00		Coffee Break	
16:00-16:30			

Symposiums

February 22

Allameh Tabatabaei Hall

150

S9

Panel: Dr. Mohammad Hozouri (Chair), Dr. Towhid Seif Barghi, Dr. Orod Irvani, Dr. Zahra Alizadeh, Dr. Arman Ghorbani, Dr. Foad Asjodi, Dr. Majid Hassanghomi, Dr. Mohammad Samadi

Physical Activity, Sports Nutrition & Public Health

Symposium

14:00-16:00

16:00-16:30

Sport nutrition and exercise-induced mental fatigue

Dr. Foad Asjodi

The double edge sword of protein intake: longevity and muscle mass

Dr. Matin Ghanavati

The use of sports simulators in hypertrophy and improving body composition

Dr. M. Hassanghomi

Nutrition strategies for Sport tournaments

Dr. M. Hozouri

Nutrition tips for prevention and rehabilitation after sports injuries

Dr. Farshad Ghazalian

Coffee Break

February 22

Round Tables		14:00-16:00		16:00-16:30			
RT 5 Colored-Food Labeling in Iran: Is it Suitable for the Iranian Public?	Panel Moderator: Dr. Arezoo Haghghian	Panelists: Dr. Azizollah Zargaran Dr. Masoomeh Moslemi Dr. Sareh Edalati Dr. Sadeghian Dr. Zohreh Pourahmad Dr. Seyyed Amin Yaghoubi	Shahriar Hall 90	RT 6 Clinical Nutrition in National Health System	Panel Moderator: Dr. Abdolreza Norouzy	Panelists: Dr. Mehdi Shadnoosh Dr. Ali Tarighat Esfanjani Dr. Majid Hassangomi Dr. Atiyeh Mehdizadeh Dr. Gholamreza Frasani Dr. Mohammad Safarian Ms. Zahra Soltani Rezvandeh	Abooreihan Hall 650
			Coffee Break				

February 22

Symposiums		16:30-18:30	
S 10		S 11	
Personalized Diet, Epigenetics, Nutrigenomics & Nutrigenetics		Supplements & Health Challenges	
Kharazmi Hall		Allameh Tabatabaeei Hall	
150		150	
<p>Panel: Prof. Dariush Farhood (Chair), Dr Hamid Zand, Dr Katayoun Pourvali, Dr Majid Mesghar Tehrani, Dr Ghazaleh Eslamian, Dr Mehdi Tutunchi</p>		<p>Panel: Prof. Tiran Neyestani (Chair), Dr Amirhossein Jamshidi, Dr. Abbas Kebriaeizadeh, Dr. Foad Asjodi, Dr. Kaveh Khabiri, Dr. Majid Ghayour Mobarhan</p>	
Nutrigenomics & Nutrigenetics	Dr M. Mesghar	Herbal supplements for health promotion and as an adjunct treatment: Benefits and Hazards	Dr. A. Jamshidi
Personalized nutrition and Single Nucleotide Polymorphisms (SNPs)	Dr. K. Pourvali	Nutritional Supplements in Autoimmune Disease: Friend or Foe?	Dr. Khabiri
Personalized Approach in Nutritional Management of Diabetes	Dr H. Derakshanian	Nutritional Supplementation During Cancer Treatment	Dr. M. Ghayour Mobarhan
The Role of Personalized Nutrition: Unveiling the Truth about Weight Regain after Weight Loss Diets	Dr. G. Eslamian	Food Fortification as a Cost-Effective Strategy to Enhance Nutrition: Challenges, Limitations and Opportunities for the Future Path	Prof. Tiran Neyestani
		Protein supplements in sport nutrition proper use and safety considerations	Dr. Foad Asjodi

February 22

 Aboureihan Hall  650

RT 7
Panel Moderator: Dr. Mohammad-Hassan Abolhassani

Panelists:

Dr. Mahmudreza Mohaghegh
 Dr. Shahram Ghaffari
 Dr. Mehdi Shadnough
 Dr. Seyed Mousa Tabatabaei
 Dr. Naser Saravi
 Dr. Hannan Hajimahmoudi
 Dr. Farshid Abedi
 Dr. Hassan Araghizadeh
 Dr. Arasb Dabbagh Moghaddam
 Dr. Mossayeb Yazdani
 Representatives of Private Insurance Companies

 Insurance Coverage of Nutritional
 and Diet Therapy Services

16:30-18:30

Round Tables

 Shahriar Hall  90

Panel Moderator: Dr. Majid Hajifaraji

RT 8

 Human Resource Training for
 Sustainable Food & Nutrition System

Panelists:

Dr. Mohammad-Javad Hosseinzadeh,
 Dr. Ahmad Broomand,
 Dr. Delaram Ghodsi,
 Dr. Ali Milani-Bonab,

February 22

Sheykh Bahaei Hall



RT 9

Panel Moderator: Dr Naser Kalantari and Dr Ali Pezeshki

Capacities of Food Tourism
Development in Iran

16:30-18:30

Round Table

Panelists:

Dr. Roshan Babaei Hemmati
Dr. Morteza Tale' Masouleh
Dr. Dr Hossein Dehghan Menshadi

February 22

Parvin Etesami Hall		Title	Speaker
75		Panel: Dr Samira Pourmoradian, Dr Jalal Hejazi, Dr Amin Mokari, Dr. Neda Ezzedin	Mokari-Yamchi Amin
16:30-18:30		The Effects of Food Price Policies (Taxes And Subsidies) on Promoting Healthier Diet in Iranian Households and Cost- Effectiveness Analysis of the Policies	Pourmoradian Samira
Oral Communications		What are the Best Nutrition Policies to Prevent NCDs in Iran? An Expert's Opinion	Ezzeddin Neda
		Analysis and Evaluation of The "Improving Nutrition of Rural and Tribal Women" Program in Rural Areas of Tehran Province, Iran	Hejazi Jalal
		Effect of a Comprehensive Nutrition Education Program on Nutritional Behavior and Food Security of Female-headed Households Who Receive Welfare Support in Zanjan Province	Golian Nazanin
		Effective Diet in the Treatment of Leukemia: Study of Apoptosis Following the Effect of Cardamom Extract in AML Leukemia of Rats	Jafari Karegar Sahar
		Body Mass Index, Dietary Fiber and Docosahexaenoic Acid Intake Predicts One-year Relapses in Multiple Sclerosis Patients: Using Machine Learning Models	Seif Zahra
		The Effect of Vitamin C Supplementation on Lipid And Lipoprotein Concentration of Hyperlipidemic Patients	Vahidinia Aliasghar
		Evaluation of the Relationship Between Malnutrition According o PNI and Inflammatory Factors (ESR-CRP-D Dimer) in Corona Hospitalized Patients in Hamadan in 2020-22	



Day 3

February 23



February 23

Scientific Lectures		Title	Speaker	Language
8:00-10:00		Panel Chair: Dr. Jaleddin Mirzay Razzaz		
10:00-10:30		A Review on the National Policies of Improving Fruits and Vegetable Consumption	Dr. Naser Kalantari	Fa
		Insulin Resistance and Its Long-term Health Consequences	Dr. R. Homayounfar	Fa
		Principals of Healthy Bread for the Community	Dr. Zahra Abdollahi	Fa
		Tehran Lipid and Glucose Study: Nutritional Results	Dr Parvin Mirmiran	Fa
		Coffee Break		

Parvin Etesami Hall 75

February 23

Scientific Lectures		8:00-10:00		10:00-10:30	
Kharazmi Hall		150		150	
Title	Speaker	Language			
Panel Chair: Dr Mohammad Hassan Abolhassani					
Metabolic Syndrome Status in the Iranian Community	Dr. Fereidoun Azizi	Fa			
Epidemiology and burden of Fatty Liver	Dr. Moayed Alavian	Fa			
Childhood Obesity: CASPIAN Cohort Study	Dr. Ramin Heshmat	Fa			
Nutritional Results of Persian Cohort	Dr Farid Najafi	Fa			
Coffee Break					

February 23

Speaker	Title	Language
Dr. Dariush Mozaffarian	Food is medicine	En
Dr. Simin Meydani	Nutrition's role in immunomodulation	En
Dr. Anthony Leeds	Nutritional interventions in type 2 diabetes management	En
Dr M. Javad Hosseizadeh	Adipocyte Genotypes and its Role in Obesity	Fa

Scientific Lectures

8:00-10:00

Allameh Tabatabaee Hall 150

10:00-10:30

Coffee Break

February 23

Shahriar Hall



RT 10

Panel Moderator: Dr Marjan Ajami

Round Table

Non-Invasive Technologies for
Body Shaping

8:00-10:00

Panelists:

Dr. Majid Hassanghomi,
Dr. Atoosa Saeidpoor,
Dr. Shahab Shahabi,
Dr. Farnaz Farsi,
Dr. Saeid Doaei,
Dr. Matin Ghanavati,

10:00-10:30

Coffee Break

February 23

Abooreihan Hall

650

S 12
Panel: Prof Fereidoun Azizi (Chair), Dr Zahra Bahadoran, Dr. Koroush Etemad, Dr. Reza Homayounfar, Dr. Mohsen Nemati, Dr. Mohammad Alizadeh

Nutrition & Non-Communicable Diseases

8:00-10:00

10:00-10:30

Symposium

An Etiological Approach to obesity management

Dr. Mohsen Nemati

Practical clinical considerations of medical nutrition therapy in ischemic heart disease

Dr. M. H Sharifi

Effects of lifestyle factors on regression and progression of prediabetes: Findings of a 9-year follow-up in the Tehran Lipid and Glucose Study

Dr. Zahra Bahadoran

The effects of the type of consumed oil on neurological diseases

Dr. M. Alizadeh

The role of Vitamin D on Health and Diseases

Dr. M. Arabi

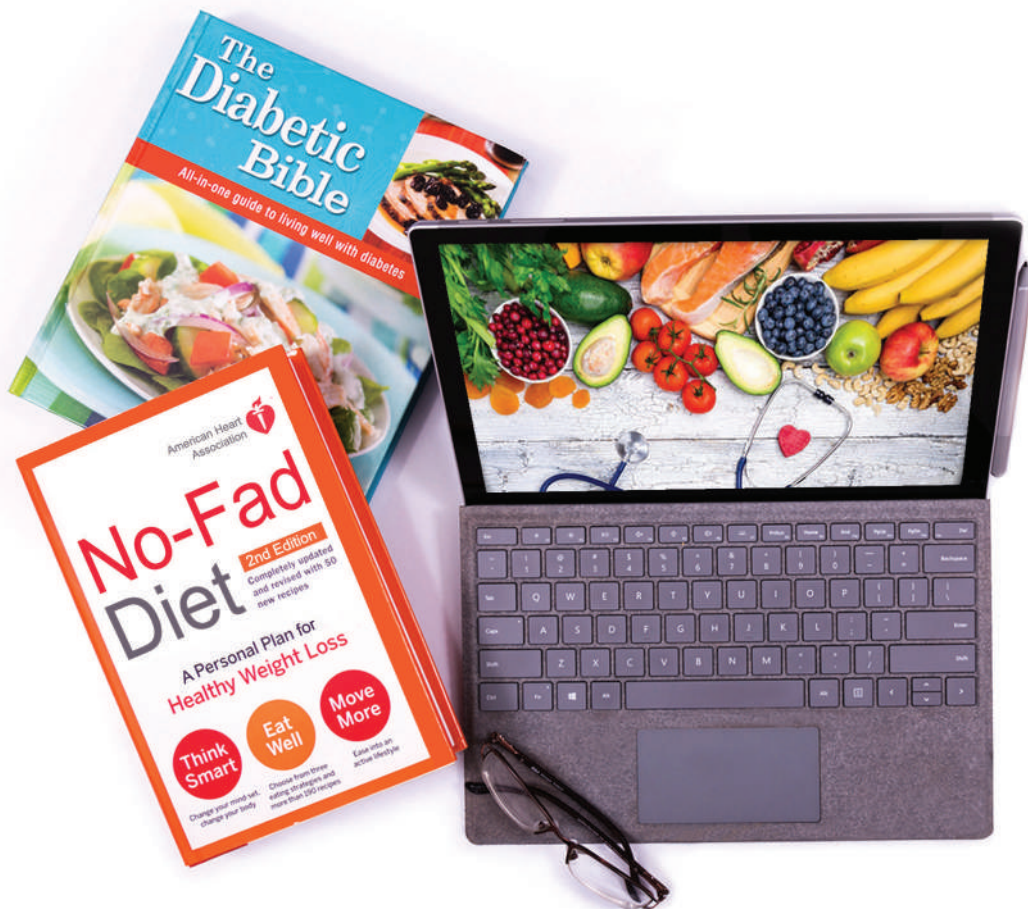
Coffee Break

February 23		Title	Speaker	Language
650		Panel: Dr Mohammad Eslami, Dr. Shahin Salehi, Dr. Tirang Neyestani		
10:30-12:30		Nutrition crisis and its impact on mothers and newborns	Dr. Mohammad Eslami	Fa
		Critical role of clinical laboratories in public health and patient care, with a focus on nutrition surveys and nutritional biomarkers	Dr. Khosrow Adeli	En
		The D-Lightfully Controversial Vitamin D for Health from Birth until Death	Dr Michael Holick	En
		Physical activity in weight management	Dr Shahin Salehi	Fa
12:30-14:00		Lunch Break		


Plenary Lectures

مرکز تغذیه و تندرستی خورشاد

تولید کننده بسته غذاهای با کالری مشخص
سلامت، کاهش وزن، ورزشی و درمانی



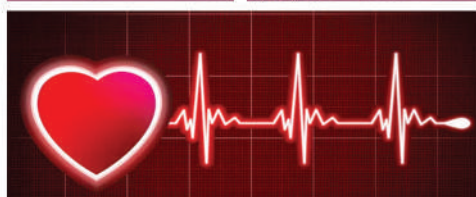
www.khorshad.com

 Khorshadhealth

تلفن : ۲۲۸۰۳۰۳۰

زندگی سلامت و کاهش وزن با خورشاد خوشمزه است!

تیم تغذیه خورشاد با سابقه ۱۵ ساله، بیش از یکصد و پنجاه نوع صبحانه، ناهار، شام، سالاد، و دسرها کالری و جدول ارزش غذایی مشخص طراحی کرده است. تنوع غذایی خورشاد کم نظیر و شامل غذاهای ایرانی، سستی، فرنگی و حتی غذاهایی از هند، مکزیک و چین است. تیم آشپزی خورشاد که آموزشهای لازم را دیده اند، همه غذاها را دقیقاً با فرمولهای معین و دستورالعمل دقیق علمی زیر نظر متخصصین تغذیه، درست میکنند. این تیم تا حد ممکن طعم غذای خانگی را با رعایت اصول عملی ایجاد میکنند. صبحانه، ناهار، شام، سالاد، و دسر خورشاد، خوشمزه ترین غذاهای سالمی هستند که میتوانید انتظار داشته باشید.



مرکز تغذیه و تندرستی خورشاد، با ارائه پکیج های غذایی سالم، رژیمی و علمی برای بیماران مبتلا به دیابت، کنسر و سندرم متابولیک آماده خدمت است. تمامی پکیج های غذایی بیماران از لحاظ تنظیم مقدار انرژی، درشت مغذی ها و کنترل تداخلات غذا و دارو، زیر نظر تیم تخصصی متخصصین تغذیه خورشاد تنظیم می شود



keep your healthy liver
with **proGsterol**



Keep your healthy weight
with **proGsterol**



proGsterol

Healthy Glucose Level
with Deglusterol®



FDA

Deglusterol is Registered as NDI in the US FDA

World first NDI as synthetic peptides

30

Support Maintaining Healthy Blood Glucose Levels

The instant result is shown 30 minutes after taking proGsterol

II

For Pre-diabetic & Type II Diabetic Patients

1

Only One Sachet Per Day



(+98) 21 7625 0950
(+98) 21 9100 1094
(+98) 21 7625 1098

info@virarahesh.com
virarahesh.com
viraraheshpharmed
vira.rahesh

Number 147, Danesh 2 st, Danesh st, Pardis
Technology Park, Tehran, Iran. ZIP 165410914

**VIRA
RAHESH**
Vira Rahesh Pharmed Pharmaceutical Co.
Elite innovation

مکمل های غذایی

NEXTYLE



تجربه کن
ناتجربیان

ACTOVER GROUP
IRANIAN DETERMINATION GLOBAL TECHNOLOGY

nexus

No. 58, 8th St., Kooye Nasr (Gisha St.), Tehran IR Iran, Postal Code: 1446863914, Telefax: +98 (21) 41637000
NEX.MKT.SUP.10.1402.2074
www.nexuspharmaco.com