

Curriculum Vitae

Personal info

Full name	Matin Ghanavati
Nationality	Iranian
Marital status	Single
Languages	English, Persian, Arabic
Work place	National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences and Health Services, Tehran, Iran.
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Google Scholar	https://scholar.google.com/citations?user=0A0T--oAAAAJ&hl=en
Research Gate	https://www.researchgate.net/profile/MatinGhanavati/publications?sorting=recentlyAdded&editMode=1

Education

Ph.D.

Nutrition science, Department of Clinical Nutrition and Dietetics, Faculty of Nutrition and Food Technology, National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, Tehran, Iran (October 2016- January 2021)

MSc

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

BSc

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

Work experiences

Assistant professor (from 2021)	National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, Tehran, Iran
Research member (from 2022)	Iranian Organ Donation Center
Research assistant (2015-2016)	Nutrition and Metabolic Diseases Research Center, Jundishapur University of Medical Sciences, Ahvaz, Iran

Lecturer

Islamic Azad University, current topics in nutrition, seminar course (MSc)
Science and Research Branch (2022)

Shahid Beheshti University of Medical Sciences (2016)	nutrition services in primary health care
University of Applied Sciences (2014-2017)	sport nutrition 1 and 2, diet therapy, pharmacology, basic sport nutrition
Jundishapur University of Medical Sciences (2015)	nutrition services in primary health care

Publications

1. Behrouz M, Ghanavati M, Mirmiran P, Hosseini Z, Rashidkhani B. Scientific review of nutritional beliefs of traditional medicine and modern nutrition about multiple sclerosis: a case control study in Tehranian adult. *Iranian Journal of Nutrition Sciences & Food Technology*. 2013;7(5).
2. BEHROOZ M, HOSSEINI Z, ASGHARI G, GHANAVATI M, RASHIDKHANI B. ORAL: HEALTHY EATING INDEX AND RISK OF MULTIPLE SCLEROSIS: A CASE CONTROL STUDY. 2014.
3. Ghanavati M, Rashidkhani B, Behrooz M, Sarli R, Moradi B. The Relationship between the Intake of Some Macronutrients and Dietary Antioxidants and Risk of Age-related Cataract in Adults: A Case Control. *Iranian Journal of Nutrition Sciences & Food Technology*. 2014;9(3):33-44.
4. Cheraghpoor K, Ehrampoush E, Shahbazi R, Alipour M, Ghanavati M, Khodadadi B, et al. Evaluation and compare the indices of body adiposity in Ahvaz University students. *Jundishapur Scientific Medical Journal*. 2015;14(5):534-48.
5. Ghanavati M, Behrooz M, Rashidkhani B, Ashtray-Larky D, Zamani SD, Alipour M. Healthy eating index in patients with cataract: A case-control study. *Iranian Red Crescent medical journal*. 2015;17(10).
6. Ghanavati M, Hosseini SA, Alipour M, Ashtari-larky D, Cheraghpoor K. The role of probiotics in the management of cardiovascular disease risk factors. *Clinical Excellence*. 2015;4(1):156-40.
7. Hosseini SA, Ahangarpour A, Ghanavati M, Aria M, Alipour M. Review effects of ginseng on improving glycemic status and other related parameters with Type 2 diabetes. *Z[^]. Y[¥] Á u\{e e Ä}*. 2015.
8. Hosseini SA, Shirali S, Ghanavati M, Alipour M. Role of nutrition in epigenetic modulation as a preventive and therapeutic approach for cancer. *Int j pharm res allied sci*. 2016;5:218-.
9. Ashtary-Larky D, Ghanavati M, Lamuchi-Deli N, Payami SA, Alavi-Rad S, Boustaninejad M, et al. Rapid weight loss vs. slow weight loss: which is more effective on body composition and metabolic risk factors? *International journal of endocrinology and metabolism*. 2017;15(3).
10. Behrooz M, Ghanavati M, Hosseini Z, Asghari G, Rashidkhani B. Healthy eating index and risk of multiple sclerosis: a case control study. *Journal of Nutritional Sciences and Dietetics*. 2017.
11. Cheraghpoor M, Hosseini SA, Ashtary-Larky D, Shirali S, Ghanavati M, Alipour M. Effects of high-protein, low-energy diet on body composition in overweight and obese adults: a clinical trial. *International Journal of Nutrition and Food Engineering*. 2017;11(3):77-80.
12. Ghanavati M, Alipour M, Khodaparast-Zavareh M, Sarli R, Rashidkhani B. Fruit, vegetable, and dietary antioxidant intake and age-related cataract risk: A case-control study. *Journal of Nutritional Sciences and Dietetics*. 2017:15-22.
13. Hosseini SA, Cheraghpoor M, Shirali S, Rafie R, Ghanavati M, Amjadi A, et al. Relationship of Sleep Duration with Obesity and Dietary Intake. *International Journal of Nutrition and Food Engineering*. 2017;11(3):73-6.
14. Hosseini SA, Ghalesardi OK, Kamaei Z, Aghili S, Ashtary-Larky D, Hoseininejad SS, et al. Associations of Maternal Serum Zonulin and Elements Concentrations with Neonatal Birth Weight: A Case-Control Study. *Journal of Clinical & Diagnostic Research*. 2017;11(12).

15. Sedaghat F, Ghanavati M, Hajian PN, Hajishirazi S, Ehteshami M, Rashidkhani B. Nutrient patterns and risk of cataract: a case-control study. *International journal of ophthalmology*. 2017;10(4):586.
16. Shivappa N, Hebert JR, Rashidkhani B, Ghanavati M. Inflammatory potential of diet is associated with increased odds of cataract in a case-control study from Iran. *International journal for vitamin and nutrition research Internationale Zeitschrift für Vitamin- und Ernährungsforschung Journal international de vitaminologie et de nutrition*. 2017;87(1-2):17-24.
17. Alipour M, Malihi R, Hosseini SA, Abbasnezhad A, Ghavami A, Shahmohammadi HA, et al. The effects of catechins on related risk factors with type 2 diabetes: a review. *Progress in nutrition*. 2018;20(1):12-20.
18. Ashtary-Larky D, Daneghian S, Alipour M, Rafiei H, Ghanavati M, Mohammadpour R, et al. Waist circumference to height ratio: better correlation with fat mass than other anthropometric indices during dietary weight loss in different rates. *International journal of endocrinology and metabolism*. 2018;16(4).
19. Ghanavati M, Movahed M, Rashidkhani B, Rakhsha A, Hejazi E. Index-based dietary patterns and the risk of prostate cancer among Iranian men. *Asian Pacific Journal of Cancer Prevention*. 2019;20(5):1393-401.
20. Nikkhah-Bodaghi M, Ghanavati M, Hekmatdoost A. Polyphenol intakes and risk of impaired lipid profile, elevated hepatic enzymes and nonalcoholic fatty liver disease. *Nutrition & Food Science*. 2019.
21. Ghanavati M, Rahmani J, Clark CC, Hosseinabadi SM, Rahimlou M. Pistachios and cardiometabolic risk factors: A systematic review and meta-analysis of randomized controlled clinical trials. *Complementary Therapies in Medicine*. 2020;52:102513.
22. Ghanavati M, Rahmani J, Rinaldi G, Zand H. Fasting insulin and risk of cancer related mortality in non-diabetic adults: A dose-response meta-analysis of cohort studies. *Current diabetes reviews*. 2020;16(4):357-63.
23. Hejazi J, Ghanavati M, Hejazi E, Poustchi H, Sepanlou SG, Khoshnia M, et al. Habitual dietary intake of flavonoids and all-cause and cause-specific mortality: Golestan cohort study. *Nutr J*. 2020;19(1):1-25.
24. Hosseini SA, Aghamohammadi V, Ashtary-Larky D, Alipour M, Ghanavati M, Lamuchi-Deli N. Are young Iranian women with metabolically healthy obesity at increased risk of CVD incidence? *Jornal Vascular Brasileiro*. 2020;19.
25. Hosseini SA, Aghamohammadi V, Ashtary-Larky D, Alipour M, Ghanavati M, Lamuchi-Deli N. Jovens iranianas obesas metabolicamente saudáveis têm maior risco de incidência de DCV? *Jornal Vascular Brasileiro*. 2020;19.
26. Jafari Nasab S, Bahrami A, Rafiee P, Hekmatdoust A, Ghanavati M, Rashidkhani B, et al. Healthy Eating Index-2010 and Mediterranean-Style Dietary Pattern Score and the risk of colorectal cancer and adenoma: A case-control study. *Nutrition and cancer*. 2020;72(8):1326-35.
27. Movahedian M, Thomas J, Rahmani J, Clark CC, Rashidkhani B, Ghanavati M. Association between dietary glycemic index and glycemic load, insulin index and load with incidence of age-related cataract: Results from a case-control study. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews*. 2020;14(3):199-204.
28. Asbaghi O, Ghanavati M, Ashtary-Larky D, Bagheri R, Kelishadi M, Nazarian B, et al. Effects of Folic Acid Supplementation on Oxidative Stress Markers: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Antioxidants* 2021, 10, 871. s Note: MDPI stays neutral with regard to jurisdictional claims in ...; 2021.
29. Asbaghi O, Ghanavati M, Ashtary-Larky D, Bagheri R, Rezaei Kelishadi M, Nazarian B, et al. Effects of folic acid supplementation on oxidative stress markers: a systematic review and meta-analysis of randomized controlled trials. *Antioxidants*. 2021;10(6):871.
30. Asbaghi O, Salehpour S, Rezaei Kelishadi M, Bagheri R, Ashtary-Larky D, Nazarian B, et al. Folic acid supplementation and blood pressure: A GRADE-assessed systematic review and dose-response meta-analysis of 41,633 participants. *Critical reviews in food science and nutrition*. 2021:1-16.

31. Ashtary-Larky D, Bagheri R, Ghanavati M, Asbaghi O, Tinsley GM, Mombaini D, et al. Effects of betaine supplementation on cardiovascular markers: A systematic review and Meta-analysis. *Critical reviews in food science and nutrition*. 2021;1-18.
32. Emamat H, Asadian S, Zahedmehr A, Ghanavati M, Nasrollahzadeh J. The effect of barberry (*Berberis vulgaris*) consumption on flow-mediated dilation and inflammatory biomarkers in patients with hypertension: A randomized controlled trial. *Phytotherapy Research*. 2021;35(5):2607-15.
33. Ghanavati M, Alipour Parsa S, Nasrollahzadeh J. A calorie-restricted diet with nuts favourably raises plasma high-density lipoprotein-cholesterol in overweight and obese patients with stable coronary heart disease: A randomised controlled trial. *International Journal of Clinical Practice*. 2021;75(9):e14431.
34. Ghanavati M, Clark CC, Bahrami A, Teymoori F, Movahed M, Sohrab G, et al. Dietary intake of polyphenols and total antioxidant capacity and risk of prostate cancer: A case-control study in Iranian men. *European Journal of Cancer Care*. 2021;30(2):e13364.
35. Ghanavati M, Hosseinabadi SM, Parsa SA, Safi M, Emamat H, Nasrollahzadeh J. Effect of a nut-enriched low-calorie diet on body weight and selected markers of inflammation in overweight and obese stable coronary artery disease patients: a randomized controlled study. *European journal of clinical nutrition*. 2021;75(7):1099-108.
36. Ghanavati M, Nasrollahzadeh J. A calorie-restricted diet enriched with tree nuts and peanuts reduces the expression of CX3CR1 in peripheral blood mononuclear cells in patients with coronary artery disease. *International Journal for Vitamin and Nutrition Research*. 2021.
37. Hooshmand Moghadam B, Bagheri R, Ghanavati M, Khodadadi F, Cheraghloo N, Wong A, et al. The Combined Effects of 6 Weeks of Jump Rope Interval Exercise and Dark Chocolate Consumption on Antioxidant Markers in Obese Adolescent Boys. *Antioxidants*. 2021;10(11):1675.
38. Jafari Nasab S, Ghanavati M, Bahrami A, Rafiee P, Sadeghi A, Clark CC, et al. Dietary nutrient patterns and the risk of colorectal cancer and colorectal adenomas: a case-control study. *European Journal of Cancer Prevention*. 2021;30(1):46-52.
39. Jafari Nasab S, Ghanavati M, Rafiee P, Bahrami A, Majidi N, Clark CC, et al. A case-control study of Dietary Approaches to Stop Hypertension (DASH) diets, colorectal cancer and adenomas among Iranian population. *BMC cancer*. 2021;21(1):1-9.
40. Ashtary-Larky D, Bagheri R, Ghanavati M, Asbaghi O, Wong A, Stout JR, et al. Effects of beta-alanine supplementation on body composition: a GRADE-assessed systematic review and meta-analysis. *Journal of the International Society of Sports Nutrition*. 2022;19(1):196-218.
41. Rahmani J, Nikkha M, Clark CC, Ghanavati M. Adherence to Baltic Sea diet and healthy Nordic dietary pattern and lower risk of age-related cataract: a case-control study from Iran. 2022.
42. Setayesh L, Pourreza S, Khosroshahi MZ, Asbaghi O, Bagheri R, Kelishadi MR, et al. The effects of guar gum supplementation on lipid profile in adults: A GRADE-assessed systematic review, meta-regression, and dose-response meta-analysis of randomized placebo-controlled trials. *British Journal of Nutrition*. 2022:1-29.

Research interest

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

CONFERENCE PAPERS AND POSTERS

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

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

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

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

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

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

Research projects

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

	in overweight and obese individuals: A randomized control trial		
10	The effects of high protein low calories diet on body composition indices in overweight and obese adults: RCT	Colleague	12 months
11	Comparison biochemical and metabolic factors in normal, obese and normal weight obese individuals	Colleague	12 months

Peer reviewing

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

Skills

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