

مشخصات عمومی

نام خانوادگی: نصرالله زاده ممقانی نام: جواد تاریخ تولد: ۱۳۵۶/۲/۲۲ محل تولد: تهران
مرتبه فعلی: دانشیار وضعیت تأهل: متأهل

تحصیلات دانشگاهی:

کارشناسی علوم تغذیه: دانشکده علوم تغذیه و صنایع غذایی، دانشگاه علوم پزشکی شهید بهشتی، ۱۳۷۹-۱۳۷۵

کارشناسی ارشد علوم تغذیه: دانشکده بهداشت و تغذیه، دانشگاه علوم پزشکی شیراز، ۱۳۷۹-۱۳۸۱

دکترای تخصصی (Ph.D.) علوم تغذیه: دانشکده بهداشت، دانشگاه علوم پزشکی تهران، ۱۳۸۱-۱۳۸۷

سوابق آموزشی:

تدریس دروس مختلف رژیم درمانی و تغذیه بالینی، تغذیه اساسی و پیشرفته، کارآموزی تغذیه بالینی (بیمارستان طالقانی) در سه مقطع کارشناسی، کارشناسی ارشد و دکترا (شروع فعالیت آموزشی از سال ۱۳۸۸)

مسئولیت های اجرایی:

- مدیر گروه تغذیه بالینی و رژیم درمانی از سال ۱۳۹۵ الی ۱۳۹۷
- معاون آموزشی دانشکده علوم تغذیه و صنایع غذایی از سال ۱۳۹۷ تا ۱۳۹۸

گزیده ای از مقالات لاتین (نویسنده اول یا نویسنده مسئول):

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- **Effects of perioperative vitamin E and zinc co-supplementation on systemic inflammation and length of stay following coronary artery bypass graft surgery: a randomized controlled trial.**

Makiabadi E, Nakhaeizadeh R, Soleimani M, Nasrollahzadeh J.

Eur J Clin Nutr. 2023 Oct 27. doi: 10.1038/s41430-023-01356-x. Online ahead of print. PMID: 37891226

- **Effect of a Reduced-Calorie Diet on Plasma Levels of Inflammatory and Metabolic Factors in Overweight/Obese Patients with Cardiovascular Risk Factors.**

Nasrollahzadeh J, Khandouzi N, Maroofi M.

Int J Endocrinol Metab. 2023 May 16;21(2):e135216. doi: 10.5812/ijem-135216. eCollection 2023 Apr. PMID: 37654524 Free PMC article.

- **Effects of olive oil and flaxseed consumption in a healthy diet on endothelial function, plasma lipids and inflammatory factors of patients with coronary heart disease: a randomized clinical trial.**

Khandouzi N, Zahedmehr A, Asadian S, Nasrollahzadeh J.

Coron Artery Dis. 2023 Aug 1;34(5):332-340. doi: 10.1097/MCA.0000000000001259. Epub 2023 Jun 5. PMID: 37335239 Clinical Trial.

- **Effect of feeding with standard or higher-density formulas on anthropometric measures in children with congenital heart defects after corrective surgery: a randomized clinical trial.**

Aryafar M, Mahdavi M, Shahzadi H, Nasrollahzadeh J.

Eur J Clin Nutr. 2022 Dec;76(12):1713-1718. doi: 10.1038/s41430-022-01186-3. Epub 2022 Jul 29. PMID: 35906331 Clinical Trial.

- **The effect of barberry (*Berberis integerrima*) on lipid profile and systemic inflammation in subjects with cardiovascular risk factors: a randomized controlled trial.**

Emamat H, Zahedmehr A, Asadian S, Nasrollahzadeh J.

BMC Complement Med Ther. 2022 Mar 7;22(1):59. doi: 10.1186/s12906-022-03539-8. PMID: 35255880 Free PMC article. Clinical Trial.

- **The effect of purple-black barberry (*Berberis integerrima*) on blood pressure in subjects with cardiovascular risk factors: a randomized controlled trial.**

Emamat H, Zahedmehr A, Asadian S, Nasrollahzadeh J.

J Ethnopharmacol. 2022 May 10;289:115097. doi: 10.1016/j.jep.2022.115097. Epub 2022 Feb 9. PMID: 35150818 Clinical Trial.

- **Effects of diets rich in ghee or olive oil on cardiometabolic risk factors in healthy adults: a two-period, crossover, randomised trial.**

Mohammadi Hosseinabadi S, Nasrollahzadeh J.

Br J Nutr. 2022 Nov 14;128(9):1720-1729. doi: 10.1017/S0007114521004645. Epub 2021 Nov 19. PMID: 34794522 Clinical Trial.

- **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.**

Ghanavati M, Nasrollahzadeh J.

Int J Vitam Nutr Res. 2023 Aug;93(4):329-338. doi: 10.1024/0300-9831/a000738. Epub 2021 Nov 19. PMID: 34794330 Clinical Trial.

- **The acute effect of incorporating lettuce or watercress into a moderately high-fat meal on postprandial lipid, glycemic response, and plasma inflammatory cytokines in healthy young men: a randomized crossover trial.**

Shokraei S, Khandouzi N, Sina Z, Nasrollahzadeh J.

Lipids Health Dis. 2021 Jul 15;20(1):66. doi: 10.1186/s12944-021-01487-9. PMID: 34261489 Free PMC article. Clinical Trial.

- **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.**

Ghanavati M, Alipour Parsa S, Nasrollahzadeh J.

Int J Clin Pract. 2021 Sep;75(9):e14431. doi: 10.1111/ijcp.14431. Epub 2021 Jun 13. PMID: 34080258 Clinical Trial.

- **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.**

Ghanavati M, Hosseinabadi SM, Parsa SA, Safi M, Emamat H, Nasrollahzadeh J.

Eur J Clin Nutr. 2021 Jul;75(7):1099-1108. doi: 10.1038/s41430-020-00819-9. Epub 2021 Jan 8. PMID: 33420472 Clinical Trial.

- **The effect of barberry (*Berberis vulgaris*) consumption on flow-mediated dilation and inflammatory biomarkers in patients with hypertension: A randomized controlled trial.**

Emamat H, Asadian S, Zahedmehr A, Ghanavati M, Nasrollahzadeh J.

Phytother Res. 2020 Dec 22. doi: 10.1002/ptr.7000. Online ahead of print. PMID: 33350540

- **Effect of barberry (*Berberis vulgaris*) consumption on blood pressure, plasma lipids, and inflammation in patients with hypertension and other cardiovascular risk factors: study protocol for a randomized clinical trial.**

Emamat H, Zahedmehr A, Asadian S, Tangestani H, Nasrollahzadeh J.

Trials. 2020 Nov 27;21(1):986. doi: 10.1186/s13063-020-04918-7. PMID: 33246500 Free PMC article.

- **Effect of polyphenol-rich extra-virgin olive oil on lipid profile and inflammatory biomarkers in patients undergoing coronary angiography: a randomised, controlled, clinical trial.**

Khandouzi N, Zahedmehr A, Nasrollahzadeh J.

Int J Food Sci Nutr. 2021 Jun;72(4):548-558. doi: 10.1080/09637486.2020.1841123. Epub 2020 Oct 29. PMID: 33121297 Clinical Trial.

- **Effect of intermittent versus continuous calorie restriction on body weight and cardiometabolic risk markers in subjects with overweight or obesity and mild-to-moderate hypertriglyceridemia: a randomized trial.**

Maroofi M, Nasrollahzadeh J.

Lipids Health Dis. 2020 Oct 7;19(1):216. doi: 10.1186/s12944-020-01399-0. PMID: 33028352 Free PMC article. Clinical Trial.

- **Effects of canola or olive oil on plasma lipids, lipoprotein-associated phospholipase A2 and inflammatory cytokines in patients referred for coronary angiography.**

Khandouzi N, Zahedmehr A, Nasrollahzadeh J.

Lipids Health Dis. 2020 Aug 14;19(1):183. doi: 10.1186/s12944-020-01362-z. PMID: 32795310 Free PMC article. Clinical Trial.

- **Short term effects of coffee components consumption on gut microbiota in patients with non-alcoholic fatty liver and diabetes: A pilot randomized placebo-controlled, clinical trial.**

Mansour A, Mohajeri-Tehrani MR, Karimi S, Sanginabadi M, Poustchi H, Enayati S, Asgarbeik S, Nasrollahzadeh J, Hekmatdoost A.

EXCLI J. 2020 Mar 2;19:241-250. doi: 10.17179/excli2019-2021. eCollection 2020. PMID: 32256270 Free PMC article.

- **The effect of garlic on vascular function: A systematic review of randomized clinical trials.**

Emamat H, Tangestani H, Totmaj AS, Ghalandari H, Nasrollahzadeh J.

Clin Nutr. 2020 Dec;39(12):3563-3570. doi: 10.1016/j.clnu.2020.02.016. Epub 2020 Feb 24. PMID: 32143889

- **Effect of flaxseed consumption on flow-mediated dilation and inflammatory biomarkers in patients with coronary artery disease: a randomized controlled trial.**

Khandouzi N, Zahedmehr A, Mohammadzadeh A, Sanati HR, Nasrollahzadeh J.

Eur J Clin Nutr. 2019 Feb;73(2):258-265. doi: 10.1038/s41430-018-0268-x. Epub 2018 Aug 20. PMID: 30127374 Clinical Trial.

- **Comparison of Two Calorie-Reduced Diets of Different Carbohydrate and Fiber Contents and a Simple Dietary Advice Aimed to Modify Carbohydrate Intake on Glycemic Control and Inflammatory Markers in Type 2 Diabetes: A Randomized Trial.**

Ghalandari H, Kamalpour M, Alimadadi A, Nasrollahzadeh J.

Int J Endocrinol Metab. 2017 Dec 30;16(1):e12089. doi: 10.5812/ijem.12089. eCollection 2018 Jan. PMID: 29696035 Free PMC article.

- **Short-Term Supplementation of a Moderate Carbohydrate Diet with Psyllium Reduces Fasting Plasma Insulin and Tumor Necrosis Factor- α in Patients with Type 2 Diabetes Mellitus.**

Kamalpour M, Ghalandari H, Nasrollahzadeh J.

J Diet Suppl. 2018 Jul 4;15(4):507-515. doi: 10.1080/19390211.2017.1358791. Epub 2017 Sep 28.

PMID: 28956658 Clinical Trial.

- **Effects of garlic on brachial endothelial function and capacity of plasma to mediate cholesterol efflux in patients with coronary artery disease.**

Mahdavi-Roshan M, Mirmiran P, Arjmand M, Nasrollahzadeh J.

Anatol J Cardiol. 2017 Aug;18(2):116-121. doi: 10.14744/AnatolJCardiol.2017.7669. Epub 2017 May 24. PMID: 28554988 Free PMC article. Clinical Trial.

- **Effects of Persian leek (*Allium ampeloprasum*) on hepatic lipids and the expression of proinflammatory gene in hamsters fed a high-fat/ high-cholesterol diet.**

Fatoorechi V, Rismanchi M, Nasrollahzadeh J.

Avicenna J Phytomed. 2016 Jul-Aug;6(4):418-24. PMID: 27516982 Free PMC article.

- **Pomegranate (*Punicagranatum*) juice decreases lipid peroxidation, but has no effect on plasma advanced glycated end-products in adults with type 2 diabetes: a randomized double-blind clinical trial.**

Sohrab G, Angoorani P, Tohidi M, Tabibi H, Kimiagar M, Nasrollahzadeh J.

Food Nutr Res. 2015 Sep 8;59:28551. doi: 10.3402/fnr.v59.28551. eCollection 2015. PMID: 26355954 Free PMC article.

- **Relationship between Dietary Approaches to Stop Hypertension score and Alternative Healthy Eating Index score with plasma asymmetrical dimethylarginine levels in patients referring for coronary angiography.**

Mokhtari Z, Hosseini S, Miri R, Baghestani AR, Zahedirad M, Rismanchi M, Nasrollahzadeh J.

J Hum Nutr Diet. 2015 Aug;28(4):350-6. doi: 10.1111/jhn.12311. Epub 2015 Mar 18. PMID: 25786774

- **Effect of garlic powder tablet on carotid intima-media thickness in patients with coronary artery disease: a preliminary randomized controlled trial.**

Mahdavi-Roshan M, Zahedmehr A, Mohammad-Zadeh A, Sanati HR, Shakerian F, Firouzi A, Kiani R, Nasrollahzadeh J.

Nutr Health. 2013 Apr;22(2):143-55. doi: 10.1177/0260106014563446. Epub 2015 Jan 8. PMID: 25573347 Clinical Trial.

- **Effects of zinc supplementation on efficacy of antidepressant therapy, inflammatory cytokines, and brain-derived neurotrophic factor in patients with major depression.**

Ranjbar E, Shams J, Sabetkasaei M, M-Shirazi M, Rashidkhani B, Mostafavi A, Bornak E, Nasrollahzadeh J.

Nutr Neurosci. 2014 Feb;17(2):65-71. doi: 10.1179/1476830513Y.0000000066. Epub 2013 Nov 26. PMID: 23602205 Clinical Trial.

- **The influence of feeding linoleic, gamma-linolenic and docosahexaenoic acid rich oils on rat brain tumor fatty acids composition and fatty acid binding protein 7 mRNA expression.**

Nasrollahzadeh J, Siassi F, Doosti M, Eshraghian MR, Shokri F, Modarressi MH, Mohammadi-Asl J, Abdi K, Nikmanesh A, Karimian SM. Lipids Health Dis. 2008 Nov 16;7:45. doi: 10.1186/1476-511X-7-45. PMID: 19014610 Free PMC article.

کتاب چاپ شده (عنوان، نویسنده اصلی یا همکار، سال انتشار):

- تغذیه در بیماریهای دستگاه گوارش. انتشارات حیان- ابصالح. ۱۳۸۱ (نویسنده اصلی)
- درمان تغذیه ای در چاقی، دیابت شیرین و بیماری های قلبی عروقی. انتشارات پلک. ۱۳۸۲. (نویسنده اصلی)
- تغذیه ورزش و تناسب اندام. انتشارات انستیتو تحقیقات تغذیه و صنایع غذایی کشور. ۱۳۸۱. (نویسنده همکار)
- راهنمای جیبی ضروری برای رژیم شناس بالینی. انتشارات حیان- ابصالح. ۱۳۸۹. (مترجم)