



# Curriculum Vitae

## Personal Details

**Family Name:** Milani Bonab

**First Name:** Ali

**Date of Birth:** 28.08.1981

**Marital Status:** Married

## Contact Details

### Email Address

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## Research Interests

- Food and Nutrition Policy,
- Inclusive Food System,
- Multi-Stakeholder Partnership,
- Sustainable Development,
- Community Nutrition,
- NCDs and Nutrition Transition,
- Nutrition Economics,
- Rights Based Approach to Food and Nutrition Security,
- Food and Nutrition Economics,
- Human Development and Food Security,
- Responsible and Nutrition Sensitive Agriculture

## Education

### University Name / City, Country / Attended from - To

- ✓ **Shahid Beheshti Univ. of Medical Sciences, Faculty of Nutrition Sciences and Food Technology, Tehran-Iran**

#### *Main Course of Study / Field of Study*

*PhD, Food & Nutrition Policy*

*Dissertation Title: Analysis for Policy to Integrate the Process of Food & Nutrition Policies within Health Sector Reforms to Reach Sustainable Development Goals (SDGs) in I.R. Iran*

**Wageningen University, Center for Development Innovation, The Netherlands, 2020-2021**

#### *Main Course of Study / Field of Study*

*Facilitating Multi-Stakeholder Partnerships to Foster Sustainable and Inclusive Food Systems, Dipl.*

**Wageningen University, Center for Development Innovation, The Netherlands, 2020-2022**

#### *Main Course of Study / Field of Study*

*Making Agriculture Work for Food and Nutrition Security, Dipl.*

**Wageningen University, Center for Development Innovation, The Netherlands, 2019**

#### *Main Course of Study / Field of Study*

*Responsible Agriculture Development for Food Security, Dipl.*

**Wageningen University, Center for Development Innovation, The Netherlands, 2013**

#### *Main Course of Study / Field of Study*

*Rights Based Approach to Food and Nutrition Security Dipl.*

**Yazd University of Medical Sciences, School of Public Health,**

**Yazd-Iran, Sep 2008 to 2011**

#### *Main Course of Study / Field of Study*

*Master of Public Health in Nutrition*

**Islamic Azad University, Science & Research Branch**

**Tehran, Iran, Sep 2000 -Dec 2004**

#### *Main Course of Study / Field of Study*

*Nutrition Sciences*

#### *Degree or Equivalent / Exact Title of Degree*

*Bachelor of Science in Nutrition Sciences*

## Honorary Positions, Awards and Affiliations

- **2017 to 2018: National Consultant- ISP**, *Food and Agriculture Organization of the United Nations (FAO), Iran*
- **2023 to date: Assistant Professor**, *Food and Nutrition Policy and Planning Research Department, National Nutrition and Food Technology Research Institute, Shahid Beheshti Univ. of Medical Sciences, Tehran, Iran*
- **2022 to date: Research Affairs Director**, *National Nutrition and Food Technology Research Institute, Tehran, Iran*
- **2020 to 2022: Member of the Ethics in Research Committee**, *National Nutrition and Food Technology Research Institute, Tehran, Iran*
- **2020, MENA scholarship Awarded**: Wageningen UR Centre for Development Innovation, *Facilitating Multi-Stakeholder Partnerships to Foster Sustainable and Inclusive Food Systems*
- **2019, MENA scholarship Awarded**: Wageningen UR Centre for Development Innovation, *Responsible Agriculture Development for Food Security.*
- **2017, Outstanding Doctoral Student**: Shahid Beheshti Univ. of Medical Sciences, Faculty of Nutrition Sciences and Food Technology, Tehran-Iran
- **2017, Asian Productivity Organization (APO) Grant Awarded**: Forum on Strengthening Food Safety Standards, to be held in Colombo, Sri Lanka, March 2018.
- **From 2005 to 2010: Member of the Board of founders and Directors** in Iran-e-ma Nutrition and Food Organization, 'INFO' (NGO)
- **2017 to date**: Member of the Board of Directors, Iranian Nutrition Society
- **2014**: Acknowledged as "Brilliant Talent", number one/top student in the nationwide specialized PhD program admission test
- **2012, NUFFIC scholarship awarded**: under the Netherlands Fellowship Program (NFP), Wageningen UR Centre for Development Innovation, Rights based approach to food and nutrition security.
- **2012, Senior Advisor to the Director**: Charity Foundation for Diabetic Patients
- **2011: Exemplary Student Award**, Yazd Univ. of Medical Sciences.
- **2010: Exemplary Student Award**, Yazd Univ. of Medical Sciences.
- **From 2009 to date**: Nutrition consultant to Iranian overseas broadcasting, Sahar TV (240 programs).

- **From 2009 to 2013: Member of the Board of Directors** in “Food and Nutrition Association for Health Advocacy”.
- **From 2008 to date:** Nutrition consultant to Iranian Overseas Radio stations (420 programs).
- **From 2007 to date:** Nutrition consultant to Iranian Radio Health (640 programs).
- **From 2003 to 2009: Member of the Board and Head of Students and Alumni Group** at the Iranian Nutrition Society (NGO)
- **From 2006 to 2015:** Administrator of the Iranian Nutrition Society website
- **From 2005 to 2007: Manager of Research Coordination Office** in Iranian Charity Foundation for Special Diseases
- **From 2005 to 2007: Member of the Board of Editors** in “Khas” Special Diseases Journal, Iranian Charity Foundation for Special Diseases
- **From 2004 to 2007: Member of the Board of Editors** in “Behkam” Nutrition and Food Industry journal
- **From 2003 to 2005: Member of the Board of Compilers** in Mir Medical Publication
- **From 2003 to 2006:** Nutrition and Health teacher in Nikan Junior High School, Tehran, Iran
- **From 2002 to 2004:** Member of the Board of Directors and Deputy of Public Relations in Community of Nutrition Sciences of Islamic Azad University, Science and Research Campus, Tehran, Iran

### Workshops/ Training Courses / Held by / City, Country

- Health Policy Fundamentals, Iranian Scientific Law Society and Tehran University of Medical Sciences, Tehran, 2021,
- Food Consumption Surveys (FCS) and Data Management Systems, Shahid Beheshti Univ. of Medical Sciences, Faculty of Nutrition Sciences and Food Technology and World Health Organization (WHO) Tehran, 2017,
- Introduction to RStudio and R Programming, Shahid Beheshti Univ. of Medical Sciences, Faculty of Nutrition Sciences and Food Technology, Tehran, 2017,
- Qualitative Studies, Shahid Beheshti Univ. of Medical Sciences, Faculty of Nutrition Sciences and Food Technology, Community Nutrition Dept. Tehran 2016

- Structural Equation Modeling (SEM), Shahid Beheshti Univ. of Medical Sciences, Faculty of Nutrition Sciences and Food Technology, Community Nutrition Dept. Tehran 2016
- Lesson Planning & Evaluation, Shahid Beheshti Univ. of Medical Sciences, Faculty of Nutrition Sciences and Food Technology, Community Nutrition Dept. Tehran 2014
- Iranian Food and Nutrition Leadership Program (IFNLP), National Nutrition and Food Technology Research Institute (NNFTRI) and the Presentation Group, Bloemendaal, The Netherlands, Tehran, 2009.
- Strategy Focused Organizations, Human Resource Management, Organizational Behavior, Strategic Management and Organization Development, Micro and Macroeconomics, Payame Noor Univ., Under Supervision of Iranian Ministry of Science, Research and Technology, Tehran, Iran
- Research design in Public Health Nutrition, Yazd Univ. of Medical Sciences, Yazd, Iran
- Nutrition Articles Development, Yazd Univ. of Medical Sciences, Yazd, Iran
- Nutrition Articles Development, Iranian Nutrition Society, Tehran, Iran
- Traditional Iranian Medicine (TIM), Iranian Traditional Medicine Research Center, Shahed University of Medical Sciences, Tehran, Iran
- Medical Nutrition Therapy in Cardiovascular Diseases, Iranian Nutrition Society, Tehran, Iran
- Medical Nutrition Therapy for Renal Disorders, Iranian Nutrition Society, Tehran, Iran
- Nutrition for Weight Management and Medical Nutrition Therapy in Obesity, Iranian Nutrition Society, Tehran, Iran
- Nutritional Interpretation of Medical Laboratory Data, Iranian Nutrition Society, Tehran, Iran
- Principals of Total Parental Nutrition (TPN), Iranian Nutrition Society, Tehran, Iran

## Thesis

**Advisor**, Investigating the relationship between parenting styles, dietary diversity score and socioeconomic status of families with children of 3-6 years old in Tehran. MSc Program, Islamic Azad Univ. Science and Research Branch, 2023.

## Teaching

- **2024:** Communication, improvement, and nutritional behavioral change, MSc program (2 units), Yazd Shahid Sadoughi University of medical sciences, nutrition Dept., Yazd, Iran
- **2023:** Advocacy for Food and Nutrition Programs, PhD program (0.5 unit), Shahid Beheshti Univ. of Medical Sciences, Community Nutrition Dept., Tehran, Iran
- **2020:** Multi Stakeholder Partnership in Iranian Food System, Wageningen Fellowship Program, Facilitating Multi-Stakeholder Partnerships to Foster Sustainable and Inclusive Food Systems, Wageningen University, Center for Development Innovation (2 Sessions).
- **2019:** Responsible Agriculture and Nutrition Security, Wageningen Fellowship Program, Responsible Agriculture for Food Security, Wageningen University, Center for Development Innovation, (2 Sessions).
- **2015 to 2016:** Assistant instructor of Food & Nutrition Ecology, Shahid Beheshti Univ. of Medical Sciences, Community Nutrition Dept., Tehran, Iran
- **2016:** Assistant instructor of Malnutrition Related Diseases, Shahid Beheshti Univ. of Medical Sciences, Community Nutrition Dept., Tehran, Iran
- **2013 to 2017:** Instructor of Food Safety, University of Applied Science and Technology, Sport Nutrition Group, Tehran, Iran
- **2013 to 2017:** Instructor of Informatics and International Language, University of Applied Science and Technology, Sport Nutrition Group, Tehran, Iran
- **2013 to 2017:** Instructor of Nutrition in Oral & Dental Health, Islamic Azad University (IAU), School of Dentistry, Tehran-Iran.
- **2011 to 2014:** Instructor of Nutrition Basics and Healthy Diets, Islamic Azad University (IAU), West Tehran Branch, Hoteling Management Group.
- **2011 to 2014:** Instructor of Food Safety, Islamic Azad University (IAU), West Tehran Branch, Hoteling Management Group.

## Workshops

- **May 2022,** Multi-stakeholder Partnership for Iranian Food System, Scientific Secretary, Joint program with the Wageningen Center for Development Innovation, National Nutrition and Food Technology Research Institute.

- **December 2022**, Analysis of Challenges and Policies for Health-Oriented Food Products, from Production to Supply, Scientific Secretary, National Nutrition and Food Technology Research Institute.
- **February 2023**, Aligning Agricultural Food Production Subsystem with Sustainable Food Security, National Nutrition and Food Technology Research Institute.
- **October 2021, 2022 and 2023**, How to present your study in scientific events? Shahid Beheshti Univ. of Medical Sciences, Student’s research committee., Tehran, Iran,
- **2022**: Advocacy for Food and Nutrition Programs, under PhD program, Shahid Beheshti Univ. of Medical Sciences, Community Nutrition Dept., Tehran, Iran
- **February 2019**: “Application of Nanotechnology for Food Fortification to Improve Nutrition Security” Medical Nanotechnology Society, Tehran Iran.
- **September 2012**: “Nutritional Care for Chronic Renal Failure Patients” Red Crescent Society of the Islamic Republic of Tehran Iran.
- **October 2011**: “Nutritional Care for HIV/AIDS Patients”, Positive Friends Club (NGO), Ahmadi Health Center, Tehran Univ. of Medical Sciences, Tehran Iran.
- **February 2012**: “How to Improve Immune Function in HIV/AIDS Patients” Positive Friends Club (NGO), Ahmadi Health Center, Tehran Univ. of Medical Sciences, Tehran Iran.
- **December 2011**: “Nutrition Transition and Chronic Diseases”, Labbafi Nejad Hospital, Social Security Organization, Tehran Iran.
- **August 2010**: “Health care and Nutrition Therapy in Patients with Thalathemia” Specially organized for Iraqi Medical Representatives, Charity Foundation for Special Diseases, Tehran Iran.

## Publications

- Milani-Bonab A., Kalantari N., Takian A., Food and Agriculture, Nutrition and Health Related Policy Integration in Iran’s National Development Agenda and their Alignment with the Sustainable Development Goals, Journal of Environment, Development and Sustainability, 2022.
- Pourghaderi M., Mohammadi-Nasrabadi F., ... Milani-Bonab A., “Optimal and Thrifty Sustainable Food Baskets of Iran-2023” Iranian J Nutr Sci Food Technol 2024; 19(1):1-16.
- Kamaliedin Moghadam S., Farhoodi M., ... Milani-Bonab A., “Effects of Adding Non-viable Lacticaseibacillus casei and Lactobacillus acidophilus on Physicochemical, Microbial, Chemical and Sensory Attributes of Probiotic Dough” Applied Food Biotechnology, Vol. 11 No. 1 (2024), 18 November 2024.

- Marjan Ajami, ... Saeid Doaei, Ali Milani-Bonab, Quercetin may reduce the risk of developing the symptoms of COVID-19, *Avicenna Journal of Phytomedicine*, 2024.
- Roshanmehr, F., Kagawa, M., Taghizadeh-Hesary, F., Milani-Bonab, A., Haghghian Roudsari, A. Nutritional Status of Patients with Cancer: A Unicentric Report from Iran. *Journal of Nutrition and Food Security*, 2021.
- Pourmoradian, S., Ostad-Rahimi., A., Milani-Bonab, A., Review of nutrition policy options for increasing fruit and vegetable consumption in the populations: Lesson learned from policy implications, *Journal of Nutrition and Food Security*, 2021.
- Haghghian-Roudsari, A., Vedadhir, A., Pourmoradian, S., Rahimi-Ardabili, H., Shokouhi, M., Milani-Bonab, A., Exploring adults' motives for food choice of sustainable diet components: a qualitative study in Tehran Metropolis, *BMC Nutrition*. 2021
- Milani-Bonab A., Kalantari N., Zargaraan A., et. Al, Can Food Reformulation Policy Reduce Calorie Intake and Tackle Childhood Obesity?, *Iranian Journal of Pediatrics*, 2020.
- Sheikhhossein F., Haghghian A., Milani-Bonab Ali, et al, Assessment of Lifestyle and Its Components in Elderly People Living in Tehran, *Journal of Nutrition and Food Security*, 2020.
- Haghghian Roudsari, A., Abodollah Pouri F., Milani-Bonab A., et al. Consumers' perception of nutritional facts table and nutritional traffic light in food products' labelling: A qualitative study. *The International Journal of Health Planning and Management*, 2020.
- Pourmoradian S., Ostad-Rahimi A., Milani-Bonab A., et. al. Television food advertisements and childhood obesity: A systematic review. *International Journal for Vitamin and Nutrition Research*. 2020.
- Haghghian Roudsari, A; Vedadhir, A; Rahmani, J; Milani-Bonab, A; Exploring the Consistency of Adults' Food Choice motives with Sustainable Diet Components: a Qualitative Study, *Journal of Ethnic Foods*, BioMed Central, 2019.
- Haghghian A., Vedadhir A, Rahmani J, Milani Bonab A., Explaining The Barriers and Facilitators of Ethnic and Traditional Food Choices from The Viewpoints of Women, *Journal of Ethnic Foods*, 2019.
- Rajizadeh A, Tavakoli M, Hajipour M, Milani Bonab A., Food Security Status of Pregnant Women in Yazd, Iran, 2014-2015, *Journal of Nutrition and Food Security*, 2019.
- Haghghian A., Milani Bonab A., "Food Choice as A Social Problem: A Reflection on the Socio-Cultural Determinants of Food Choice", *Iranian Journal of Community Health, Social Determinants of Health Research Center, Shahid Beheshti University of Medical Sciences, Tehran, Iran*, 2018.
- Mohammadi-Nasrabadi, F; Omidvar, N; Goshtaei, M; ... Milani-Bonab, A; Policy Assessment of Food and Nutrition in Iran Based on Article Number Six of the General Health Policy Document, *Iranian Journal of Health Promotion*, 2018.



- Haghghian Roudsari, A; Omidvar, N; Amiri, P; Kalantari, N; Vedadhir, A; Milani-Bonab, A; Determinants of Food Choice in Iranian Adults: A Life Course Perspective, *Annals of Nutrition and Metabolism*, 2017.
- Valaei S., Rashidi A., Haghghian A., Milani Bonab A., Evaluation of Iranian Household's Diet in terms of Calcium and Iron Density in the Seven Provinces of Iran, *Journal of Nutrition and Food Security*, Volume 2, Issue 2 (May 2017).
- Milani Bonab A, Omidvar N, Mozaffari-Khosravi H, Roudsari AH, Ghodsi D., Assessing the relationship between food insecurity & weight status of the elderly applying FaCPS-FSSM measurement tool, adopted for Iranian elderly. *Obesity Reviews*, 2016.
- Milani Bonab A, Mohammadi Nasrabadi F. National Study on Planning and Administration: Evolution of concepts and measurement of household food and nutrition security and journey from "Nutrition Science" to "Nutrition Policy". *Iranian J Nutr Sci Food Technol* 2016; 11(1):139-150
- Milani Bonab A., Mozaffari-Khosravi H. et al, (2012), "Assessment of Content Validity and Internal Consistency and Reliability of Direct Experience-Based Elderly Food Insecurity Measurement Tool for Iranian Elders" in: *Tolooe Behdasht Journal of Medicine* Yazd Univ. of Medical Sciences. Yazd-Iran.

## Oral Presentations

- Milani-Bonab A., (2024), Policy Recommendations for Food and Nutrition System Stewardship and Governance Integration, 4<sup>th</sup> International and 16<sup>th</sup> Iranian Nutrition Congress, Tehran, Iran.
- Milani-Bonab A., (2019) "Promoting fish consumption to control household health and food expenditures", in: First national conference on fish consumption and health", Iranian scientific nutrition association and Exir Salamat institute, Tehran, Iran.
- Milani-Bonab A., (2019) "Obesogenic environments and community based policies" the 7<sup>th</sup> Iranian Obesity Congress, Tehran, Iran.
- Haghghian Roudsari, A., Ahmadiani, E., Zargaraan, A., Milani-Bonab A., "Investigating The Trend of Producing Unhealthy Food Products in Iran"., The 3<sup>rd</sup> International and 15<sup>th</sup> Iranian Nutrition Congress", Shahid Beheshti Univ. of Medical Sciences, 2018, Tehran, Iran.
- Haghghian Roudsari, A., Zargaraan, A., Abdollah-Pouri Hosseini, F., Milani-Bonab A., "Consumers Perception of Nutritional Traffic Light in Food Products: A Qualitative Study On New Nutritional Policy in Iran", The 3<sup>rd</sup> International and 15<sup>th</sup> Iranian Nutrition Congress", Shahid Beheshti Univ. of Medical Sciences, 2018, Tehran, Iran.
- Milani-Bonab A., (2017), "the Impact of economic, social and political factors on childhood obesity", the 6<sup>th</sup> Iranian Obesity Congress, Tehran, Iran.
- Milani-Bonab A., (2016), "Socio-economic & Political Aspects of Obesity: International Experiences, Successful Policies and Coping Strategies", in: *Proceedings of the 2nd International Congress on Obesity*", Iranian Scientific Association for Obesity Prevention, Tehran, Iran.

- Takian A.H, Milani Bonab A., (2016) “Nutrition and Non Communicable Diseases: The experience of Iran, Policies and Actions”, In: Proceedings of InterAcademy Medical Panel (IAMP) triennial Scientific Conference and General Assembly, Beijing, China.
- Ali Milani Bonab, Samira Pourmoradian, Abouali Vedadhir, “Global Food Regimes, Food Choice and Obesity: A Political Economy Approach”, The 2<sup>nd</sup> International and 14<sup>th</sup> Iranian Nutrition Congress”, Tehran University of Univ. of Medical Sciences, 2016, Tehran, Iran.
- Mohammadi NasrAbadi F. and Milani Bonab A, (2016), “National Study on Planning and Administration: Evolution of concepts and measurement of household food and nutrition security and journey from "Nutrition Science" to "Nutrition Policy", First Tribune of Food and Nutrition: in remembrance of Dr. Hossein Ghassemi, NNFTRI, Tehran, Iran.
- Milani-Bonab A., (2015), “Socio-economic & Political Aspects of Obesity: International Experiences, Successful Policies and Coping Strategies” the 5th Iranian Obesity Congress, Tehran, Iran.
- Milani Bonab A., Mozafari-Khosravi H., Omidvar N. (2014) “Assessing the Relationship between Food Insecurity & Weight Status of the Elderly applying FaCPS-FSSM Measurement Tool, Adopted for Iranian Elderly”, in: First International and 13th Iranian Nutrition Congress”, Shahid Beheshti Univ. of Medical Sciences, Tehran, Iran.
- Milani Bonab A., Mozzaffari-Khosravi H. et al, (2012), “Food Security Status of Elders and Its Related Factors in the City of Tehran” in: The National Congress on Nutrition” Isfahan Univ. of Medical Sciences, Isfahan- Iran.
- Milani Bonab A., Omidvar N. et al, (2012) “Association of Food Security Status of and Chronic Diseases among Elders of Tehran-Iran” in: National Congress on Nutrition” Isfahan Univ. of Medical Sciences, Isfahan- Iran.
- Milani Bonab A., Rezaei Ghaleh H. et al, (2012) “Fulfillment of Human Rights; How it Can Bring about Food and Nutrition Security and Human Development” in: National Congress on Nutrition” Isfahan Univ. of Medical Sciences, Isfahan- Iran.
- Milani Bonab A. & Omidvar N., (2010) “An Evaluation on National Strategic Program for Preventing and Monitoring Cardio-Vascular Diseases, Adopting SWOT Matrix and Balanced Scorecard Evaluation Methods” in: National Congress on Nutrition” Shiraz Univ. of Medical Sciences, Shiraz- Iran.
- Milani Bonab A. & Bagheri-Nesami N., (2010) “The Role of Food Industry on Productivity and Well-being of Human Resource” in: "National Congress on Food Immunity” Mazandaran Univ. of Medical Sciences, Sari- Iran.
- Hoseninzadeh M. Milani Bonab A. et al, (2010) "Nutrition Care for HIV/AIDS patients" in: The 3rd National Conference on Risky Health Behaviors, Yazd Shahid Sadoughi Univ. of Medical Sciences, Yazd- Iran.
- S. Mazloomi S. Fazelpour & A. Milani Bonab, (2010) "Health promoting behaviors and psychosocial well-being", in: 20th IUHPE World Conference on Health Promotion in Geneva, Switzerland, The International Union for Health Promotion and Education (IUHPE).
- Milani Bonab A. et al. (2009), three presentations on Holy Quran’s recommendation for Healthy life, in: "Proceedings of the National Congress on Quran and Health” Yazd Shahid Sadoughi Univ. of Medical Sciences, Yazd- Iran.

- Milani Bonab A. & Rezaei Ghaleh H. MD, et al. (2008) ‘The Effect of GDP Fluctuation on Nutritional Status and Human Development’ in: the 10th Iranian Congress on Nutrition, Tehran University of Medical Sciences, Tehran, Iran
- Milani Bonab A., Mozaffari Khosravi H., et al (2009) ‘Effect of Cinnamon Consumption on Central Obesity Treatment in Patients with Type II Diabetes’ in: International Congress on Diabetes and its Complications, Yazd Univ. of Medical Sciences Publications, Yazd, Iran, pp.81-82. (Recognized as 3rd most superior student research project in Yazd Univ. of Medical Sciences, 2008.)
- Hesabghar H., Milani Bonab A. et al. (2009) ‘The Effect of Almond Consumption on Lipid Profile and Glucose Tolerance in Adult Patients with Type II Diabetes’ in: International Congress on Diabetes and its Complications, Yazd Univ. of Medical Sciences Publications, Yazd, Iran, pp.83.
- Hesabghar H., Milani Bonab A. et al. (2009) ‘Correlation Between Dietary Intake and Plasma Concentration of Carotenoids & Tocopherols In Patients With Type II Diabetes’, in: International Congress on Diabetes and its Complications, Yazd Univ. of Medical Sciences Publications, Yazd, Iran, pp.68-69
- Hoseinzadeh M., Milani Bonab A. et al. (2009) ‘Effect of Phytochemicals in Preventing and Treatment of Diabetes’ in: International Congress on Diabetes and its Complications, Yazd Univ. of Medical Sciences Publications, Yazd, Iran, pp.85-86
- Milani Bonab A. (2005), ‘The Impact of Polyphenols of Cinnamon on Metabolic Syndrome Treatment’, in: The 7th National Congress on Obesity and its Related Disorders, Shiraz University of Medical Sciences Publication, Shiraz, Iran, pp. 46,47.
- Milani Bonab A. (2005), ‘Chronic Hyper-insulinemia Induced Obesity and the Effect of Aqueous Extract of Cinnamon, MHC (Methylhydroxychalcone), and its other Insulin-enhancing Complexes, Catechin/Epicatechin Oligomers, on Obesity Treatment’, in: the 9th Iranian Congress on Nutrition, Tabriz University of Medical Sciences Publication, Tabriz, Iran, pp. 156.
- Milani Bonab A. (2005), ‘Phytochemicals Impact on Alzheimer’s Disease Treatment and Improvement of Cerebral Function’, in: the 9th Iranian Congress on Nutrition, Tabriz University of Medical Sciences Publication, Tabriz, Iran, pp. 79.

### Books, Public Journals and News Agencies Articles/ Columns

- Milani Bonab A. & Rezaei Ghaleh H. MD, (2006) (Book Chapter) ‘Claims to Healthcare and Education in Developing Countries’ in: Tanaka, Prof. Nobakht M. PhD et al, Strategic Researches on Economic Development of Iran, Iranian Center for Strategic Researches, Vol. 2, pp. 801-816, Tehran, Iran.
- Milani Bonab A. et al. (2004) ‘Nutrition Basics & Diet Therapy’ Mir Medical Publication. Tehran, Iran.
- Milani Bonab A. (2005) ‘Diet Therapy Booklet for Patients with Chronic Renal Failure’ Iranian Charity Foundation for Special Diseases. Tehran, Iran.
- Milani Bonab A. (2005) ‘Diet Therapy Booklet for Patients with Thalassemia’ Iranian Charity Foundation for Special Diseases. Tehran, Iran.

- Milani Bonab A., Future Trend of Global Cancer Prevalence: and Accelerated Transition Toward Uncertain Future, in: Tejarat-e Farda Economic Journal, Tehran, Iran.
- And more than 181 articles and columns on topics of public interest in the field of nutrition and health.

## Research

- Ali Milani-Bonab, Arezoo Haghghian, et al. “Validation and determination of Sustainable HEalthy diet index (SHED) for Iranian context” National Nutrition and Food Technology Research Institute, Tehran Iran, 2023.
- Hajifaraji M, Milani-Bonab A., Policy Recommendations for Food and Nutrition System Stewardship and Governance Integration, Academy of Medical Sciences of Iran, 2022, Tehran, Iran.
- Omidvar, N, ..... Milani Bonab, A, evaluating PhD program trajectories. Academy of Medical Sciences of Iran, 2023, Tehran, Iran.
- Zargaraan, A, Esfarjani F., Milani-Bonab A., Designing of waste management system for edible oils and fats in Iran, National Nutrition and Food Technology Research Institute, Tehran Iran, 2022.
- Esfarjani F., .... Milani Bonab A., “Assessing Heavy Metal, Iron, Zinc, Copper, and Magnesium Concentrations in Hen Eggs in Tehran: A Risk-Benefit Analysis with Policy Recommendations, National Nutrition and Food Technology Research Institute, Tehran Iran, 2023.
- Zargaraan, A., ... Milani Bonab A., “Feasibility Analysis of Reducing Sugar Content in Sugar-Sweetened Beverages by Adopting Novel Technologies in Iran” National Nutrition and Food Technology Research Institute, Tehran Iran, 2023.
- Marjan Ajami, Ali Milani-Bonab, Evaluation of the National Nutrition and Food Technology Research Institute (NNFTRI) based on the food and nutrition research impact index and knowledge translation from 2016 to 2022, National Nutrition and Food Technology Research Institute, Tehran Iran, 2023.
- Zargaraan A, Milani Bonab A., et al., “*Indigenizing and updating guideline for determination of unhealthy food products in Iran*”, Ministry of Health and Medical Education and National Nutrition and Food Technology Research Institute, Tehran Iran, 2018-2019. *Aknowledgege as Effective Research by research and technology deputy, Ministry of health and medical education.*
- Omidvar N., Zargaraan A, Babashahi M., Milani Bonab A., “*Policy Analysis of Unhealthy Foods List in Iran.*”, National Nutrition and Food Technology Research Institute, Tehran Iran, 2019.
- Mohammadi-Nasrabadi F., Zargaraan A., Haghghian A., Milani-Bonab A., “*Nutritional Traffic light labeling impact on consumers’ food choice: a systematic review and meta-analysis*, National Nutrition and Food Technology Research Institute, Tehran Iran, 2018-2019.
- Haghghian A., Roshan-Mehr F., Taghizadeh F., ... Milani Bonab A., “*Policy Options for Improving Nutritional Status in Cancer Patients, A Qualitative Study*”, National Nutrition and Food Technology Research Institute, Tehran Iran, 2019.

- Zargaraan A, Haghghian A., Salmani Y., ... Milani Bonab A., “*Application of the Novel Technologies to Decrease Sugar Content of the Frequently Consumed SSBs in Iran*” National Nutrition and Food Technology Research Institute, Tehran Iran, 2019.
- Haghghian A., Milani Bonab A., “*Technical consultancy to develop a toolkit to promote healthy diet at workplace*”, WHO Representation in I.R. Iran, September 2018.
- Milani Bonab A., “*Framework for the Cross-sectoral Integrated Strategic Program on Food and Nutrition Security in the Islamic Republic of Iran*”, FAO Representation in I.R. Iran, July 2018.
- Milani Bonab A., Kalantari N., Takian A., “*Analysis for Policy to Integrate Process of Food and Nutrition Policies and Health Sector Reforms to Reach SDGs*” Nutrition and Food Technology Research Institute, Tehran Iran, 2018.
- Mohammadi-Nasrabadi, F., Hosseini, H., Zargaraan A., Kalantari, N., Haghghian A., Milani Bonab, A., *Analysis of fiscal policies aimed at reducing dietary risk factors of NCDs in the Islamic Republic of Iran*, National Nutrition and Food Technology Research Institute and WHO, 2017.
- Zargaraan A., Haghghian A. and Milani Bonab, A., *Evaluation of consumers’ perception of nutritional value table and nutritional traffic light in food products’ labeling: A qualitative study in Tehran*, National Nutrition and Food Technology Research Institute. 2017.
- Ghassemi H. Milani Bonab A., et al, (2011) "*Transformation Plan of the Iranian Nutrition Society*", *Iranian Nutrition Society*, Tehran Iran.
- Milani Bonab A., Mozaffari-Khosravi H. et al, (2011) “*Assessment of Prevalence of Eating Disorders among Teenage Girls in Yazd*” Yazd Univ. of Medical Sciences, Yazd-Iran.
- Milani Bonab A., Mozaffari-Khosravi H. et al, (2011) “*Evaluation of Iron Deficiency Status Among Women of Childbearing age with Normal Body Weight and Obesity in Yazd*” Yazd Univ. of Medical Sciences, Yazd-Iran.
- Milani Bonab A., Mozaffari-Khosravi H. Omidvar N., (2011) “*Food Security Status of Elders and its Related Factors in the city of Tehran*” MSc Dissertation, Yazd Univ. of Medical Sciences, Yazd-Iran.
- Milani Bonab A. & Rezaei Ghaleh H. MD, et al. (2009-2010) “*Fulfillment of Human Rights; How it can Brings about Food and Nutrition Security and Human Development*, Iranian Center for Strategic Researches, Tehran, Iran.
- S. Mazloomi S. Fazelpour & A. Milani Bonab, (2010) *Health-promoting behaviors and psychosocial well-being*, Yazd Univ. of Medical Sciences.
- Milani Bonab A. & Rezaei Ghaleh H. MD, et al. (2007-2008) ‘*The Effect of GDP Fluctuation on Nutritional Status and Human Development*’ Iranian Center for Strategic Researches, Tehran, Iran

- Milani Bonab A. & Rezaei Ghaleh H. MD, (2006) '*Claims to Healthcare and Education in Developing Countries and the Role of Non-Governmental Organizations*', Iranian Center for Strategic Researches, Tehran, Iran.
- Milani Bonab A. (2004-2005), '*The Impact of Polyphenols of Cinnamon on Metabolic Syndrome Treatment*', Department of Research and Education, Iranian Charity Foundation for Special Diseases, Tehran, Iran
- Malekafzali H. MD, PhD, ... Milani Bonab A. et al, (2005) '*National Health Research System Analysis: Survey of Institutions within the National Health Research System*', Health Research Systems Analysis Initiative, World Health Organization (WHO) in Collaboration with Deputy of Research and Technology, Iranian Ministry of Health and Medical Education, Tehran, Iran
- Milani Bonab A. (2003), '*Hazard Analysis Critical Control Point (HACCP) in Fishery Industry*', Islamic Azad University, Science and Research Campus, Tehran, Iran

## Executive Records

- Executive manager and member of the INS coordinating body, the 4<sup>th</sup> International and 16<sup>th</sup> Iranian Nutrition Congress, 21-23 Feb. 2024, Tehran, Iran.
- Executive manager and member of the INS coordinating body, the 3<sup>rd</sup> International and 15<sup>th</sup> Iranian Nutrition Congress, 19-21 Dec. 2018, Tehran, Iran.
- Steering Committee member, 5<sup>th</sup> National Congress on Obesity Prevention and Management, to be held on Dec. 2015, Tehran Iran.
- Member of the Executive Committee & INS coordinating body (HAMBAC) at the 2<sup>nd</sup> International and 14<sup>th</sup> Iranian Nutrition Congress held by the Iranian Nutrition Society and Tehran Univ. of Medical Sciences, held on September 2016, Tehran, Iran
- Member of the Executive Committee & INS coordinating body (HAMBAC) at the 1<sup>st</sup> International and 13<sup>th</sup> Iranian Nutrition Congress held by the Iranian Nutrition Society and National Nutrition and Food Technology Research Institute (NNFTRI), November 2014, Tehran, Iran
- Member of the Executive Committee at the 10<sup>th</sup> Iranian Congress on Nutrition held by the Iranian Nutrition Society and Tehran University of Medical Sciences, hold on October 27-30, 2008, Tehran, Iran
- Member of the Executive Committee of 'the 1<sup>st</sup> Congress on New Scientific Findings in Prevention, Diagnosis and Treatment of Cancer Diseases, Iranian Charity Foundation for Special Diseases, 23-25 April, Tehran-Iran.
- Member of the Executive Committee of 'the 1<sup>st</sup> International Seminar on Nanotechnology Applications' Tehran University, July 2007, Tehran, Iran

- Member of the Executive Committee of ‘the 1<sup>st</sup> Congress on New Scientific Findings in Diagnosis and Treatment of Special Diseases’, the Iranian Charity Foundation for Special Diseases, Dec. 2005, Tehran, Iran
- Member of the Executive Committee of ‘the Congress on Nutritional Considerations of Pre-school Children’ Iranian Scientific Society for Children Nutrition and NNFTRI, Dec. 2005, Tehran, Iran
- Executive Representative of the Iranian Nutrition Society at the International Congress on Diabetes and Obesity, Tehran University of Medical Sciences and Research Institute for Endocrine Sciences, May 2005, Tehran, Iran
- Member of the Executive Committee of the National Health Festival held by the Iranian Breastfeeding Promotion Society and the Iranian Ministry of Health and Medical Education, Oct. 2004, Tehran, Iran
- Member of the Executive Committee of the National Seminar on Scientific Solutions of Children Malnutrition held by the Iranian Scientific Society for Child Nutrition, May. 2004, Tehran, Iran
- Scientific representative of the Iranian Nutrition Society at the World Diabetes Day Celebration held by the Iranian Diabetes Society and Shahid Beheshti University of Medical Sciences, Nov. 2004, Tehran, Iran
- Member of the Executive Committee and head of the Student Group at the 8<sup>th</sup>Iranian Congress on Nutrition held by the Iranian Nutrition Society and Iran University of Medical Sciences, Sep. 2004, Tehran, Iran
- Member of the Board of Planners and Conductors of ‘Primary Healthcare and Nutritional Interventions’ Khakbaz Primary Healthcare Center, affiliated with Tehran University of Medical Sciences, 2003, Tehran, Iran

## Special Abilities and Skills

- **PolicyMaker IV and V online version for analyzing policy impact, strategies, and players.**
- **Python for big data and analysis using machine learning methods.**
- **Smaply Stakeholder analysis software**
- **PHP language for website development**
- **Computer& Cyber Skills:** Holder of Iranian Computer Driving License (ICDL).
- **Linguistic competencies:**
  - Farsi (medium of education): Excellent command of all linguistic and communicative skills
  - English: Excellent command of all linguistic and communicative skills (IELTS (Overall): 7.5 and TOEFL (105 IBT)
  - Turkish, Excellent spoken command, good writing & reading skills
  - Azeri (mother tongue): Excellent spoken command, good writing & reading skills