

**Golaleh Asghari,**

**PhD Candidate in Nutrition Sciences,**

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**Researcher**

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**Educational Background:**

- **Shahid Beheshti University of Medical Sciences, Teheran, IRAN**  
PhD Candidate in Nutrition Sciences  
Thesis: “Effects of different dosages of vitamin D3 on anthropometric indices, metabolic, bone, and vascular parameters and body composition in overweight or obese children and adolescents”  
Supervisors: Prof. Parvin Mirmiran, Prof. Farhad Hosseinpanah  
Advisors: Prof. Fereidoun Azizi, Dr. Pooneh Dehghan, Dr. Maryam Tohidi, Prof. Tirang Teyestani
- **Shahid Beheshti University of Medical Sciences, Teheran, IRAN** **Sep 2010**  
MSc in Nutrition Sciences  
Thesis: “Predicting value of diet quality scores in incidence of cardiovascular risk factors in adult Tehran lipid and Glucose population”  
Supervisor: Prof. Parvin Mirmiran  
Advisors: Prof. Fereidoun Azizi, Dr. Bahram Rashidkhani
- **Shahid Beheshti University of Medical Sciences, Teheran, IRAN** **Sep 2006**  
BSc in Nutrition Sciences

**Professional Experience:**

**Researcher:**

Nutrition and Endocrine Research Center, Research Institute of Endocrine Sciences and Metabolism,  
Shahid Beheshti University of Medical Sciences **August 2007-Present**

**Published Papers:**

1. Esfahani FH, **Asghari G**, Mirmiran P, Azizi F. Reproducibility and relative validity of food group intake in a food frequency questionnaire developed for the Tehran Lipid and Glucose Study. *J Epidemiol* 2010; 20(2):150-8.
2. Mirmiran P, Fazeli MR, **Asghari G**, Shafiee A, Azizi F. Effect of pomegranate seed oil on hyperlipidaemic subjects: a double-blind placebo-controlled clinical trial. *Br J Nutr* 2010; 104(3): 402-6.
3. Mirmiran P, Sherafat-Kazemzadeh R, Farahani SJ, **Asghari G**, Niroomand M, Momenan A, Azizi F. Performance of different definitions of metabolic syndrome for children and adolescents in a 6-year follow-up: Tehran Lipid and Glucose Study (TLGS). *Diabetes Res Clin Pract* 2010; 89(3): 327-333.
4. Nazeri P, Mirmiran P, **Asghari G**, Delshad H, Mehrabi Y, Hedayati M, Azizi F. Differences between subjects with sufficient and deficient urinary iodine in an area of iodine sufficiency. *J Endocrinol Invest* 2011; 34(9):e302-7.
5. **Asghari G**, Sheikholeslami S, Mirmiran P, Chary A, Hedayati M, Shafiee A, Azizi F. Effect of pomegranate seed oil on serum TNF- $\alpha$  level in dyslipidemic patients. *Int J Food Sci Nutr* 2012; 63(3):368-71.
6. Mirmiran P, Shab-Bidar S, Hosseini-Esfahani F, **Asghari G**, Hosseinpour S, Azizi F. Magnesium intake and prevalence of metabolic syndrome in adults: Tehran Lipid and Glucose Study. *Public Health Nutr* 2012; 15(4):693-701.
7. **Asghari G**, Rezazadeh A, Hosseini-Esfahani F, Mehrabi Y, Mirmiran P, Azizi F. Reliability, relative validity, and stability of dietary patterns derived from a food-frequency questionnaire in Tehran Lipid and Glucose Study. *Br J Nutr* 2012; 108:1109-17.
8. Mirmiran P, Bahadoran Z, Hosseinpanah F, Rajab A, **Asghari G**, Azizi F. Effects of broccoli sprouts on lipid profile in type 2 diabetic patients: a randomized double-blind placebo-controlled clinical trial. *Diabetes Res Clin Pract* 2012; 96(3): 348-54.
9. **Asghari G**, Hosseinpanah F, Nazeri P, Mirmiran P, Sheikholeslami F, Azizi F. Adult height and the risk of coronary heart disease: Tehran Lipid and Glucose Study. *J Epidemiol* 2012; 22(4): 348-52.
10. **Asghari G**, Mirmiran P, Rashidkhani B, Asghari-Jafarabadi M, Mehran M, Azizi F. The association between diet quality indices and obesity: Tehran Lipid and Glucose Study. *Arch Iran Med* 2012; 15(10): 599-605.
11. Barzin M, **Asghari G**, Hosseinpanah F, Mirmiran P, Azizi F. The association of anthropometric indices in adolescence with the occurrence of the metabolic syndrome in early adulthood: Tehran, Lipid and Glucose Study (TLGS). *Pediatr Obes* 2013; 8(3):170-7.

12. Hosseinpahan F, **Asghari G**, Barzin M, Aghayan Golkashani S-H, Azizi F. Prognostic impact of different definitions of metabolic syndrome in predicting cardiovascular events in a cohort of non-diabetic Tehanian adults. *Int J Cardiol* 2013; 168(1):369-74.
13. Mirmiran P, Moslehi N, **Asghari G**, Jambarsang S, Mehrabi Y, Azizi F. Secular trends in size at birth of Iranian neonates: Meta-analyses of published and unpublished studies. *Ann Hum Biol* 2013; 40(1):75-82.
14. Ramezani Tehrani F, Moslehi N, **Asghari G**, Gholami R, Mirmiran P, Azizi F. Intake of dairy products, calcium, magnesium, and phosphorus in childhood and age at menarche in the Tehran Lipid and Glucose Study. *PLoS One*. 2013;8(2):e57696.
15. Faam B, Hosseinpahan F, Amouzegar A, Ghanbarian A, **Asghari G**, Azizi F. Leisure-time physical activity and its association with metabolic risk factors in Iranian adults: Tehran Lipid and Glucose Study, 2005-2008. *Prev Chronic Dis*. 2013; 10:E36. doi: 10.5888/pcd10.120194.
16. **Asghari G**, Mirmiran P, Hosseini-Esfahani F, Nazeri P, Mehran M, Azizi F. A comparison of theory - based dietary patterns in relation to lipid profile: Tehran Lipid and Glucose Study. *J Health Popul Nutr* 2013; 31(1):37-48.
17. Hosseinpour-Niazi S, Sohrab G, **Asghari G**, Mirmiran P, Moslehi N, Azizi F. Dietary glycemic index, glycemic load, and cardiovascular disease risk factors: Tehran Lipid and Glucose Study. *Arch Iran Med* 2013; 16(7):401-7.
18. **Asghari G**, Mirmiran P, Rashidkhani B, Asghari-Jafarabadi M, Mehran M, Azizi F. Authors' reply. *Arch Iran Med* 2013; 16(7):443-4.
19. Hosseinpahan F, **Asghari G**, Barzin M, Ghareh S, Azizi F. Adolescence metabolic syndrome or adiposity and early adult metabolic syndrome. *J Pediatr* 2013; 163(6):1663-1669.
20. **Asghari G**, Ejtahed H, Sarsharzadeh M, Nazeri P, Mirmiran P. Designing fuzzy algorithms to develop healthy dietary pattern. *Int J Endocrinol Metab* 2013; 11(3):154-61.
21. Hosseinpahan F, **Asghari G**, Barzin M, Ghareh S, Azizi F. Reply: To PMID 24011762. *J Pediatr* 2014; 164(6):1502-3.
22. Ejtahed HS, Sarsharzadeh MM, Mirmiran P, **Asghari G**, Yuzbashian E, Azizi F. Leemoo, a dietary assessment and nutritional planning software, using fuzzy logic. *Int J Endocrinol Metab* 2013; 11(4):e10169.
23. Nazeri P, Mirmiran P, **Asghari G**, Shiva N, Mehrabi Y, Azizi F. Mothers' behaviour contributes to suboptimal iodine status of family members: findings from an iodine-sufficient area. *Public Health Nutr* 2015; 18(4): 686-94.
24. Yuzbashian E, **Asghari G**, Mirmiran P, Hosseini FS, Azizi F. Associations of dietary macronutrients with glomerular filtration rate and kidney dysfunction: Tehran lipid and glucose study. *J Nephrol* 2015; 28(2):173-80.
25. Ejtahed HS, **Asghari G**, Mirmiran P, Hosseinpour-Niazi S, Sherafat-KazemZadeh R, Azizi F. Body mass index as a measure of percentage body fat prediction and excess adiposity diagnosis among Iranian adolescents. *Arch Iran Med* 2014; 17(6):400-5.
26. Eslamian G, Mirmiran P, **Asghari G**, Hosseini-Esfahani F, Yuzbashian E, Azizi F. Low carbohydrate diet score does not predict metabolic syndrome in children and adolescents: Tehran Lipid and Glucose Study. *Arch Iran Med* 2014; 17(6):417-22.

27. Askari S, **Asghari G**, Ghanbarian A, Khazan M, Alamdari S, Azizi F. Seasonal variations of blood pressure in adults: Tehran lipid and glucose study. *Arch Iran Med* 2014; 17(6):441-3.
28. Mirmiran P, Rezaei M, **Asghari G**, Mehrabi Y, Azizi F. Association of Metabolic Syndrome with Body Fat Percent, Anthropometric Indices in 10 To 18 Year Old Adolescents. *Iran J Public Health*. 2014; 43(2): 193-201.
29. Hosseinpahan F, Salehpour M, **Asghari G**, Barzin M, Mirmiran P, Hatami H, Azizi F. Adolescent metabolic phenotypes and early adult metabolic syndrome: Tehran lipid and glucose study. *Diabetes Res Clin Pract* 2015; 109(2): 287-92.
30. Mirmiran P, Yuzbashian E, **Asghari G**, Hosseinpour-Niazi S, Azizi F. Consumption of sugar sweetened beverage is associated with incidence of metabolic syndrome in Tehranian children and adolescents. *Nutr Metab (Lond)* 2015; 12: 25.
31. **Asghari G**, Yuzbashian E, Mirmiran P, Mahmoodi B, Azizi F. Fast Food Intake Increases the Incidence of Metabolic Syndrome in Children and Adolescents: Tehran Lipid and Glucose Study. *PLoS One* 2015; 10(10): e0139641.
32. Yuzbashian E, **Asghari G**, Mirmiran P, Zadeh-Vakili A, Azizi F. Sugar-sweetened beverage consumption and risk of incident chronic kidney disease: Tehran Lipid and Glucose Study. *Nephrology (Carlton)*. 2016; 21(7):608-16.
33. **Asghari G**, Yuzbashian E, Mirmiran P, Bahadoran Z, Azizi F. Prediction of metabolic syndrome by a high intake of energy-dense nutrient-poor snacks in Iranian children and adolescents. *Pediatr Res* 2016; 79(5): 697-704.
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35. **Asghari G**, Eftekharzadeh A, Hosseinpahan F, Ghareh S, Mirmiran P, Azizi F. Instability of different adolescent metabolic syndrome definitions tracked into early adulthood metabolic syndrome: Tehran Lipid and Glucose Study (TLGS). *Pediatr Diabetes* 2017; 18(1):59-66.
36. Mirmiran P, Bahadoran Z, Golzarand M, **Asghari G**, Azizi F. Consumption of nitrate containing vegetables and the risk of chronic kidney disease: Tehran Lipid and Glucose Study. *Ren Fail* 2016; 38(6):937-44.
37. Farhadnejad H, **Asghari G**, Mirmiran P, Yuzbashian E, Azizi F. Micronutrient Intakes and Incidence of Chronic Kidney Disease in Adults: Tehran Lipid and Glucose Study. *Nutrients* 2016; 8(4): 217.
38. **Asghari G**, Yuzbashian E, Mirmiran P, Hooshmand F, Najafi R, Azizi F. Dietary Approaches to Stop Hypertension (DASH) Dietary Pattern Is Associated with Reduced Incidence of Metabolic Syndrome in Children and Adolescents. *J Pediatr* 2016; 174: 178-184.
39. Mirmiran P, **Asghari G**, Farhadnejad H, Alamdari S, Dizavi A, Azizi F. The Relationship Between Occupation Transition Status and Metabolic Syndrome in Adult Women: Tehran Lipid and Glucose Study. *Metab Syndr Relat Disord* 2016; 14(5): 265-71.
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41. Ejtahed HS, Angoorani P, **Asghari G**, Mirmiran P, Azizi F. Dietary Advanced Glycation End Products and Risk of Chronic Kidney Disease. *J Ren Nutr* 2016; 26(5): 308-14.
42. **Asghari G**, Farhadnejad H, Mirmiran P, Dizavi A, Yuzbashian E, Azizi F. Adherence to the Mediterranean diet is associated with reduced risk of incident chronic kidney diseases among Tehranian adults. *Hypertens Res* 2017; 40(1): 96-102.
43. **Asghari G**, Yuzbashian E, Mirmiran P, Hooshmand F, Najafi R, Azizi F. Reply. *J Pediatr* 2016; 178:307-308.
44. Mirmiran P, **Asghari G**, Farhadnejad H, Eslamian G, Hosseini-Esfahani F, Azizi F. Low carbohydrate diet is associated with reduced risk of metabolic syndrome in Tehranian adults. *Int J Food Sci Nutr* 2017; 68(3):358-365.
45. Zarkesh M, **Asghari G**, Amiri P, Hosseinzadeh N, Hedayati M, Ghanbarian A, Azizi F. Familial Aggregation of Metabolic Syndrome With Different Socio-Behavioral Characteristics: The Fourth Phase of Tehran Lipid and Glucose Study. *Iran Red Crescent Med J* 2016; 18(8): e30104.
46. **Asghari G**, Ghorbani Z, Mirmiran P, Azizi F. Nut consumption is associated with lower incidence of type 2 diabetes: The Tehran Lipid and Glucose Study. *Diabetes Metab* 2017; 43(1): 18-24.
47. Yuzbashian E, Zarkesh M, **Asghari G**, Hedayati M, Safarian M, Mirmiran P, Khalaj AR. Is Apelin Gene Expression and Concentration Affected by Dietary Intakes? A Systematic Review. *Crit Rev Food Sci Nutr* 2018; 58(4): 680-688.
48. **Asghari G**, Yuzbashian E, Mirmiran P, Azizi F. The association between Dietary Approaches to Stop Hypertension and incidence of chronic kidney disease in adults: the Tehran Lipid and Glucose Study. *Nephrol Dial Transplant* 2017; 32(suppl\_2):ii224-ii230.
49. Eftekharzadeh A, **Asghari G**, Serahati S, Hosseinpanah F, Azizi A, Barzin M, Mirmiran P, Azizi F. Predictors of incident obesity phenotype in non-obese healthy adults. *Eur J Clin Invest* 2017; 47(5):357-365.
50. **Asghari G**, Mirmiran P, Yuzbashian E, Azizi F. A systematic review of diet quality indices in relation to obesity. *Br J Nutr* 2017; 117(8):1055-1065.
51. Amiri P, **Asghari G**, Sadrosadat H, Karimi M, Amouzegar A, Mirmiran P, Azizi F. Psychometric Properties of a Developed Questionnaire to Assess Knowledge, Attitude and Practice Regarding Vitamin D (D-KAP-38). *Nutrients* 2017; 9(5). pii: E471.
52. **Asghari G**, Yuzbashian E, Shahemi S, Gaeini Z, Mirmiran P, Azizi F. Dietary total antioxidant capacity and incidence of chronic kidney disease in subjects with dysglycemia: Tehran Lipid and Glucose Study. *Eur J Nutr*. 2017 Jul 24. doi: 10.1007/s00394-017-1511-2.
53. Rostami H, Samadi M, Yuzbashian E, Zarkesh M, **Asghari G**, Hedayati M, Daneshafrooz A, Mirmiran P, Khalaj A. Habitual dietary intake of fatty acids are associated with leptin gene expression in subcutaneous and visceral adipose tissue of patients without diabetes. *Prostaglandins Leukot Essent Fatty Acids* 2017; 126:49-54.
54. Teymoori F, **Asghari G**, Mirmiran P, Azizi F. Dietary amino acids and incidence of hypertension: A principle component analysis approach. *Sci Rep* 2017; 7(1):16838.
55. Teymoori F, **Asghari G**, Mirmiran P, Azizi F. High dietary intake of aromatic amino acids increases risk of hypertension. *J Am Soc Hypertens* 2018; 12(1): 25-33

56. **Asghari G**, Farhadnejad H, Teymoori F, Mirmiran P, Tohidi M, Azizi F. High dietary intake of branched-chain amino acids is associated with an increased risk of insulin resistance in adults. *J Diabetes* 2018; 10(5): 357-364.
57. Mirmiran P, Yuzbashian E, **Asghari G**, Sarverzadeh S, Azizi F. Dietary fibre intake in relation to the risk of incident chronic kidney disease. *Br J Nutr* 2018; 119(5): 479-485
58. Yuzbashian E, **Asghari G**, Mirmiran P, Amouzegar-Bahambari P, Azizi F. Adherence to low-sodium Dietary Approaches to Stop Hypertension - style diet may decrease the risk of incident chronic kidney disease among high-risk patients: a secondary prevention in prospective cohort study. *Nephrol Dial Transplant*. 2018 Jan 19. doi: 10.1093/ndt/gfx352.
59. Farhadnejad H, **Asghari G**, Mirmiran P, Azizi F. Dietary approach to stop hypertension diet and cardiovascular risk factors among 10- to 18-year-old individuals. *Pediatr Obes* 2018; 13(4):185-194.
60. **Asghari G**, Khalaj A, Ghadimi M, Mahdavi M, Farhadnejad H, Valizadeh M, Azizi F, Barzin M, Hosseinpanah F. Prevalence of Micronutrient Deficiencies Prior to Bariatric Surgery: Tehran Obesity Treatment Study (TOTS). *Obes Surg*. 2018 Mar 8. doi: 10.1007/s11695-018-3187-y.
61. Hooshmand F, **Asghari G**, Yuzbashian E, Mahdavi M, Mirmiran P, Azizi F. Modified Healthy Eating Index and Incidence of Metabolic Syndrome in Children and Adolescents: Tehran Lipid and Glucose Study. *J Pediatr* 2018; 197: 134-139
62. Farhadnejad H, Teymoori F, **Asghari G**, Mirmiran P, Azizi F. The Association of Potato Intake with Risk for Incident Type 2 Diabetes in Adults. *Can J Diabetes*. 2018 Feb 26. pii: S1499-2671(17)30947-4. doi: 10.1016/j.jcjd.2018.02.010.
63. **Asghari G**, Farhadnejad H, Hosseinpanah F, Moslehi N, Mirmiran P, Azizi F. Effect of vitamin D supplementation on serum 25-hydroxyvitamin D concentration in children and adolescents: a systematic review and meta-analysis protocol. *BMJ Open* 2018; 8(9): e021636.
64. Teymoori F, **Asghari G**, Farhadnejad H, Mirmiran P, Azizi F. Do dietary amino acid ratios predict risk of incident hypertension among adults? *Int J Food Sci Nutr* 2018 Sep 24:1-9. doi: 10.1080/09637486.2018.1515183.
65. Yuzbashian E, **Asghari G**, Hedayati M, Zarkesh M, Mirmiran P, Khalaj A. Determinants of vitamin D receptor gene expression in visceral and subcutaneous adipose tissue in non-obese, obese, and morbidly obese subjects. *J Steroid Biochem Mol Biol*. 2018 Nov 6. pii: S0960-0760(18)30480-1. doi: 10.1016/j.jsbmb.2018.11.004.
66. **Asghari G**, Dehghan P, Mirmiran P, Yuzbashian E, Mahdavi M, Tohidi M, Neyestani TR, Hosseinpanah F, Azizi F. Insulin metabolism markers are predictors of subclinical atherosclerosis among overweight and obese children and adolescents. *BMC Pediatr*. 2018 Nov 23;18(1):368.
67. **Asghari G**, Momenan M, Yuzbashian E, Mirmiran P, Azizi F. Dietary pattern and incidence of chronic kidney disease among adults: a population-based study. *Nutr Metab (Lond)*. 2018 Dec 17;15:88.
68. Farhadnejad H, **Asghari G**, Emamat H, Mirmiran P, Azizi F. Low-Carbohydrate High-Protein Diet is Associated With Increased Risk of Incident Chronic Kidney Diseases Among Tehranian Adults. *J Ren Nutr*. 2018 Dec 19. pii: S1051-2276(18)30245-0.

69. Hosseini-Esfahani F, Bahadoran Z, Moslehi N, **Asghari G**, Yuzbashian E, Hosseinpour-Niazi S, Mirmiran P, Azizi F. Metabolic Syndrome: Findings from 20 Years of the Tehran Lipid and Glucose Study. *Int J Endocrinol Metab.* 2018 Oct 21;16(4 Suppl):e84771.
70. Hosseini-Esfahani F, Hosseinpour-Niazi S, **Asghari G**, Bahadoran Z, Moslehi N, Golzarand M, Ejtahed HS, Mirmiran P, Azizi F. Nutrition and Cardio-Metabolic Risk Factors: Findings from 20 Years of the Tehran Lipid and Glucose Study. *Int J Endocrinol Metab.* 2018 Oct 13;16(4 Suppl):e84772.
71. Hosseini-Esfahani F, Moslehi N, **Asghari G**, Hosseinpour-Niazi S, Bahadoran Z, Yuzbashian E, Mirmiran P, Azizi F. Nutrition and Diabetes, Cardiovascular and Chronic Kidney Diseases: Findings from 20 Years of the Tehran Lipid and Glucose Study. *Int J Endocrinol Metab.* 2018 Oct 31;16(4 Suppl):e84791.
72. **Asghari G**, Mirmiran P, Yuzbashian E, Dehghan P, Mahdavi M, Tohidi M, Wagner CL, Neyestani T, Hosseinpanah F, Azizi F. Association of circulating 25-hydroxyvitamin D and parathyroid hormone with carotid intima media thickness in children and adolescents with excess weight. *J Steroid Biochem Mol Biol.* 2018 Dec 31. pii: S0960-0760(18)30463-1.

**Dietetic Internships:**

Erfan Hospital Nutrition Clinic, Tehran, IRAN  
to present

January 2011

**Teaching Assistant:**

Shahid Beheshti University of Medical Sciences, Teheran, IRAN  
present

April 2010 to

**Honors, Distinctions, and Scientific Societies Membership**

- Elected in the 20<sup>th</sup> Razi Research Festival on Medical Sciences
- Elected in the Educational Festival, Shahid Beheshti University of Medical Sciences
- Elected in the Research Festival, Shahid Beheshti University of Medical Sciences
- Member of American Nutrition Society
- Member of Iranian obesity society at [www.iranobesitysociety.ir](http://www.iranobesitysociety.ir)