

Dr. Mohammad Alizadeh, Professor in Nutrition

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Personal Information

Full name: Mohammad Alizadeh; **Born:** 1975; **Married,** 3 child

Education

BSc in Nutrition, Shaheed Beheshti University of Medical Science, Tehran, IRAN. **1994-1998**

MSc in Nutrition, Tabriz University of Medical Science, Tabriz, IRAN. **1999-2001**

PhD in Nutrition, Tabriz University of Medical Science, Tabriz, IRAN. **2006-2010**

Research Interests and Expertise

Dr. Alizadeh's major research interests involve prevention and treatment of obesity, metabolic syndrome, cardiovascular disease and non-alcoholic fatty liver disease through diet and lifestyle. He has focused on diet and lifestyle determinants of the metabolic syndrome, obesity and cardiovascular disease. Several detailed analyses in this field have been done, including intakes of legumes, selenium, l-arginine and dietary patterns; intake of probiotics and obesity; and intake of calcium and vitamin D and non-alcoholic fatty liver disease. His current research has expanded to investigate the link between pomegranate juice, resistant starch, β -glucan, symbiotic yogurt, whole grain, gut microbiota, food habits, dietary patterns,

carbohydrate quality, biomarkers of systemic inflammation, endothelial dysfunction, satiety, appetite, glycemic control, oxidative stress, non-alcoholic fatty liver disease, and preeclampsia.

Publications in peer-reviewed Journals

1. Fatemeh Maleki Sedgi, Mohammadreza Mohammad Hosseiniazar, and **Mohammad Alizadeh**. The impact of substituting clarified butter with canola oil on the components of metabolic syndrome, fatty liver index, and insulin resistance among individuals diagnosed with metabolic syndrome: a quasi-experimental study. *Journal of Diabetes & Metabolic Disorders*, <https://doi.org/10.1007/s40200-024-01453-z>
2. Fatemeh Maleki Sedgi, Mohammadreza Mohammad Hosseiniazar, and **Mohammad Alizadeh**. The effects of replacing ghee with rapeseed oil on liver steatosis and enzymes, lipid profile, insulin resistance and anthropometric measurements in patients with non-alcoholic fatty liver disease: a randomised controlled clinical trial. *British Journal of Nutrition*, 2024, <https://doi.org/10.1017/S0007114524000564>
3. **Mohammad Alizadeh**, Mohammadreza Mohammad Hosseiniazar, Farkhondeh Alami, Somayyeh Bararnia Adabi. The effects of meal patterns on liver steatosis, fibrosis, and biochemical factors in patients with nonalcoholic fatty liver disease: a randomized controlled clinical trial. *Journal of Diabetes & Metabolic Disorders*, 2024, <https://doi.org/10.1007/s40200-023-01375-2>
4. Sangouni, A.A., **Alizadeh, M.**, Jamalzehi, A., Hosseinzadeh, M., Parastouei, K. Garlic supplementation improves intestinal transit time, lipid accumulation product and cardiometabolic indices in subjects with metabolic syndrome: A randomized controlled trial. *Phytotherapy Research*. 2023; 37(6), pp. 2305-2314.
5. Alami, F., **Alizadeh, M.**, Shateri, K. The effect of a fruit-rich diet on liver biomarkers, insulin resistance, and lipid profile in patients with non-alcoholic fatty liver disease: a randomized clinical trial. *Scandinavian Journal of Gastroenterology*, 2022, 57(10), pp. 1238-1249.
6. **Alizadeh, M.**, Daneghian, S. Functional foods, hormesis, and oxidative stress, 2022, Book chapter: Current Advances for Development of Functional Foods Modulating Inflammation and Oxidative Stress, pp. 581-603.
7. Arezoo Amjadi, Yahya Pasdard, Shahab Rezaeian, Mostafa Nachvak, Saeid Ghavamzadeh, **Mohammad Alizadeh**, Hadi Abdollahzad, and Jafar Navabi. The Association Between Dietary Acidity and Clinical Symptoms in Patients With Rheumatoid Arthritis. *Clin Nutr Res*. 2022 Oct;11(4):277-288.
8. Samira Faraji, Sevana Daneghian, **Mohammad Alizadeh**. Effects of chicory (*Cichorium intybus* L.)

on nonalcoholic fatty liver disease. *Traditional Medicine Research* | 2020, Vol. 5 | Issue (6): 476–486 DOI:10.53388/TMR20200603192

9. Faraji, S., Hosseini Azar, M.R.M., **Alizadeh, M***. Brewed chicory leaf consumption has unexpected side effects along beneficial effects on liver enzymes in non-alcoholic fatty liver disease patients. *Journal of Herbal Medicine*, 2022, 34,100572
10. Faraji, S., **Alizadeh, M***. Mechanistic effects of Vitamin D supplementation on metabolic syndrome components in patients with or without Vitamin D deficiency. *Journal of Obesity and Metabolic Syndrome*, 2021, 29(4), pp. 270-280.
11. Farnush Bakhshimoghaddam and **Mohammad Alizadeh***. Contribution of gut microbiota to nonalcoholic fatty liver disease: Pathways of mechanisms. *Clinical Nutrition ESPEN*, 2021, 44, pp. 61-68
12. Abbas Ali Sangouni, **Mohammad Alizadeh**, Atena Jamalzehi, Karim Parastouei. Effects of garlic powder supplementation on metabolic syndrome components, insulin resistance, fatty liver index, and appetite in subjects with metabolic syndrome: A randomized clinical trial. *Phytotherapy Research*. 2021;1–9.
13. Abbas Ali Sangouni, Mohammad Reza Mohammad Hosseini Azar, **Mohammad Alizadeh***. Effects of garlic powder supplementation on insulin resistance, oxidative stress, and body composition in patients with non-alcoholic fatty liver disease: A randomized controlled clinical trial, *Complementary Therapies in Medicine*. 51 (2020) 102428
14. Abbas Ali Sangouni¹, Mohammad Reza Mohammad Hosseini Azar, **Mohammad Alizadeh***. Effect of garlic powder supplementation on hepatic steatosis, liver enzymes, and lipid profile in patients with non-alcoholic fatty liver disease: A double-blind randomized controlled clinical trial. *British Journal of Nutrition*. DOI 10.1017/S0007114520001403
15. Masoumeh Dorosti, Ali Jafary Heidarlou, Farnush Bakhshimoghaddam, and **Mohammad Alizadeh***. Whole Grain Consumption and Its Effects on Hepatic Steatosis and Liver Enzymes in Patients with Nonalcoholic Fatty Liver Disease: A Randomized Controlled Clinical Trial. *British Journal of Nutrition* (2020), 123, 328–336.
16. Farnush Bakhshimoghaddam and **Mohammad Alizadeh***. Modulation of the gut microbiota represents a new management for non-alcoholic fatty liver disease. *Hepatobiliary Surgery and*

Nutrition. 2020; 9(2):223-226. <http://dx.doi.org/10.21037/hbsn.2019.10.01>.

17. Reza Abbasi, Farnush Bakhshimoghaddam, **Mohammad Alizadeh** *. Major dietary patterns in relation to preeclampsia among Iranian pregnant women: a case-control study. *The Journal of Maternal-Fetal & Neonatal Medicine*. 2019 Nov 17:1-8. doi: 10.1080/14767058.2019.1686474.
18. Fereshteh Eshghi, Farnush Bakhshimoghaddam, Yousef Rasmi, **Mohammad Alizadeh** *. Effects of resistant starch supplementation on glucose metabolism, lipid profile, lipid peroxidation marker, and oxidative stress in overweight and obese adults: randomized, double-blind, crossover trial. *Clinical Nutrition Research*. 2019 Oct;8(4):318-328.
19. Nazila Hasanyani, Alireza Mehdizadeh, Mehran Rahimloo, and **Mohammad Alizadeh** *. The effect of flaxseed enriched yogurt on glycemic status and cardiovascular risk factors in patients with type 2 diabetes mellitus: Randomized, Open-labeled, Controlled Study. *Clinical Nutrition Research*. 2019 Oct;8(4):284-295.
20. Fereshteh Sanjarimoghaddam, Fatemeh Bahadori, Farnush Bakhshimoghaddam, and **Mohammad Alizadeh** *. Association between quality and quantity of dietary carbohydrate and pregnancy-induced hypertension: a case-control study. *Clinical Nutrition ESPEN*. 2019, 33, 158-163.
21. Mozghan Esmailpour, Sedigheh Ghasemian and **Mohammad Alizadeh** *. Diets enriched with whole grains reduce premenstrual syndrome scores in nurses: an open-label parallel randomised controlled trial. *British Journal of Nutrition*. (2019), 121, 992–1001. Doi:10.1017/S0007114519000333.
22. Sara Shojaei Zarghani, **Mohammad Alizadeh** *. Maternal dietary glycemic index and glycemic load and later risk of obesity: a review of the evidence. *Progress in Nutrition*. 2019; Vol. 21, Supplement 1: 6-15 DOI: 10.23751/pn.v21i1-S.5985.
23. Farnush Bakhshimoghaddam, Kamran Shateri, Morad Sina, Maryam Hashemian, and **Mohammad Alizadeh** *. Daily Consumption of Synbiotic Yogurt Decreases Liver Steatosis in Patients with Nonalcoholic Fatty Liver Disease: A Randomized Controlled Clinical Trial. *The Journal of Nutrition*. 2018;148: 1–9.
24. Sara Shojaei Zarghani, Samin Abbaszadeh, **Mohammad Alizadeh**, Maryam Rameshrad, Alireza Garjani, Hamid Soraya. The Effect of Metformin Combined with Calcium-Vitamin D3 Against Diet-Induced Nonalcoholic Fatty Liver Disease. *Advanced Pharmaceutical Bulletin*, 2018, 8(1), 97-105.

25. Rahemi M, **Alizade M***. The association of energy intake and expenditure, macronutrients, glycemic index and load, and general characteristics with postprandial peptide YY 3-36 serum levels. *Crescent Journal of Medical and Biological Sciences*. 2018, 5(2), 107-114.
26. Heshmati E, Shirpoor A*, Kheradmand F, **Alizadeh M**, Hosseini F. Chronic ethanol increases Calcium/Calmodulin-Dependent protein kinaseII δ gene expression and decreases monoamine oxidase amount in Rats' heart muscles: Rescue effect of *Gingiber Officinale* (ginger) extract. *The Anatolian Journal of Cardiology*. 2018, 19, 19-26.
27. Zarghani SS, **Alizade M***. Maternal dietary glycemic index and glycemic load and later risk of obesity: A Review of the Evidence. *Progress in Nutrition*. Accepted
28. Moazzen H, **Alizade M***. Effects of Pomegranate Juice on Cardiovascular Risk Factors in Patients with Metabolic Syndrome: a Double-Blinded, Randomized Crossover Controlled Trial. *Plant Foods for Human Nutrition*, 2017, 72:126–133
29. Zarghani SS, Soraya H, **Alizade M***. Calcium and vitamin D3 combinations improve fatty liver disease through AMPK-independent mechanisms. *European Journal of Nutrition*, DOI 10.1007/s00394-016-1360-4
30. Zarghani SS, Soraya S, Zarei L, **Alizadeh M***. Comparison of Three Different Diet-Induced Non Alcoholic Fatty Liver Disease Protocols in Rats: A Pilot Study. *Pharmaceutical Sciences*, March 2016, 22, 9-15.
31. Didarlo1 A, and **Alizadeh M***. Health-Related Quality of Life and its Determinants Among Women With Diabetes Mellitus: A Cross-Sectional Analysis. *Nurs Midwifery Stud*, 2016 March; 5(1): e28937.
32. Didarloo, Shojaeizadeh D, **Alizadeh M***. Impact of Educational Intervention Based on Interactive Approaches on Beliefs, Behavior, Hemoglobin A1c, and Quality of Life in Diabetic Women. *International Journal of Preventive Medicine* 2016, 7:38.
33. **Alizadeh M**, Didarloo A*, Esmailzadeh A. Dietary Patterns of Young Females and Their Association With Waist Circumference as a Health Index in Northwest of Iran, 2007. *Iran Red Crescent Medical Journal*. 2015 May; 17(5): e17594.
34. Gargari BP, **Alizadeh M***, Safaeiyan A, and Zarrin R. Effect of L-arginine and Selenium on Metabolic Features, Insulin Resistance and Hepatic Function Tests in Obese Women. *Current Nutrition & Food Science*, 2015, 11, 1-10.

35. Safaeiyan A, Pourghassem-Gargari B, Zarrin R, Fereidooni J, **Alizadeh M***. Randomized controlled trial on the effects of legumes on cardiovascular risk factors in women with abdominal obesity. *ARYA Atherosclerosis*, 2015, 11(2): 1-9
36. **Alizadeh M**, Gharaaghaji R, Gargari BP. The effects of legumes on metabolic features, insulin resistance and hepatic function tests in women with central obesity: a randomized controlled trial, *International Journal of Preventive Medicine*, Vol 5, No 6, June, 2014: 710-720
37. Ghavamzadeh S, Khalkhali HR, **Alizadeh M***. TV Viewing, Independent of Physical Activity and Obesogenic Foods, Increases Overweight and Obesity in Adolescents. *Journal of Health Population and Nutrition* 2013; 31: 334-342.
38. **Alizadeh M**, Safaeiyan A, Ostadrahimi A, Estakhri R, Daneghian S, Ghaffari A, Pourghassem Gargari B*. Effect of L -Arginine and Selenium Added to a Hypocaloric Diet Enriched with Legumes on Cardiovascular Disease Risk Factors in Women with Central Obesity: A Randomized, Double-Blind, Placebo-Controlled Trial. *Annals of Nutrition and Metabolism*, 2012;60:157–168
39. **Alizadeh M**, Mohtadiniya J, Pourghassem Gargari B*. Major Dietary Patterns among Female Adolescent Girls of Talaat Intelligent Guidance School, Tabriz, Iran. *Iranian Red Crescent Medical Journal*, 2012; 14(7):436-441.
40. **Alizadeh M**, Daneghian S, Ghaffari A, Ostadrahimi A, Safaeiyan A, Estakhri R, Pourghassem Gargari B*. The effect of hypocaloric diet enriched in legumes with or without L- arginine and selenium on anthropometric measures in central obese women. *Journal of Research in Medical Sciences*. 2010; Vol 15, No 6.

Paper presentation in congresses

1. **Alizadeh M**, Pourghassem Gargari B, Safaeiyan A, Ghavamzadeh S. Randomized controlled trial on the effects of legumes on cardiovascular risks: direct relationship between legumes and nitric oxide; plateau beneficial effects of legumes on cholesterol, LDL-C and hs-CRP. 12th Iranian Nutrition Congress. Iran, November 2012.
2. **Alizadeh M**, Pourghassem Gargari B, Safaeiyan A, Manafi M. The effects of legumes on metabolic features, insulin resistance and hepatic function tests in women with central obesity: a randomized controlled trial. 12th Iranian Nutrition Congress. Iran, November 2012.

3. **Alizadeh M**, Ghavamzadeh S, Manafi M. Weight reduction without calorie restriction order: an effective method in treatment of obesity and metabolic syndrome. 3th Congress of prevention and treatment of obesity in Iran. Iran, November 2011.
4. **Alizadeh M**, Safaeiyan A, Ostadrahimi A, Estakhri R, Daneghian S, Ghaffari A, Pourghassem Gargari B. Effect of L-arginine and selenium added to a hypocaloric diet enriched with legumes on cardiovascular disease risk factors in women with central obesity: a randomized, double-blind, placebo-controlled trial. 3th Iranian Congress of obesity prevention and treatment. Iran, November 2011.
5. **Alizadeh M**, Pourghassem Gargari B, Safaeiyan A, Ostadrahimi A, Estakhri R, Ghaffari A, Daneghian S. Effect of L-arginine and selenium on metabolic features, insulin resistance and hepatic function tests in obese women. 11th Iranian Nutrition Congress. Iran, November 2010. (**Selected as congress top presentation**)
6. **Alizadeh M**, Mohtadiniya J, Pourghassem Gargari B, Esmillzadeh A. Major dietary patterns in Tabrizi adolescent girls. 11th Iranian Nutrition Congress. Iran, November 2010.
7. **Alizadeh M**, Pourghassem Gargari B, Ostadrahimi A, Safaeiyan A, Estakhri R, Daneghian S, Ghaffari A. Effect of hypocaloric diet with or without legumes on anthropometric measurements in women with central obesity. 11th Iranian Nutrition Congress. Iran, November 2010.
8. **Alizadeh M**, Pourghassem Gargari B, Ostadrahimi A, Safaeiyan A, Estakhri R, Daneghian S, Ghaffari A. Effect of hypocaloric diet with or without legumes on cardiovascular risks in women with central obesity. 11th Iranian Nutrition Congress. Iran, November 2010.
9. **Alizade M**, Pourghassem Gargari B, Mahdavi R. Improving weight loss with high protein diet. 10th FENS European Nutrition Conference. France, July 2007.
10. **Alizade M**, Mahdavi R, Afrasiabi A, Safaeian A, Gayemmagami SJ. Assessment of nutritional status in post myocardial (MI) infarction patients in heart center of Madani hospital in Tabriz. 10th FENS European Nutrition Conference. France, July 2007.
11. **Alizade M**, Pourghassem Gargari B, Mahdavi R. Easy weight loss with high protein diet. 10th Iranian Nutrition Congress. Iran, November 2007.

12. **Alizadeh M**, Mohtadiniya J, Pourghassem Gargari B, Esmillzadeh A. Major dietary patterns of Tabrizi girl adolescents and their association with waist circumference and BMI. 10th Iranian Nutrition Congress. Iran, November 2007.
13. **Alizade M**, Mahdavi R, Afrasiabi A, Safaeian A, Gayemmagami SJ. Assessment of nutritional status in pre and post cardiac surgery patients in heart center of Madani hospital in Tabriz. 6th Iranian Nutrition Congress. Iran, February 2001.

Reviewing papers for peer-reviewed journals

1. Annals of the New York Academy of Sciences
2. Phytotherapy Research
3. Plant Foods for Human Nutrition
4. BMJ open
5. Journal of Human Nutrition and Dietetics
6. Journal of Dietary Supplements
7. Journal of Health Population and Nutrition
8. Journal of Research in Medical Sciences
9. Progress in Nutrition
10. Archives of Iranian Medicine
11. Clinical Nutrition Research
12. Motriz, Journal of Physical Education
13. Journal of Educational Evaluation for Health Professions
14. Quarterly Journal of Nursing and Midwifery
15. Urmia Medical Journal