



Zeinab Nikniaz

Title: Assistant Professor of nutrition

Department: Liver and gastrointestinal disease research center

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Educational Background:

B.Sc: Nutrition science; Tabriz University of medical sciences

M.Sc: Nutrition science; Tabriz University of medical sciences

Ph.D: Nutrition science; Tabriz University of medical sciences

Research experiences and fields of interest:

Nutrition in Gastric Cancer

Nutrition in celiac disease

Nutrition in IBD

Nutrition in metabolic disease

Dietary pattern and diet inflammatory index

Systematic review and meta-analysis

Teaching experiences

Applied Research methodology

Academic writing

Resident research curriculum

Awards

First top accepted student in the PhD entrance exam in Iran

First top accepted student in the MSc entrance exam in Iran

Best student in Bs, Ms and PhD course

Books :

1. **Nikniaz Z**; Faghfoori Z. Nutrition in Inflammatory bowel disease. 2011
2. **Nikniaz Z**, Nikniaz L, Ketogenic diet in epilepsy. 2010
3. Nikniaz, L., Mahdavi, R., **Nikniaz, Z.**, Nikniaz, H. Probiotics and Synbiotics in Lactating Mothers (Book Chapter). Probiotics, Prebiotics, and Synbiotics: Bioactive Foods in Health Promotion 2015.

Publications:

1. Tabrizi, J.S., Nikniaz, L., Sadeghi-Bazargani, H., Farahbakhsh, M., **Nikniaz, Z.** Determinants of the food safety knowledge and practice among Iranian consumers: A population-based study from northwest of Iran. *British Food Journal* 2017
2. **Nikniaz, Z.**, Mahdavi, R., Nikniaz, L., Ebrahimi, A., Ostadrahimi, A. Effects of *Elaeagnus angustifolia* L. on Lipid Profile and Atherogenic Indices in Obese Females: A Randomized Controlled Clinical Trial. *Journal of Dietary Supplements*. 2016
3. Tabrizi, J.S., Sadeghi-Bazargani, H., Farahbakhsh, M., Nikniaz, L., **Nikniaz, Z.** Prevalence and associated factors of prehypertension and hypertension in Iranian population: The lifestyle promotion project (LPP). *PLoS ONE*. 2016.
4. Ahmadi, V., Karnoosh-Yamchi, J., Aliasgharzadeh, A., **Nikniaz Z**, Salehi, R., Mobasseri, M. The effect of nanohydrogel oral insulin therapy on serum glucose and insulin level in patients with type 2 Diabetes: A pilot study. *Pharmaceutical Sciences* 2016.
5. **Nikniaz, Z.**, Mahdavi, R., Amiri, S., Ostadrahimi, A., Nikniaz, L. Factors associated with body image dissatisfaction and distortion among Iranian women. *Eating Behaviors*. 2016.
6. **Z Nikniaz**, R Mahdavi, SJ Ghaemmaghani, NL Yagin, L Nikniaz. Effect of different brewing times on antioxidant activity and polyphenol content of loosely packed and

- bagged black teas (*Camellia sinensis* L.). *Avicenna Journal of Phytomedicine* 6 (3), 313. 2016.
7. **Z Nikniaz**, R Mahdavi, A Ostadrahimi, L Nikniaz Perceived underlying causes of obesity among overweight and obese women: An exploratory factor analysis. *Mediterranean Journal of Nutrition and Metabolism* 8 (1), 67-73.
 8. Nikniaz, Z., Mahdavi, R., Ostadrahimi, A., (...), Nikniaz, L., Vatankhah, A. Effects of *Elaeagnus angustifolia* L. powder supplementation on serum total antioxidant capacity and malondialdehyde levels in females with knee osteoarthritis. *Journal of Herbal Medicine*. 2015.
 9. **Nikniaz, Z.**, Ostadrahimi, A., Mahdavi, R., Ebrahimi, A.A., Nikniaz, L. Effects of *Elaeagnus angustifolia* L. supplementation on serum levels of inflammatory cytokines and matrix metalloproteinases in females with knee osteoarthritis. *Complementary Therapies in Medicine*. 2014
 10. Z Faghfoori, R Shakerhosseini, L Navai, MH Somi, **Z Nikniaz**, A Abadi. Effects of an oral supplementation of germinated barley foodstuff on serum CRP level and clinical signs in patients with ulcerative colitis.. *Health promotion perspectives* 4 (1), 116
 11. Mahdavi, R., **Nikniaz, Z.**, Ostadrahimi, A., Nikniaz, L. Physical Activity in Overweight and Obese Women: Association with Body Mass Index and Demographic Characteristics. *Applied Research in Quality of Life*. 2013.
 12. Ostadrahimi, A., Nikniaz, L., Mahdavi, R., Hejazi, M.A., **Nikniaz, Z.** Effects of synbiotic supplementation on lactating mothers' energy intake and BMI, and infants' growth. *International Journal of Food Sciences and Nutrition*. 2013.
 13. Ghaemmaghami, S.J., Nikniaz, L., Mahdavi, R., **Nikniaz Z**, Razmifard, F., Afsharnia, F. Effects of infants' birth order, maternal age, and socio-economic status on birth weight. *Saudi Medical Journal*. 2013.
 14. Lotfi Yagin, N., Mahdavi, R., **Nikniaz, Z.** For those who form calcium oxalate stones, which one is healthier?: Green or regular black tea bags. *Nutrition & Food Science*. 2013
 15. Mahdavi, R., Lotfi Yagin, N., Liebman, M., **Nikniaz, Z.** Effect of different brewing times on soluble oxalate content of loose-packed black teas and tea bags.. *Urological Research*. 2013

16. Tarighat Esfanjani, A., Mahdavi, R., Ebrahimi Mameghani, M., (...), **Nikniaz, Z.**, Safaiyan, A.. The effects of magnesium, L-carnitine, and concurrent magnesium-L-carnitine supplementation in migraine prophylaxis. *Biological Trace Element Research*. 2012
17. Mahdavi, R., **Nikniaz, Z.**, Rafrat, M., Jouyban, A. Determination and comparison of the total polyphenol contents of fresh and commercial fruit juices. *British Food Journal*. 2011
18. Mahdavi, R., **Nikniaz, Z.**, Rafrat, M., Jouyban, A. Determination and comparison of total polyphenol and vitamin C contents of natural fresh and commercial fruit juices.. *Pakistan Journal of Nutrition*. 2010.
19. **Nikniaz, Z.**, Mahdavi, R., Rafrat, M., Jouyban, A. Total phenols and vitamin C contents of Iranian fruits. *Nutrition & Food Science*. 2009.
20. L Payahoo, **Z Nikniaz**, R Mahdavi, MAJ Abadi, Perceptions of medical sciences students towards probiotics. *Health Promot Perspect* 2 (1), 96-102. 2. 2012.
21. NL Yagin, R Mahdavi, **Z Nikniaz**. Oxalate content of different drinkable dilutions of tea infusions after different brewing times. *Health promotion perspectives* 2 (2), 218. 2012.
22. L Nikniaz, R Mahdavi, BP Gargari, SJ Gayem Magami, **Z Nikniaz**. Maternal body mass index, dietary intake and socioeconomic status: differential effects on breast milk zinc, copper and iron content. *Health Promot Perspect* 1 (2), 140-6.
23. Z Faghfoori, L Navai, R Shakerhosseini, MH Somi, **Z Nikniaz**, MF Norouzi. Effects of an oral supplementation of germinated barley foodstuff on serum tumour necrosis factor- α , interleukin-6 and-8 in patients with ulcerative colitis *Annals of clinical biochemistry* 48 (3), 233-237.
24. **Z Nikniaz**, R Mahdavi, H Jalilzadeh, JM VAHEDE Evaluation of microbial contamination in cream filled pastries distributed in Tabriz confectionaries. *JOURNAL OF FOOD TECHNOLOGY AND NUTRITION* 8 (129), 66-71
25. Z Faghfoori, R Shaker hosseini, L Navaii, **Z Nikniaz**, MH Somi. Assessment of dietary intake in ulcerative colitis patients [in persian]. *Journal of Shaheed Sadoughi University of Medical Sciences* 18 (1), 32-38

Presentations:

1. Leila Nikniaz, Reza Mahdavi, Seyed Rafi Aref Hosseini, **Zeinab Nikniaz**. Fluid intake and beverage consumption pattern among lactating women in Tabriz, Iran. 2nd International Congress on Food and Nutrition, Istanbul, Turkey.2007
2. **Zeinab nikniaz**, Dr reza mahdavi, Haleh jalil zadeh, morteza vahed jabbari. Determnation and enumeration of Coliforms, Escherchia Coli, Staphylococcus Aureus in pastries in Tabriz-Iran. 2nd International Congress on Food and Nutrition, Istanbul, Turkey.2007
3. **Zeinab Nikniaz**, Dr reza mahdavi, Haleh jalil zadeh, morteza vahed jabbari. Determination and enumeration of Coliforms, Escherchia Coli, Staphylococcus Aureus in confectionary creams in Tabriz-Iran. International Dairy Industry Congress. 09-11 April 2008 Bornova, Izmir, Turkey2008
4. **Zeinab Nikniaz**, Reza Mahdavi, Alireza Ostadrahimi, Leila Nikniaz, Aliasghar Ebrahimi.
Effect of Elaeagnus Angustifolia L. medulla fruit powder on BMI and serum level of TNF- α in obese osteoarthritis females . International nutrition and food science congress Istanbul – Turkey
5. **Zeinab Nikniaz**, Reza Mahdavi, Alireza Ostadrahimi, Leila Nikniaz, Aliasghar Ebrahimi. Effect of Elaeagnus Angustifolia L. whole fruit powder on BMI and serum level of TNF- α in obese osteoarthritis females. clinical nutrition congress-Mashhad-Iran
6. Nikniaz L, Mahdavi R, **Nikniaz Z**. Daily milk consumption of lactating mothers in Tabriz. 10th Iranian nutrition congress-Tehran –Iran.
7. Nikniaz L, Mahdavi R, **Nikniaz Z**. Daily fruit and vegetable consumption of lactating mothers In Tabriz . 10th Iranian nutrition congress-Tehran –Iran.
8. Nikniaz L, Mahdavi R, **Nikniaz Z**. Evaluation of the association between Aflatoxin M1 with milk fat in breast milk in rural area of Tabriz-Iran. 10th Iranian nutrition congress-Tehran –Iran.
9. Nikniaz L, Mahdavi R, **Nikniaz Z**. Daily beverage consumption of lactating mother in Tabriz-Iran. 10th Iranian nutrition congress-Tehran –Iran.
10. **Nikniaz Z**, Mahdavi R, Nikniaz L, Jalilzadeh H. Comparison of the microbial contamination of pastries between degree 1 and degree 2 confectionaries in Tabriz-Iran. 9th Iranian nutrition congress-Tabriz –Iran.

11. **Nikniaz Z**, Mahdavi R, Nikniaz L. soy and health. Ardabil student congress. Ardabil-Iran
12. Nikniaz L, Mahdavi R, **Nikniaz Z**. Prevalence of type 2 diabetes risk factors in lactating mothers in Tabriz and urban areas. First Iranian metabolic syndrome congress. Tabriz-Iran
13. Nikniaz L, mahdavi R, **Nikniaz Z**. evaluation of the growth pattern of breast feed children in Tabriz. Nutrition student congress.
14. Nikniaz L, mahdavi R, **Nikniaz Z**. Effect of mother`s BMI on infants weight. Children and infants nutrition congress.
15. **Nikniaz Z**, Nikniaz A, Nikniaz L. clinical and nutritional characteristics of under 2 year children with growth retards referred to Tabriz children hospital. National children nutrition congress.
16. Nikniaz L, Nikniaz A, **Nikniaz L**. sensitivity of cross-sectional and longitudinal method in determination of growth retardation in under 6 year children. National children nutrition congress.
17. Nikniaz A, Nikniaz L, **Nikniaz Z**. Growth chart interpretation. National children nutrition congress.
18. **Nikniaz Z**, Mahdavi R, Nikniaz L. Importance of glutamine supplementation in LBW infants. National children nutrition congress.
19. Mahdavi R, **Nikniaz Z**, Mahin Kazemi M. Association between BMI and beverage consumption pattern in females. Metabolic syndrome and obesity congress.
20. L nikniaz, R mahdavi, A ostadrahimi, **Z nikniaz**, effect of synbiotic supplementation on breast milk iga level in overweight and obese women, and diarrhea incidence in infants, nutrition and food sciences research 1 (1), 199-199.
21. L nikniaz, R mahdavi, A ostadrahimi, **Z nikniaz**, evaluation of breast milk total antioxidant capacity (tac) levels in third and fourth months of lactation. nutrition and food sciences research 1 (1), 198-199
22. L nikniaz, R mahdavi, A ostadrahimi, **Z nikniaz**, effect of maternal age on breast

milk tgf- β 1 level , nutrition and food sciences research 1 (1), 199-199