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Academic Qualification

- Ph.D., Nutrition, faculty of Nutrition Sciences and Food Technology, Shaheed Beheshti University of Medical Sciences, Iran, February 2004.
- Research project: Effects of macronutrients on cardiovascular and metabolic responses in type II diabetics and healthy subjects.
- M.Sc., Nutrition , faculty of Nutrition Sciences and Food Technology, Shaheed Beheshti University of Medical Sciences, Iran, June 1993.
- Thesis subject: Effect of traditional food supplementation during pregnancy on pregnant and lactation mothers and their infants.
- B.Sc., Nutrition, Alzahra University, Iran, 1986.
- Research & educational period in UCLA
- Language: English

Memberships

Associate Professor, Dept. of Paramedical, 2015 – present

Assistant Professor, Dept. of Paramedical, 2003 – 2015

Lecturer, Dept. of Paramedical, 1988 –2003

Member of Iranian Nutrition Society (ATA)

Member of Paramedical Dept-Research Council

Member of Paramedical Dept-Educational Council

Member of H.S.R.

Member of editorial board of Iranian J of Diabetes and Obesity

Member of Prevention and Epidemiology of Non- Communicable Diseases Research Center

Member of Yazd Elderly Research Center

Education / Experience

*Diet therapy

Research

*General: studying the effect of nutrients in diabetes and cardiovascular disease

* Laboratory skills: Biochemical assessment.

Teaching

* 1993-present: Yazd University of Medical Sciences

* 1989-1993: Nutrition, Department of Human Nutrition, Shaheed Beheshti University

* 1987-88: Yazd University of Medical Sciences.

Publications

-**Kaseb F**. The survey of relation between Iron Anemia and serum retinol. Yazd Azad University Journal. No.18: 33-7. 1995(In persian).

-**Kaseb F**, Kimiagar M, Ghaffarpoor M & valaii N. Effect of traditional supplementary feeding during pregnancy on birthweight and growth trend. Pejouhandeh J. 4(15): 223-7, 1999 (In persian).

-**Kaseb F**, Kimiagar M, Ghaffarpoor M, Valaii N. Effects of traditional food supplementation during pregnancy on maternal weight gain and birth weight. Inter J Vita Nutr Res. 72(6):389-393, 2002.

-**Kaseb F**, Kimiagar M, Soltani M, Hoseini M. The effects of macronutrients on cardiovascular and metabolic responses in type 2 diabetics. J of Zanjan University .11(43): 9-15, 2003 (In persian).

-**Kaseb F**, Kimiagar M, Soltani M, Hoseini M. Effects of macronutrients on metabolic responses in NIDDM and healthy subjects. Pejouhandeh J. 35(5):321-5. 2003 (In persian).

-**Kaseb F**, Soltani M, kimiagar M, Hoseini M. Effects of macronutrients on cardiovascular responses in NIDDM and healthy subjects. Yazd Medical Sciences J.12(2):60-67.2004 (In persian).

-**Kaseb F**, Soltani M, kimiagar M, Hoseini M, Harrison GG, Afifi A. Effects of macronutrients on cardiovascular and metabolic responses in NIDDM and healthy subjects. Asia Pac J Clin Nutr. 13(Suppl):S 143, 2004.

-Khabaz M, Rashidi M, **Kaseb F**, Afkhami-Ardakani M. Effect of vitamin E on glycemic control and lipid profile in type 2 diabetics. J of Kashan University .11(4): 40-45, 2008 (In persian).

-Mosalai M, Eghtesadi S, **Kaseb F**, Hoseini F. Effect of sesame on blood glucose, lipid profile and blood pressure in type 2 diabetes. Yazd Medical Sciences J.16(2):60-67.2008 (In persian).

-**Kaseb F**, Rashidi M, Eshraghian M. Nutritional status Survey of older adult in long term care in the Yazd province of Iran. J of Nutrition for the elderly .Vol28.pp 408-415.2009.

11- Khabaz M, Rashidi M, **Kaseb F**, Afkhami M. Effect of vitamin E on blood glucose, lipid profile and blood pressure of diabetes patients. Iranian J of diabetes and obesity .Vol 1.No1.2010.

-**Kaseb F**, Rashidi M & Vaziri N. The effect of different types of Iranian breads on metabolic and cardiovascular responses in type 2 diabetic patients. Iranian J of diabetes and obesity .Vol 1.No2.2010.

-Falah R, **Kaseb F**, Rajaei MH, Is there a Relation between Food Intake and Epileptic Seizures in Children? Yazd Medical Sciences J.19(1):75-83.2011 (In persian).

- Mazlomi S.khani H.Fallahzadeh H, **Kaseb F** . The Effect of Nutrition and Health Heart Instruction of Health Volunteers on Knowledge,Attitude and Performance of Mothers.Tolue behdasht J. Vol 11, Issue 4, pp 81-90.2012 (In persian).
- **Kaseb F**,Rashidi M, Afkhami M&Falalzadeh H. Comparison of walnut,almond and olive oils on metabolic responses in diabetic patients. International J of diabetes in developing countries , Vol 33, Issue 2, pp 115-119.2013.
- Nemayandeh S M,**Kaseb F**, Sadr S M. Olive and Sesame Oil Effect on lipid profile in hypercholesterolemic patients,which better? International Journal of Preventive Medicine , vol4 ,issue 9, p 1059.2013.
- **Kaseb F**, Fallah R. Efficacy of zinc supplementation on improvement of weight and height growth of healthy 9-18 year children . world applied sciences journal 26 (2): 189-193.2013.
- Kaseb F**.Shiranian M.Abdar M & Aminolroaiai H.The survey of industrial Oliviah salad contamination with Salmonella and Staphylococcus aureus in Yazd city in 1392. Tolue behdasht J. Vol 14, Issue 1, pp ...-... .2015 (In persian).
- **Kaseb F** & Naghdipour A. Effects of Olive Oil and Grape Seed Oil onLipid Profile and Blood Pressure in Patients with Hyperlipidemia:A Randomized Clinical Trial. Food and Nutrition Sciences, vol 7: 682-688. 2016.
- **Kaseb F** , Kimia Haghighyfar,Maryam Salami& Akram Ghadiri. Relationship of vitamin D deficiency and the markers of metabolic syndrome among overweight and obese adults . Acta Med Iran 2017;55(6):399-403.
- Kaseb F** , Yazdanpanah Z , Naghdipour Biregani A, Barkhordari N & Yazdanpanah Z. The effect of chamomile (*Matricaria recutita* L.) infusion on blood glucose, lipid profile and kidney function in Type 2 diabetic patients: a randomized clinical trial. Progress in Nutrition 2018; Vol. 20, Supplement 1: 110-118
- Dehghani A, Hafizibarjin Z, Najjari R, Kaseb F, Safari F4. Resveratrol and 1,25-dihydroxyvitamin D co-administration protects the heart against D-galactose-induced aging in rats: evaluation of serum and cardiac levels of klotho. Aging Clin Exp Res. 2018 Nov 27. :1-11
- Mohsenpour M A, **Kaseb F** , Nazemian R, Mozaffari-Khosravi H. The effect of a new mixture of sugar and sugar-alcohols compared to sucrose and glucose on blood glucose increase and the possible adverse reactions: a phase I double-blind, three-way randomized cross-over clinical trial(pending).
- Morovati M & **Kaseb F**. The survey of predictors of healthy nutrition based on health belief model in the elderly of kalat city in 1395(pending)
- **Kaseb F**.Falah R & Motahari M.The comparison of Energy and food groups in cerebral palsy patients and healthy subjects (pending).
- Hemaiati R,**Kaseb F** & yousefi f. The level of microalbuminuria in obesity subjects (pending).

Compilation

Kaseb F, Zare S. Diet therapy in diabetes. 1th Ed. Yazd: Teb gostar .2008(In persian).

Kaseb F, Zare S, Nemaiandeh S M. Principles of Dietary planing. 1th Ed. Ghom: Bostane ketab .2009(In persian).

Kaseb F, Rashidi M. Nutrition During Infancy and Childhood .1th Ed. Ghom: Taliah sabz publishers .2010(In persian).

Kaseb F, Rashidi M, Fallah R, Zare S. Nutrition During Infancy and Childhood With especial Notice to Metabolic disorders. 2th Ed. Ghom: Taliah sabz publishers. 2012(In persian).

Kaseb F, Zare S, Nemaiandeh S M. Principles of Dietary planing. 2th Ed. Ghom: Taliah sabz publishers. 2014(In persian).

Kaseb F, Bashiri R, Naghdipour A. Principles of proper Nutrition. 1th Ed. Ghom: Taliah sabz publishers. 2014(In persian).

Kaseb F, Naghdipour A. Principles of Dietary planing. 3th Ed. Ghom: Taliah sabz publishers. 2016 (In persian).

Presentations & Abstracts in English

Kaseb F, Valaii N . Survey of relation between Iron Anemia and serum retinol . The 3th Iranian Nutrition Congress . Isfahan . Iran . 1994.

Kaseb F. Interaction between food and drug. The 12th Iranian Congress of Physiology & Pharmacology . Tehran. Iran .1995.

Kaseb F. Nutritional requirments in puberty . School Health Development Conference .Isfahan. Iran .1994.

Kaseb F, Kimiagar M, Ghaffarpoor M, Valaii N. Effect of food supplementation during pregnancy on their infants . Nutrition and Malnutrition Conference .Khoramabad . Iran .1996.

Kaseb F, Kimiagar M, Ghaffarpoor M, Valaii N. Effects of food supplementation during pregnancy on their infants . Nutrition and Malnutrition conference . khoramabad . Iran .1996.

Kaseb F, Kimiagar M, Ghaffarpoor M, Valaii N. Effect of traditional food supplementation during pregnancy on infants and lactation of mothers , The 16th International Congress of Nutrition Montreal .Canada .1997.

Kaseb F, Kimiagar M, Ghaffarpoor M, Valaii N. Effects of food supplementation on health pregnancy . The 1th National Conference on Research in the P.H.C network .Mashhad . Iran .1997.

Kaseb F, Eshragheian M, Taleban F. Survey of Nutritional status of Yazd elderly institute . The 1th International Conference on Aging .Tehran . Iran . 1999.

Kaseb F. Nutrition and diet therapy in eldrly people . The 1th Iranian Nutrition Congress. Tehran .Iran .1999.

- Kaseb F.** Nutritional requirements in elderly, The 5th Iranian Nutrition Congress. Tehran .Iran .1999.
- Kaseb F.** Elderly Nutrition . The 1th Elderly Congress. Tehran . Iran .1999.
- Kaseb F .** Kimiagar M, Ghaffarpour M. Valaii N. Effects of traditional food supplementation in pregnancy on health lactation . Nutrition Congress. Ahvaz . Iran .2000.
- Kaseb F,** Soltani M, Kimiagar M, Hoseini M. Effects of macronutrients on cardiovascular responses in type II diabetics and healthy subjects . The 8th Iranian Nutrition Congress . Tehran . Iran. 2004.
- Kaseb F,** Kimiagar M, Soltani M, Hoseini M. Effects of macronutrients on metabolic responses in type II diabetics and healthy subjects .The 7th International Congress of Endocrine Disorders . Tehran . Iran. 2004.
- Kaseb F,** Kimiagar M, Soltani M, Jamshidian M. Effects of macronutrients on metabolic responses in healthy subjects . The 9th Iranian Nutrition Congress . Tabriz . Iran. 2006.
- Kaseb F ,** Khabaz M, Rashidi M, Afkhami M. The effect of vitamin E on blood sugar, blood lipids and blood pressure in type 2 diabetes. The 1st National Congress of Endocrine & metabolism Updates . Isfahan . Iran. 2007.
- Kaseb F ,** Afkhami M, Rashidi M, Khabaz M. Comparison the effect of onion and garlic on blood glucose, lipid profile and hypertension in type 2 diabetes. The 1th Congress of Metabolic Syndrome . Tabriz . Iran. 2008.
- **Kaseb F,** Rashidi M, Afkhami M, Fallahzadeh H. Effect of walnut, almond and olive oils on cardiovascular risk factors in type 2 diabetic patients. The 10th Iranian Nutrition Congress. Tehran . Iran. 2008.
- Mosalai M , **Kaseb F,** Egtesadi S, Hoseini F. Effect of sesame on blood glucose, lipid profile and blood pressure in type 2 diabetes. International Congress on Diabetes and its Complication . Yazd . Iran. 2009.
- **Kaseb F,** Rashidi M, Afkhami M. Comparison of walnut, almond and olive oils on metabolic responses in diabetic patients. The 19th International Congress of Nutrition. Bangkok. Thailand. 2009.
- Salami M, **Kaseb F,** Mosavi F. Critical role of body mass index in different metabolic responses and hormone levels. The 11th Iranian International Congress of Nutrition & The 12th Iranian Congress of Nutrition. Isfahan. 2012.
- Kaseb F,** Mojibian F, Daneshbodi H, Marvasti M. Comparison of the effect of booklet and lecture on the nutritional knowledge of Yazd Medical University Staff. Isfahan-Karbala Conference on Medical Education . Isfahan . Iran. 2013.
- **Kaseb F,** Vaziri N, Jalali B A , Afkhami M . Comparison pomegranate juice with sour cherry juice on serum lipids and blood pressure in type 2 diabetic patients. ASN Middle East Congress. Dubai. 2014
- Jafarzadeh A & **Kaseb F.** Properties of honey in treating disease from the view of doctor Seyed Reza Paknejad. The martyr doctor Seyed Raza Paknejad Congress . Yazd. Iran. 2014.

-Naghdipour A&**Kaseb F**. Properties of grape in treating disease from the view of doctor Seyed Reza Paknejad and other researchers.The martyr doctor Sayed Raza Paknejad Congress .Yazd.Iran.2014.

-Naghdipour A&**Kaseb F**. Properties of date in treating disease from the view of doctor Seyed Reza Paknejad and other researchers.The martyr doctor Sayed Raza Paknejad Congress .Yazd.Iran.2014.

-Dehghani F&**Kaseb F**. Fasting and its impact on human health from the view of doctor Sayed Reza Paknejad.The martyr doctor Sayed Raza Paknejad Congress .Yazd.Iran.2014.

- **Kaseb F** & Naghdipour A. Effects of olive and grape seed oil on lipid profile and blood pressure in hyperlipidemic patients.The1st International&the13th Iranian Nutrition Congress .Tehran.Iran.2014.

- **Kaseb F** , Kimia Haghighyfar,Maryam Salami& Akram Ghadiri. Relationship of vitamin D deficiency and the markers of metabolic syndrome among overweight and obese adults.ACN 12th Asianian Congress of Nutrition .Pacifico Yokohama.Japan.2015.

- **Kaseb F** & Naghdipour A. Evaluation of Nutrition Knowledge of Pregnant Women during pregnancy in Yazd. The 4th International Conference on Women,s Health .Shiraz.Iran.2015.

- **Kaseb F** & Dehghani F. Assessment of knowledge and attitudes of mothers about under 2 year,s child feeding. The 4th International Conference on Women,s Health .Shiraz.Iran.2015.

- **Kaseb F** & Yazdanpanah Z,. Knowledge of midwifery students of Shaheed Sadoughi University about nutrition during pregnancy in 2014.The 4th International Conference on Women,s Health .Shiraz.Iran.2015.

- **Kaseb F** , Afkhami M, Soltani M. Effects of sesame seed on blood glucose and lipid profile in type II diabetic patients.The3rd International&the13th Iranian Nutrition Congress .Tehran.Iran.2018.

-Mohsenpour M A, **Kaseb F** , Nazemian R, Mozaffari-Khosravi H.The effect of a new mixture of sugar and sugar-alcohols compared to sucrose and glucose on blood glucose and the possible adverse reactions:A phase I double-blind three-way cross-over trial.The3rd International&the13th Iranian Nutrition Congress .Tehran.Iran.2018.

- **Kaseb F** & Naghdipour Biregani A, Salami M, Soltani MH. Relationship of vitamin D deficiency and the markers of metabolic syndrome among healthy children.The14th Iranian children and teens nutrition congress.Tehran.2019.

Theses done

- Eghtesadi S, **Kaseb F** (Advisor), Hoseini F, Mosalai M (M.Sc., Nutrition). Effect of sesame on blood glucose, lipid profile and blood pressure in type 2 diabetes. 2008.
- Akhondi M, **Kaseb F** (Advisor), Aghaei M A (GP). Review the viewpoints of patients with functional dyspepsia about the effect of foods on symptom. 2010.
- Hemaiaati R, **Kaseb F** (Advisor), & yousefi f (GP). The level of microalbuminuria in obesity subjects. 2011.
- Mazlomi S, Fallahzadeh H, **Kaseb F** (Advisor), khani H (M.Sc., Health Education). The Effect of Nutrition and Health Heart Instruction of Health Volunteers on Knowledge, Attitude and Performance of Mothers. 2012.
- **Kaseb F** (first Supervisor), Falah R & Motahari M (GP). The comparison of Energy and food groups in cerebral palsy patients and healthy subjects. 2013.
- **Kaseb F** (first Supervisor), Akram Ghadiri, Maryam Salami, Kimia Haghighifard (GP). Relationship of vitamin D deficiency and the markers of metabolic syndrome among overweight and obese adults. summer 2014.
- Morovati M, **Kaseb F** (second Supervisor), Amani F (M.Sc., elderly health). The survey of predictors of healthy nutrition based on health belief model in the elderly of kalat city in 2015.
- Safari F, **Kaseb F** (Advisor), Dehghani A (M.Sc., elderly health). The effect of 1,25-dihydroxyvitamin D and resveratrol co-treatment on aging markers in rat hearts following d-galactose induced aging. 2017.
- Salehi A, **Kaseb F** (second Supervisor), Mohsenpour M A (M.Sc., Food Industry). Comparison the effect of natural sweetener lactitose with sucrose on blood glucose and the possible adverse reactions in type 2 diabetic patients and healthy subjects. 2018.

Theses running

- **Kaseb F** (first Supervisor), The amount and method of protein substance abuse and it affects the drug levodopa in Parkinson's disease, 2019 (Khalili H- M.Sc., elderly health)
- **Kaseb F** (first Supervisor), The Study of amount and type of fluids consumed and its relation with constipation, cognitive impairment and oral dryness in the elderly in Naeine. 2019 (Motavalian Z- M.Sc., elderly health)
- **Kaseb F** (Advisor), The Comparison of the effectiveness of spirituality therapy and cognitive-behavioral therapy on self-esteem, emotional regulation, quality of life and weight in women with obesity (Farzadegan L- Ph.D health Psychology)

Current Research

- Survey of Nutrition, Health and safety status of Yazd Province elderly Nursing homes .

Awards

- Second Graduate Student, Alzahra University

- Young Investigator, 16th International Congress of Nutrition, Montreal, Canada, 1997