

Zahra Mousavi-Shirazi-Fard, PhD in Nutrition and Diet therapy

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Education

2015-2020	PhD in Nutrition, Department of clinical nutrition, School of Nutrition and Food Sciences, Shiraz University of Medical Sciences, Shiraz, Iran
2001-2004	Master of Science, Nutrition, Department of nutrition, School of health, Shiraz University of Medical Sciences, Tehran, Iran
1996-2000	Bachelor of Science, Nutrition, Department of Nutrition, School of health and nutrition, Esfahan University of Medical Sciences, Esfahan, Iran

Teaching Experience

Medical Nutrition Therapy for Upper Gastrointestinal Tract Disorders
Medical Nutrition Therapy for Lower Gastrointestinal Tract Disorders
CLINICAL ASSESSMENT OF NUTRITIONAL STATUS
Principles of Planning the diet
Enteral Nutrition
Parenteral nutrition
Medical Nutrition Therapy in Critical Care
Complementary and Integrative Medicine and Dietary Supplements
Food-Drug interaction
Interpretation of laboratory data

Academic Appointment

Assistant Professor, Department of Clinical Nutrition, School of Nutrition and Food Sciences, Shiraz University of Medical Science
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Research Interests

Neurologic Disorders
ICU patients
Diabetes

Professional and Administrative Experience

Head of Nutrition ward of Namazi Hospital, Shiraz (1386-1394)
Participation in the national nutrition workshop in ICU in 2013 in Mashhad
Cooperation in the Compilation of ICU protocol for tube feeding in the adult (2013)
counseling and diet therapy and participating in medical rounds in the ICU departments of Namazi Hospital
Collaboration in the Celiac Clinic (2017)
counseling and diet therapy for patients with type 1 diabetes in the children's endocrinology department of Namazi Hospital
counseling and diet therapy for patients with metabolic diseases in the pediatric and neonatal departments
Ketogenic diet counseling and therapy for children and adults in Namazi Hospital
counseling and diet therapy in the neonatal ICU department
Collaboration in the revision of ICU protocol for tube feeding in the adult(2022)

Publications

The association of dietary acid load with fatigue, quality of life and nutrient adequacy ratio in multiple sclerosis patients. Mousavi-Shirazi-Fard, Z., Mazloom, Z., Izadi, S., Fararouei, M. [International Journal of Nutrition](#), 2024

Anthropometric indices, nutrient intakes and health-related characteristics of patients with multiple sclerosis: a cross-sectional study. Moazen, M., Mousavi-Shirazi-Fard, Z., Mazloom, Z., Izadi, S., Ghaseminasab-Parizi, M. [Nutritional Neuroscience](#), 2023

The effects of modified anti-inflammatory diet on fatigue, quality of life, and inflammatory biomarkers in relapsing-remitting multiple sclerosis patients: a randomized clinical trial. Mousavi-Shirazi-Fard, Z., Mazloom, Z., Izadi, S., Fararouei, M. [International Journal of Neuroscience](#), 131(7), pp. 657-665. 2021

Comparison of the Effects of Individualized Medical Nutrition Therapy and Consistent Carbohydrate Meal-Planning on Glycemic Control, Energy, and Carbohydrate and Protein Intake in Hospitalized Diabetic Patients: A Randomized Clinical Trial Study. Mousavi-Shirazi-Fard, Z., Mazloom, Z., Jalali, M., (...), Dabbaghmanesh, M.H., Panahiyan, M. [Journal of Health Sciences and Surveillance System](#), 7(2), pp. 94-9. 2019

[Daily vitamin E supplementation does not improve metabolic and glycemic control in type 2 diabetic patients: a double blinded randomized controlled trial.](#)
S Shab-Bidar, Z Mazloun, Z Mousavi-Shirazifard. *Journal of Diabetes* 5 (1), 57-58.2013

THE EMPACT OF VITAMIN E ON GLYCEMIC CONTROL AND LIPID
PROFILES IN TYPE 2 DIABETES PATIENTS.

Z Mousavi Shirazi Fard, Z
Mazloun, S Shab-Bidar. ANNALS OF NUTRITION AND METABOLISM 55,
488-488.2009

Effects of clinical nutrition education on glycemic control outcomes in type 2
diabetes.

S Shabbidar, B Fathi, NM Shirazifard. Int J Diab Dev Ctries 26 (4),
157.2006