

# Curriculum Vitae

## Mina Babashahi

**E-mail:** m.babashahi21@gmail.com

Assistant Professor

Department of Community Nutrition

School of Nutrition and Food Sciences

Shiraz University of Medical Sciences, Shiraz, Iran

Ph.D. in Food & Nutrition Policy.

- **Ph.D. Thesis Topic:**

Analysis for policies related to children's food environment (with special reference to industrial foods) in Iran in order to create child-friendly food environments

**Supervisor:** Prof. Nasrin Omidvar. **Department & Faculty:** Community Nutrition Department, Faculty of Nutrition & Food Technology, Shahid Beheshti University of Medical Sciences, Tehran, Iran.

### **Research Interest**

- Nutrition and food policy
- Community Nutrition
- Food environment
- Nutrition and Food security

### **Honors**

- 2015 First rank of graduate students in master's degree.
- Appreciation on research week 2014.
- Member of the brilliant talent office of Isfahan University of Medical Sciences, 2013-2015.
- 2016 Second rank in food and nutrition policy Ph.D. exam, Iran.
- The winners of the 20th national festival of the year thesis, 2022.

### **Publications**

#### **Published Articles** (\*: Corresponding author)

1. Rostami M, **Babashahi M\***, Rezazadeh A, Omidvar N, Zamanpoor H. Development and validation of a food retail environment analysis protocol in Iran. Public Health Nutrition. 2025;28(1):e132.
2. Mahmoudizadeh M, **Babashahi M**, Rajabzadeh-Dehkordi M, Nouri M, Faghih S. The Interplay Between Picky Eating, Other Eating Behaviors, and Obesity Indicators in Preschool Children. Food Science Nutrition. 2025;13(9):e70967.

3. Rostami M, **Babashahi M\***, Karimi M, Khodakarim S. Developing policy recommendations for controlling energy drink consumption in secondary school students using social marketing theory, Shiraz, Iran: A study protocol. *PloS one*. 2025;20(4):e0321766.
4. Sadeghian-Sharif S, Omidvar N, Mohammdi-Nasrabadi F, **Babashahi M**, Motlagh ME, Abdollahi Z, et al. Benchmarking Public Sector Food Environment Policies in Iran: A Cross-Sectional Expert Assessment Study to Address Implementation Gaps. *Health Science Reports*. 2025;8(9):e71246.
5. Jabbari M, Zeinalian R, Aryafar M, Haghighian-Roudsari A, **Babashahi M**. Strategies to Improve the Nutritional Status of Patients with Cancer from the Experts' Viewpoint: A Qualitative Study. *Journal of Health System Research*. 2025;20(4):325-39.
6. Sadeghian-Sharif S, Omidvar N, Mohammdi-Nasrabadi F, **Babashahi M**. Are Iran's Current Policies and Infrastructure Supporting Healthier Food Environments? *Food Nutrition Bulletin*. 2025:03795721251364648.
7. Rostami M, **Babashahi M\***, Ramezani S, Dastgerdizad H. A scoping review of policies related to reducing energy drink consumption in children. *BMC Public Health*. 2024;24(1):2308.
8. Jabbari M, Namazi N, Irandoost P, Rezazadeh L, Ramezani-Jolfaie N, **Babashahi M**, Pourmoradian S, Barati M. Meta-analysis of community-based interventions on fruits and vegetables consumption in adults. *Nutrition and Food Sciences*. 2024;54(1):164-91.
9. Amini M, **Babashahi M\***, Ghodsi D, Faghih S, Sabouri A. Modification and Development of Protocols for the Content Analysis of the Food Advertisements in Mass Media and School Surroundings in Iran. *Iranian Journal of Nutrition Sciences and Food Technology*. 2023; 10; 18(1):33-54.
10. Shojaeimeher S, **Babashahi M**, Shokri S, Mirlohi M, Zeinali T. Optimizing the Production of Probiotic Yogurt as a New Functional Food for Diabetics with Favorable Sensory Properties Using the Response Surface Methodology. *Probiotics and Antimicrobial Proteins*. 2023; 16:1-13.
11. Jabbari M, Eini-Zinab H, Safaei E, Poursoleiman F, Amini B, **Babashahi M**, Barati M, Hekmatdoost A. Determination of the level of evidence for the association between different food groups/items and dietary fiber intake and the risk of cardiovascular diseases and hypertension: An umbrella review. *Nutrition Research*. 2023; 1; 111:1-3.
12. Narmcheshm S, Esmailzadeh A, **Babashahi M**, Sharegh Farid E, Dorosty A. Socioeconomic Determinants of Food Insecurity in Iran: A Systematic Review. *Journal of Asian and African Studies*. 2023; 00219096231161893. DOI: 10.1177/00219096231161893.
13. **Babashahi M**, Omidvar N, Joulaei H, Zargaraan A, Veisi E, Kelishadi R. Food products with the child-targeted packaging in food stores around primary schools in Tehran, Iran. *Journal of Prevention*. 2022; <https://doi.org/10.1007/s10935-022-00679-y>
14. **Babashahi M**, Omidvar N, Joulaei H, Zargaraan A, Zayeri F, Veisi E, Doustmohammadian A, Kelishadi R. Scrutinize of healthy school canteen policy in Iran's primary schools: A mixed method study. *BMC Public Health*. 2021; 21:1566.
15. **Babashahi M**, Omidvar N, Yazdizadeh B, Heidari-Beni M, Joulaei H, Narmcheshm S, et al. Systematic review and meta-analysis of the most common processed/ultra-

- processed foods consumed by Iranian children. *Eastern Mediterranean Health Journal*. 2021; 27(9):918-930.
16. **Babashahi M**, Bagherifard F, Daneshmandi H, Khoshbakht R, Jaberi O, Delir E, et al. Does food insecurity affect musculoskeletal symptoms, fatigue, and productivity of municipality cleaners? A cross-sectional study. *WORK: A Journal of Prevention, Assessment & Rehabilitation*. 2021; 70: 209–217.
  17. Omidvar N, **Babashahi M**, Abdollahi Z, Al-Jawaldeh A. Enabling food environment in kindergartens and schools in Iran for promoting healthy diet: is it on the right track? *International Journal of Environmental Research and Public Health*. 2021; 18: 4114.
  18. Omidvar N, Al-Jawaldeh A, Amini M, **Babashahi M**, Abdollahi Z, Ranjbar M. Food marketing to children in Iran: regulation that needs further regulation. *Current Research in Nutrition and Food Science*. 2021; 9: 722-744.
  19. Barati M, Jabbari M, Abdi-Ghavidel A, Nikmehr P, Pishva A, Aynehchi A, Babashahi M, Mosharkesh E, Roshanravan N, Shabani M, Davoodi SH, The engineered probiotics for treatment of chronic diseases: A systematic review. *Journal of Food Biochemistry*. 2022 ; 00:e14343.
  20. Jabbari M, Barati M, Khodaei M, Babashahi M, Kalhori A, Tahmassian AH, Mosharkesh E, Arzhang P, Eini-Zinab H. Is collagen supplementation friend or foe in rheumatoid arthritis and osteoarthritis? A comprehensive systematic review. *Int J Rheum Dis*. 2022; 00:1-9.
  21. Veisi E, Noormohammadi M, **Babashahi M\***. The association of sociocultural attitude towards body image and eating disorders among college student girls in Tehran city, Iran. *Journal of Isfahan Medical School*. 2021; 39: 152-158. (*In Persian*).
  22. **Babashahi M\***, Shokri S. Association of subsidies for wheat and flour with per capita consumption of bread among Iranian households. *Journal of Health*. 2021; 12(1): 105-115. (*In Persian*).
  23. **Babashahi M\***, Shokri S. Social, cultural and economic factors affecting food behaviors in the immigrants; a review study. *Journal of Health*. 2021; 12(2): 285-300. (*In Persian*).
  24. Sobhani SR, **Babashahi M\***. Determinants of household food basket composition: a systematic review. *Iranian Journal of Public Health*. 2020; 49: 1827.
  25. Heidari N, Jabbari M, **Babashahi M**, Nabie R, Jafarabadi MA, Arefhosseini SR. The association between healthy eating index and serum antioxidant indices in patients with different degrees of cataract compared to healthy subjects: a case-control study. *Nutrition and Food Science*. 2020; 51: 426-438.
  26. **Babashahi M**, Mirlohi M, Ghiasvand R, Azadbakht L, Mosharaf L, Torki-Baghbadorani S. Effects of probiotic soy milk fermented by *Lactobacillus plantarum* A7 (KC 355240) added with *Cuminum Cyminum* essential oil on fasting blood glucose levels, serum lipid profile and body weight in diabetic Wistar rats. *International Journal of Preventive Medicine*. 2020; 11: 8.
  27. Sobhani SR, **Babashahi M\***. Taxation for reducing purchase and consumption of sugar-sweetened beverages: A systematic review. *International Archives of Health Sciences*. 2019; 6(2):65.

28. **Babashahi M\***. The developmental origins of health and disease approach in nutrition policy. *Clinical Excellence*. 2018; 8(3):48-59. (*In Persian*).
29. Ezzeddin N, **Babashahi M\***. Role of the food traffic light labeling policy in healthy food choices; a review study. *Health Research*. 2018; 4(2):112-119. (*In Persian*).
30. Tabibian M, Sadeghi M, Mohtadinia J, **Babashahi M**, Mirlohi M. Determination of vitamin d3 in fortified Iranian flat bread (Taftoon) using high-performance liquid chromatography. *Nutrition and Food Sciences Research*. 2018; 5(1):47-54.
31. Daneshmandi H, Choobineh A, Rajaei Fard A, **Babashahi M**. The survey of hypertension and affecting factors on it's among industrial male workers of Shiraz city. *Journal of Research & Health*. 2018; 8(6): 485-491.
32. **Babashahi M**, Barkhordari M, Mirlohi M. The Effects of Fermented Soy Milk Consumption on Fecal Lactobacillus Population, Blood Glucose, and Weight in Diabetic Rats. *Journal of Health System Research*. 2018; 14(3):299-306. (*In Persian*).
33. Madani G, Mirlohi M, Soleimanain-Zad S, Hosseini P, **Babashahi M**. Lactobacillus plantarum A7, a potential probiotic strain from infant fecal Flora. *Journal of Biology and Today's World*. 2017; 6(11):216-223.
34. Jolfaie NR, Rouhani MH, Mirlohi M, **Babashahi M**, Abbasi S, Adibi P, Azadbakht L. Comparison of Energy and Nutrient Contents of Commercial and Noncommercial Enteral Nutrition Solutions. *Advanced Biomedical Research*. 2017; 6:1-7.
35. Baghbadorani ST, Ehsani MR, Mirlohi M, Ezzatpanah H, Azadbakht L, **Babashahi M**. Antioxidant capability of ultra-high temperature milk and ultra-high temperature soy milk and their fermented products determined by four distinct spectrophotometric methods. *Advanced Biomedical Research*. 2017; 6: 1-7.
36. **Babashahi M**, Mirlohi M, Ghiasvand R, Torki-Baghbadorani S. Evaluation of response surface methodology to predict optimum growth conditions for *lactobacillus plantarum* A7 (kc 355240) in probiotic soy milk containing essential oil of *Cuminum Cyminum*. *Recent Patents on Food, Nutrition & Agriculture*. 2016; 8(2):132-137.
37. Shojaiemehe S, **Babashahi M**, Mirlohi M. Optimization of probiotic yogurt production applying different concentration of vitamin D3, *Cuminum Cyminum* essential oil and different fermentation times using response surface methodology. *Journal of Health System Research*. 2016; 12(3):315-322. (*In Persian*).
38. Ramezani JN, Rouhani MH, Mirlohi M, **Babashahi M**, Abbasi S, Adibi P, Azadbakht L. Evaluation of nutritional status in patients fed enteral nutrition solutions (commercial and non-commercial) and comparison of nutrient contents in these solutions. *Journal of Isfahan Medical School*. 2016; 34: 594-604. (*In Persian*).
39. **Babashahi M**, Mirlohi M, Ghiasvand R, Azadbakht L. Comparison of soymilk and probiotic soymilk effects on serum high-density lipoprotein cholesterol and low-density lipoprotein cholesterol in diabetic Wistar rats. *ARYA Atherosclerosis*. 2015; 11(Suppl 1): 88.
40. Rezaee E, Mirlohi M, Fallah A, **Babashahi M**. A systematic review on exposure to toxic and essential elements through black tea consumption in Iran: could it be a major risk for human health? *International Journal of Preventive Medicine*. 2014; 5(11): 1351.

41. **Babashahi M**, Salehi M, Mazloomi SM, Almasi-Hashyani A. Quantitative evaluation of vitamin c in industrial lemon juice by titration method. Journal of Biology and Today's World. 2014; 3(6): 139-141.

## **Presentation**

### **Oral**

1. Naji H, **Babashahi M**. Bread Waste in Iran and Strategies for Reduction it: A Review. National Congress of Whole Bread and grain Products. Shiraz, Iran, 2025
2. **Babashahi M**. Policies and programs to create a healthy food environment in kindergartens, preschools and elementary schools in the country: Achievements and challenges. 4th National Congress on Nutrition and Health of Children and Adolescents. March 1-3, 2023 Tehran, Iran.
3. **Babashahi M**, Omidvar N. Food Environment in and Around Primary Schools in Tehran, Iran: Current Status and Policy Challenges. International Congress of Selçuk Health Sciences, December 01-02, 2022 Konya, Turkey.
4. **Babashahi M**, Omidvar N, Joulaei H, Zargaraan A, Kelishadi R. The Food Environment in and around Primary Schools in Iran: Challenges and Recommendations. INFORMAS eSymposium, supported by Canada's International Development Research Centre (IDRC), October 21, 2021.
5. **Babashahi M**, Omidvar N, Zargaraan A, Veisi E. Survey on the food items offered at the Buffet (Healthy Nutrition Basics) elementary schools in Tehran province. 4th National Congress on Nutrition and Health of Children and Adolescents. January 23-25, 2019 Tehran, Iran.
6. Mirlohi M, Shojaiemehe S, **Babashahi M**. Optimization of probiotic yogurt production applying different concentration of vitamin D3, Cuminum cyminum and different fermentation times using response surface methodology, International Conference on Food Chemistry & Hydrocolloids, August 11-12, 2016 Toronto, Canada.
7. **Babashahi M**, Mirlohi M, Ghiasvand R, Torki-Baghbadorani S. The trend of *lactobacillus plantarum* growth in pasteurized and ultra-high temperature soy milk, National Conference on Novel Food Sciences, 2014, Iran
8. **Babashahi M**, Mirlohi M, Ghiasvand R, Torki-Baghbadorani S. Comparison of the growth of probiotics in plain and flavored soy milk. National Conference on Novel Food Sciences, 2014, Iran.
9. **Babashahi M**, Mirlohi M, Ghiasvand R, Torki-Baghbadorani S. Evaluation of response surface methodology to predict optimum growth conditions for *lactobacillus plantarum* a7 (kc 355240) in probiotic soy milk containing essential oil of *Cuminum Cyminum*. National Congress on Snacks Food, 2014, Iran.
10. **Babashahi M**. The relationship between obesity and history of depression in women. Congress of prevention and treatment obesity in Iran. 2011, Iran.

## Posters

1. Nikkhah S, Babashahi M. Challenges and Limitations in Vitamin D Fortification of Bread: A Review. National Congress of Whole Bread and grain Products. Shiraz, Iran, 2025.
2. Rostami M, Babashahi M, Karimi M, Khodakarim S, Jafari Z. From Curiosity to Cravings: The Hidden Forces Behind Adolescent Energy Drink Consumption. Children and Adolescent Nutrition Congress. Tehran, Iran, 2025.
3. Babashahi M. Association of Subsidies of Wheat and Flour with per Capita Consumption of Bread among Iranian Households. National Congress of Whole Bread and grain Products. Shiraz, Iran, 2025.
4. Javidi A, RafRaf M, Babashahi M, Marhamati M. Whole Grains and Gut Microbiota: A Review. . National Congress of Whole Bread and grain Products. Shiraz, Iran, 2025.
5. The overview of the supportive policies that say No to energy drink consumption in children. 2<sup>nd</sup> International Congress Nutrition: From Laboratory Research to Clinical Studies, Mashhad, Iran, 2023.
6. Association of subsidies for wheat and flour with per capita consumption of bread among Iranian households. National Conference on Food Safety and Hygiene of Iran, 2021.
7. Ramezani N, Rouhani MH, Mirlohi M, Babashahi M, Abbasi S, Adibi P, Esmailzadeh A, Azadbakht L. Nutritional quality of commercial and non-commercial enteral nutrition solutions and their ability in meeting the nutritional goals of critically ill patients. The 2nd International & the 14th Iranian Nutrition Congress, Tehran, Iran, 2016.
8. Effects of probiotic soy milk fermented by *Lactobacillus plantarum* A7 (KC 355240) added with of *Cuminum cyminum* essential oil on fasting blood glucose levels and serum lipid profile in diabetic Wistar rats. International Nutrition Congress of Iran, 2014.
9. Aflatoxins in milk of Iran, National Conference on Health and Safety of Food, Iran, 2013
10. Investigation of *Lactobacillus plantarum* A7 growth trend in pasteurized and ultra-high temperature soy milk, 21<sup>st</sup> National Congress of Food Sciences and Technology, Shiraz, Iran, 2013.
11. Comparative study of *Lactobacillus plantarum* A7 growth during fermentation of plain and flavored soy milk, 21<sup>st</sup> National Congress of Food Sciences and Technology, Shiraz, Iran, 2013.
12. The relationship between the consumption of sausages and type 2 diabetes, Iranian Nutrition Congress, 2012.
13. The effect of olive oil consumption on the risk of cancer, Iranian Nutrition Congress, Iran, 2012.
14. Measurement of some anthropometric and physiognomic parameters and their relationship with hypertension in workers in the industrial sector of Shiraz, Iranian Nutrition Congress, Iran, 2012.

15. The role of fish in reducing the progression of inflammatory processes and the incidence of cardiovascular disease in the elderly living in nursing homes of Mashhad, Iranian Nutrition Congress, Iran, 2012.
16. Study of the vitamin C shelf life in industrial lemon juice of Shiraz, Conference on the Improvement of Food, Beverage and Cosmetic Shelf-life with Emphasis on Reducing Preservatives, Iran, 2011.
17. Evaluation of vitamin E supplementation in burn patients, National Congress of burns, Iran, 2011.
18. Quantitative evaluation of vitamin C in industrial lemon juice, Iranian National Congress on Nutrition, Iran, 2000.

### ***Published Book***

1. Babashahi M, Doustmohammadian A. Policy and Food Marketing to Children. Handbook of Public Health Nutrition: International, National, and Regional Perspectives: Springer; 2025. p. 1-18.
2. Babashahi M, Rostami M. Regulatory Approaches and Policy Interventions to Mitigate Energy Drink Consumption. Handbook of Public Health Nutrition: International, National, and Regional Perspectives: Springer; 2025. p. 1-19.
3. Babashahi M, Setoude N. Food Traffic Light Labeling Policy and Implications for Public Health Nutrition in Iran. Handbook of Public Health Nutrition: International, National, and Regional Perspectives: Springer; 2025. p. 1-18.
4. Rostami M, Babashahi M. Measuring and Evaluation of Retail Food Environments: Methods and Approaches. Handbook of Public Health Nutrition: International, National, and Regional Perspectives: Springer; 2025. p. 1-19.
5. Omidvar N, **Babashahi M**. Food environment and childhood overweight and obesity In: Kelishadi R, editor. Childhood obesity: causes, prevention and management New York: Nova Science Publisher; 2020. p. 47-83.
6. **Babashahi M**, Mirlohi M, Shokri JS. Principles and methods of food preservation at home; (Approved by the Iranian Nutrition Association) 2016. (*In Persian*).

### ***Patent***

**Babashahi M**, Mirlohi M & Ghiasvand R. Probiotic Soy Milk Containing Essential Oil of *Cuminum cyminum*. IR85047 (2015).

### ***Teaching***

- Food security, Shiraz University of Medical Sciences, 2023-2025
- Food and Nutrition Economics, Shiraz University of Medical Sciences, 2023-2025
- Principles of planning and managing food programs, Shiraz University of Medical Sciences, 2022-25.

- Food and nutrition planning, Shiraz University of Medical Sciences, 2021-2025.
- Nutritional programs at the community level, Shiraz University of Medical Sciences, 2020, 2021 & 2022.
- Community nutrition, Shiraz University of Medical Sciences, 2020, 2021 & 2022.
- A workshop of Systematic review, Shahid Behehshti University of Medical Sciences, 2020.

### ***Reviewing Activities (Manuscript Peer Reviewer)***

- International Journal of Nutrition Sciences
- BMC Nutrition
- Public Health Nutrition
- Journal of Medical Internet Research
- American Journal of Climate Change
- JMIR Diabetes
- JMIR Research Protocols
- JMIR Formative Research
- Journal of Isfahan Medical School
- Journal of Kerman University of Medical Sciences

### ***Software Skills***

- MAXQDA
- Policy Maker
- Stata
- EndNote
- SPSS
- Office