

Curriculum Vitae

Personal Information

Name	Reema Fayeze Tayyem
Marietal Status	Married with two sons and daughter
Address	Qatar University, College of Health Sciences, Human Nutrition
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SCOPUS: h-index/citations	19/ 1200
Reasrchgate score	35.74

Appointments

2021- Now	Professor , Qatar University, College of Health Sciences, Human Nutrition
2016-Now	Professor , The University of Jordan, Faculty of Agriculture, Nutrition and Food Technology Dept
2015-2016	Professor , The Hashemite University, Faculty of Allied Health Sciences, Clinical Nutrition and Dietetics Dept.
2010-2012	Manager and Owner of Nutriway Nutrition Center , Maternal and Pediatric Nutrition Center, Amman, Jordan.
2009- 2015	Associate Professor , The Hashemite University, Faculty of Allied Health Sciences, Clinical Nutrition and Dietetics Dept.
2001-2008	Assistant Professor , The Hashemite University, Faculty of Allied Health Sciences, Clinical Nutrition and Dietetics Dept.
2005-2006	Visiting Scholar to UCSD Cancer Center/University of California, San Diego/CA/USA.
2000-2001	Lecturer , The Hashemite University, Faculty of Allied Health Sciences, Clinical Nutrition and Dietetics Dept.

Academic Qualifications

1997-2001	The University of Jordan, (Jordan) Ph.D. in Clinical Nutrition. (GPA: Excellent) Dissertation title: Effect of Oral L-Arginine Supplementation on Exercise Tolerance in Patients with Severe Chronic Obstructive Pulmonary Disease (COPD).
1993-1996	The University of Jordan, (Jordan) M.Sc. in Human Nutrition. (GPA: Excellent) Thesis title: Effect of Addition of Sodium Bicarbonate on some Nutritional Aspects in Mashrouh Bread.
1989-1993	King Abdul-Azziz University, (Saudi Arabia) B.Sc. in Biochemistry. (GPA: Excellent)

Responsibilities at the Jordan Universities and Qatar University

- Member in the Graduate Committee, College of Health Sciences, Qatar University (2021-now)
- Member in the Promotion Committee, College of Health Sciences, Qatar University (2021-now)
- Member in the Task Force Committee for establishing Food-Based Dietary Guidelines for Jordanians (2020-2021).
- Member in the committee of the Campaign to Combat Obesity among Jordanians (2019-2021).
- President of the Jordanian Dietetic Association (2018-2020).
- PRIMA advisory committee member (2018-2021).
- Member in the NUGAG Subgroup on Policy Actions, WHO (2018-2021)
- WHO, Temporary advisory committee member for Tackling Obesity in Middle Income Countries of the Eastern Mediterranean Region (2017-2018)
- Member in The II. Eurasian Agriculture and Natural Sciences Congress (2018).
- Proposed member of home-based records for maternal, newborn and child health - Guideline Development Group (2017-2018).
- Head of Clinical Nutrition and Dietetics Dept (2004-2008) and (2012-2014), Hashemite University.
- Dean Assistant (2013-2015), Hashemite University.
- Manger of the Nutrition Clinic of the Rehabilitation center for disabled (2012), Hashemite University.
- Member in the Faculty Academic Plan Committee (2009-2013), Hashemite University.
- Faculty Council Member (2003-2008, 2011) and (2012-2014), Hashemite University.
- Member in the Faculty Scientific Research Committee (2002-2007) and (2012-2013), Hashemite University.
- Coordinator in establishing a Postgraduate (M.Sc.) Plan in the Dept (2006-2008), Hashemite University.
- Member in the Faculty Private Accreditation Standards Committee (2007-2008), Hashemite University.
- Member in the Faculty Strategic Plan Committee (2007-2008), Hashemite University.
- Member in the Faculty Academic Plan Committee (2007-2008), Hashemite University.
- Member in the Food Safety Committee at the University (2007-2008), Hashemite University.
- Member of the Faculty Budget Committee (2005-2007), Hashemite University.
- Member in the Scientific Instrument Committee at the University (2006-2007), Hashemite University.
- Member in the Committee for Managing Students-related Issues (2006-2007), Hashemite University.
- Head of the Faculty Community Services Committee (2002-2004), Hashemite University.
- Academic Quality Control Member (2004-2005), Hashemite University.

Published Papers and Abstracts

Submitted and Papers Under-Preparation

1. Abdel-Ellah Al-Shudifat, Mohammed Azab, Shatha Hammad, Nawal Hijjawi, Shaden Abu-Baker, **Reema Tayyem**. 2021. Association of Lung CT Findings in Coronavirus Disease 2019 (COVID-19) with Patients' Age, Body Weight, Vital Signs and Medical Regimen (Under Preparation).
2. Agraib L, Yamania M, Rayyan Y, Abu-Sneine A, Tamimi T, **Tayyem R**. Probiotic Supplementation and Improvement of Immune System in Patients with Ulcerative Colitis. (Under Preparation).
3. Sabika Allehdan, Asma Basha, Dana Hyassat , Mohammed Nabhan, Husam Qasrawi , **Reema Tayyem**. 2021. Effectiveness of Carbohydrate Counting and DASH Diet on Managing Gestational Diabetes Mellitus among Pregnant Women who used Metformin: A Randomized Controlled Clinical Trial. Clinical Nutrition. (Under Preparation).
4. Hiba Bawadi, Manal Kassab, Abdel Hadi Zanabildi, **Reema Tayyem**. 2021. The association between abdominal adiposity and elevated blood pressure during adolescence using multiple assessment tools is confirmed. Journal of Personalized Medicine. (Under Preparation).
5. Hiba Bawadi, Nahla Al-Bayyari, **Reema Tayyem**, Zumin Shi. 2021. Protein intake among patients with diabetes is linked to poor glycemic control: Findings of NHANES data. (Under Preparation).
6. **Reema Tayyem**, Mohammed Azab, Abdel-Ellah Al-Shudifat, Zahra' Al-Alami, Narmeen Al-Awwad, Hiba Bawadi. 2021. Nutrition Management in Covid-19 Quarantine: Hospital-Based Study. (Under Preparation).
7. **Reema F. Tayyem**, Mohammed O. Ibrahim, Hadeel Ghazaawi, Dana Abdelrahim, Abdel-Ellah Al-Shudifat. 2021. Grains and Legumes Consumption and Cardiovascular Disease
8. Hamed R. Takruri, Thana' Y. ALjaraedah, **Reema F. Tayyem**, 2021. Foods and Nutrient Intakes from School Canteens and Markets nearby Schools and its Proportion from Total Daily Intakes among Students Aged 14-18 Years in Amman (Under Preparation).
9. Shatha Hammad, Reema Mahmoud, Lina Marie, Nitin Shivappa, James R Hebert, **Reema Tayyem**. 2021. Dietary Inflammatory Index and Odds of Breast Cancer in a Case-Control Study from Jordan. (Under Preparation).

Published Papers

10. **Reema Tayyem**, Samah R. Albataineh, Sabika Allehdan, Eman F. Badran. 2021. Relative Validity and Reproducibility of a Food Frequency Questionnaire to Evaluate Food Group Intake among Jordanian Children and Adolescents. *Nutr Hosp*.
11. Husna Ahmed, Hisham Moharram, Madiha Saeed, **Reema Tayyem**, Najat Muhammad and Marium Husain. Position Paper: ISLAM AND FOOD SYSTEMS.
<https://www.unep.org/resources/publication/islam-and-food-systems-position-paper>

12. **Reema Tayyem**, Tamara Qalqili, and Yaser Rayyan. 2021. Dietary Patterns and the Risk of Inflammatory Bowel Disease among Jordanian Patients. *Nutrients*.
13. Al-Mulla R, Abu-Madi M, Talafha QM, **Tayyem RF**, Abdallah AM. COVID-19 Vaccine Hesitancy in a Representative Education Sector Population in Qatar. *Vaccines*. 2021; 9(6):665.
14. Bawadi H, Akasheh RT, Kerkadi A, Haydar S, **Tayyem R**, Shi Z. Validity and Reproducibility of a Food Frequency Questionnaire to Assess Macro and Micro-Nutrient Intake among a Convenience Cohort of Healthy Adult Qataris. *Nutrients*. 2021; 13(6):2002.
15. Narmeen J. Al-Awwad, Hiba Al-Sayyed, **Reema Tayyem**. 2021. Dietary and lifestyle habits among the Hashemite University students at different academic years. *ESPEN Clinical Nutrition*
16. Nihad A. Almasri, Carl J. Dunst, Maysoun Saleh, **Reema Tayyem**. 2021. Psychometric properties of the modified Arabic Parent Nutrition Screening Checklist (Arabic- PNSC).
17. Aseel Al-Ma'aitah and **Reema F. Tayyem**, 2021. Comparison of nutritional status between lacto-ovo vegetarian and non-vegetarian Jordanian adults. *Nutrition and Food Science*.
18. De Backer C, Teunissen L, Cuykx I, Decorte P, Pabian S, Gerritsen S, Matthys C, Al Sabbah H, Van Royen K and the Corona Cooking Survey Study Group (2021) An Evaluation of the COVID-19 Pandemic and Perceived Social Distancing Policies in Relation to Planning, Selecting, and Preparing Healthy Meals: An Observational Study in 38 Countries Worldwide. *Front. Nutr.* 7:621726. doi: 10.3389/fnut.2020.621726
19. Narmeen Al-Awwad, Sabika Allehdan, Tareq Al-Jaberi, Ahmad Hushki, Kamal Bani-Hani, **Reema Tayyem**. 2021. Dietary and lifestyle factors associated with pancreatic and gastric cancers: A case-control study. *Preventive Nutrition and Food Science*
20. Tamara Qalqili, Yaser Rayyan, and **Reema Tayyem**. 2021. Nutrition and Lifestyle Factors Associated with Inflammatory Bowel Disease. *Journal of gastrointestinal and liver diseases: JGLD*
21. Yaser Rayyan, Tamara Qalqili, and **Reema Tayyem**. 2021. Nutrients Consumed by the Inflammatory Bowel Disease Jordanian Patients. *Annals of Cancer Research and Therapy*
22. **Reema F. Tayyem**, Shatha Hammad, Dana Abdelrahim, Fida F. Asali. 2021. Dietary patterns among Jordanian pregnant women. *Current Research in Nutrition and Food Science*..
23. Aseel Al-Ma'aitah and **Reema F. Tayyem**, 2020. Vegetarian diet: health implications and nutrients' adequacy. *Pak. J. Nutr.*, 19: 468-476
24. Fida F. Asali, **Reema F. Tayyem**, Sabika S. Allehdan, Hiba Bawadi. 2020. Maternal use of dietary supplements among pregnant women in Jordan. *NFS Journal*. 20: 43-47
25. **Reema F. Tayyem**, Samah R. Albataineh, Sabika Allehdan, Eman F. Badran. 2020. Development and Validation of Food Frequency Questionnaire (FFQ) for Assessing Nutrients Intake among Jordanian Children. *Nutr Hosp*.
26. **Reema F. Tayyem**, Narmeen Al-Awwad, Sabika S. Allehdan, Razan M. Alatrash, Fida F.

Asali. 2020. Food groups consumption among pregnant women: Jordanian cross-sectional study. *Preventive Nutrition and Food Science*

27. **Reema F. Tayyem**, Ala'a Al-Bakhiet, Abdel-Ellah Al-Shudifat, Mohammed Azab. 2020. Fruit and Vegetable Consumption and CVD among Jordanians: Findings from A Case-Control Study. *Central European Journal of Public Health (CEJPH)*.

28. Shatha Hammad, Reema Mahmoud, Lina Marie, Dana, Abdelrahim, **Reema Tayyem**. 2020. Association between Grain and Legume Intakes and Breast Cancer Risk among women. *Annals of Cancer Research and Therapy*. 28 (2):81-87.

29. Sabika Allehdan, Asma Basha, **Reema Tayyem**. 2020. Gestational Diabetes Mellitus Management: Diet and Lifestyle. *Nutrition and Food Sciences*

30. Todd W. Gress, Kanaan Mansoor, Yaser M. Rayyan, Rodhan A. Khthir, **Reema F. Tayyem**, Antonios H. Tzamaloukas, Joseph I. Shapiro and Zeid J. Khitan. Association between dietary sodium and sugar intake. Analysis of the National Health and Nutrition Examination Survey (NHANES, 2001-2016). *The Journal of Clinical Hypertension*.

31. Eman F. Badran, Noor N. Aldamiri, Azhar Shamasneh, Lana M. Braik, Sabika Allehdan, **Reema Tayyem**. 2020. Influences of using Online Sources and Social Networking Sites on Breastfeeding in Jordan. *Paediatrics & Therapeutics*. 10(358):1-7

32. Reema I. Mahmoud, **Reema F. Tayyem**, Muna Shareef, Lina Salah Marei 2020. The Association between Lifestyle Factors and the Risk of Developing Breast Cancer in a Selected Sample from Jordanian Women. *Annals of Cancer Research and Therapy* 28(1), 19-24.

33. **Reema Tayyem**, Abdel-Ellah Al-Shudifat, Shatha Hammad, Lana M. Agraib, Mohammed Azab 2020. Fat intake and the risk of coronary heart disease among Jordanians. *Nutr Hosp*. 37(2),1-8.

34. Thana' Y. ALjaraedah, **Reema Tayyem**, Hamed R. Takruri, 2019, Nutrients Intake among Jordanian Adolescents based on Gender and Body Mass Index, *International Journal of Child Health and Nutrition*. 9(1), 9-16.

35. **Reema Tayyem**, Reema I. Mahmoud, Muna Shareef, Lina Salah Marei 2019. High Intake of some Nutrients is Associated with the Risk of Breast Cancer: Results from Jordanian Case-Control Study. *Current Research in Nutrition and Food Science*. 8(1).

36. **Reema Tayyem**, Sabika S. Allehdan, Razan M. Alatrash, Fida F. Asali, Hiba Bawadi. Adequacy of nutrients intake among pregnant Jordanian women in comparison to dietary reference intakes. *Int. J. Environ. Res. Public Health*, 2019, 16, 3440

37. Ma'mon M. Hatmal, Walhan Alshaer, Nada N. Issa, Hamzeh Al-Ameer, Omar Abu-yaman, **Reema Tayyem**, Nawal S. Hijjawi. Association of breastfeeding duration with disease susceptibility and demethylation of new determined DNA sites at TLR1 gene. *Medicina*, 2019, 55, 535.

38. **Reema Tayyem**, Abdel-Ellah Al-Shudifat, Mohammed Azab, Hiba Bawadi. 2019. Consumption of some Food Groups is Associated with Risk of Cardiovascular Disease among Jordanian Population. *Progress in Nutrition*. 20(3).

39. Thana' Y. ALjaraedah, Hamed R. Takruri, **Reema F. Tayyem**, 2019, Dietary Practices and Nutrient Intake among Adolescents: A General Review, *Obesity Medicine*. (Accepted)
40. **Reema Tayyem**, Sabika S. Allhedan, Fida' Thiker-Allah, Fida' Asali. 2020. Validity and reproducibility of a food frequency questionnaire for estimating macro- and micronutrients intake among pregnant women in Jordan. *Journal of the American College of Nutrition*. 39(1):29-38. doi: 10.1080/07315724.2019.
41. Sabika S. Allhedan, **Reema Tayyem**, Fida' Thiker-Allah, Fida' Asali. 2019. Validation of food frequency questionnaire for assessing food groups intake among Jordanian pregnant women. *Journal of the Academy of Nutrition and Dietetics*.119(8):1349-1361. doi: 10.1016/j.jand.2019.02.009.
42. Sabika Allehdan, Asma Basha, Fida Asali, **Reema Tayyem**. 2019. The Effect of Diet and Exercise Interventions on Glycemic Control, Maternal and Newborn Outcomes in Women Diagnosed with Gestational Diabetes (GDM): Systematic Review. *Diabetes and Metabolic Syndrome Clinical Research and Reviews*, 119(8):1349-1361.
43. Azza Abul-Fadl, **Reema Tayyem**, Samaah AlYassin, Mahmoud Bozo, Ayoub Al-Jawaldeh. 2019. Status of Breastfeeding in West Asian Countries of the Eastern Mediterranean Region. *MCFC-Egyptian Journal of Breastfeeding (EJB)*
44. **Reema Tayyem**, Rawan Al-Qawasmeh and Nahla Khawaja. 2019. Dietary patterns and Nutrients Associated with Metabolic Syndrome: Preliminary Findings from Jordanian Case-Control Study. *Nutrition and Food Science*. 50(2), 253-268.
45. Hiba Bawadi, Rami Katkhouda, **Reema Tayyem**, Samira Bou Raad, Hadil Subih. 2019. General and abdominal obesity in association with inflammation among diabetic patients with and without glycemic control. *Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy*, 12:2411-2417. doi: 10.2147/DMSO.S214426.
46. Samah R. Albataineh, Eman F. Badran, **Reema Tayyem**. 2019. Overweight and Obesity in Childhood: Dietary, Biochemical, Inflammatory and Lifestyle Risk Factors. *Obesity Medicine*. 15, 100112
47. **Reema Tayyem**, Reema I. Mahmoud, Lina Salah Marei 2019. Nutrient Intake Patterns and Breast Cancer Risk among Jordanian Women. *Epidemiology and Health*. 41:e2019010. doi:10.4178/epih.e2019010
48. Hiba Bawadi, Toqa khataybeh, Bayan Obeidat, Abdelhamid Kerkadi, **Reema Tayyem**, Angela Banks, Hadil Suboh. General and abdominal obesity in association with inflammation among diabetic patients with and without glycemic control. *Nutrients*, 11, 1058; doi:10.3390/nu11051058
49. **Reema Tayyem**, Ali M. Al-Radaideh, Sabika S Allhedan, Lana M. Agraib, Sabal Al-Hhaj, Kholoud I. Al-Fayomi, Amer A. Malkawi, Shatha Hammad, Nawal S. Hijjawi. 2018, Subcutaneous, Visceral and Liver Fats Volumes Measured by MRI and its Association with Nutrients Intake among Adults. *Asia Pacific Journal of Clinical Nutrition*.
50. Ali M. Al-Radaideh, **Reema Tayyem**, Kholoud I. Al-Fayomi, Nisreen A. Nimer, Ahmad Almomani, Sabal Al-Hajaj, Lana M. Agraib, Imad S. Athamneh, Nawal S. Hijjawi. 2019. The Association Of Hepatic Fat Percentage With Selected Anthropometric And

Biochemical Parameters At 3 Tesla Magnetic Resonance Imaging. *British Journal of Biomedical Science*.

51. Abdel-Ellah Al-Shudifat, Mohammed Azab, Lana M. Agraib, **Reema Tayyem**. 2019. Is the Intake of Antioxidant Associated with the Risk of Coronary Heart Disease? A Jordanian Case-Control Study. *Topics in Clinical Nutrition* (Accepted)
52. **Tayyem R**, Al-Dayyat H, Rayyan Y. 2019. Dietary and Lifestyle Risk Factors of Developing Non-Alcoholic Fatty Liver Disease among Group of Adult Jordanians. *Arab Journal of Gastroenterology*, 20(1), 44-49.
53. Reema I. Mahmoud, **Reema Tayyem** 2019. Dietary and Lifestyle Risk Factors and Breast Cancer: Literature Review. *Current Nutrition & Food Science*. 15(1).
54. Rawan Al-Qawasmeh and **Reema Tayyem**. 2018. Dietary and Lifestyle Risk Factors and Metabolic Syndrome: Literature Review. *Current Research in Nutrition and Food Science*. 6(3).
55. Lana M. Agraib, Mohammed Azab, Abdel-Ellah Al-Shudifat, Sabika S. Allehdan, Nitin Shivappa, James R Hebert, **Reema Tayyem** 2018. Dietary Inflammatory Index and odds of Cardiovascular Disease in a Case-Control Study from Jordan. *Nutrition*. 63-64, 98-105.
56. Mohammed Azab, Abdel-Ellah Al-Shudifat, Lana M. Sabika S. Allhedan, Agraib, **Reema Tayyem**. 2018. Does micronutrients intake modulate the risk of coronary heart disease? *Nutrition and Food Science*. 49(2), 368-380.
57. Suhad S. AbuMweis, Razan M. Alatrash, **Reema Tayyem** and Ayman Hammoudeh. 2018. Sex and age are associated with the use of specific dietary supplements among people exercising in gyms: Cross-sectional analysis from Amman, Jordan. *Mediterranean Journal of Nutrition and Metabolism* 12(1), 1-11.
58. Samah R. Albataineh, Eman F. Badran, **Reema Tayyem**. 2018. Dietary factors for obese children in Middle East: A systematic review. *Nutrition and Health* 25 (1), 53-60.
59. Mohammed Azab, Abdel-Ellah Al-Shudifat, Asgeir Johannessen, Amjad Al-Shdaifat, Lana M. Agraib, **Reema Tayyem**. 2018. Are risk factors for coronary artery disease different in persons with and without obesity? *Metabolic Syndrome and Related Disorders*. 16(8), 440-445
60. **Reema Tayyem**, Nawal S. Hijjawi, Narmeen Al-Awwad, Nisreen A. Nimer, Lana M. Agraib, Sabika S. Allhedan, Ali M. Al-Radaideh. 2018. Association between Intakes of Macro- and Micro- Nutrients and Serum Lipid Profiles among Adults: A Preliminary study. *Progress in Nutrition*. 20(3), 361-371.
61. Loay S. Ibrahim, Sabika S. Allhedan, Abeer Alassaf and **Reema Tayyem**. 2018. Iron Deficiency and Obesity in Pre-school Children, *Nutrition and Food Science*. 48(3):418-432,
62. Al-Dayyat H, Rayyan H, **Tayyem R**. 2018. Non-Alcoholic Fatty Liver Disease and Associated Dietary and Lifestyle Risk Factors. *Diabetes and Metabolic Syndrome Clinical Research and Reviews*. <https://doi.org/10.1016/j.dsx.2018.03.016>
63. **Tayyem R**. 2018. Response to 'Dietary patterns and the risk of coronary heart disease among Jordanians: A case-control study. Statistical and methodological issues" (*In press*)
64. R. Dajani, S.J. Shbailat, A. Arafat, S. Sobar, H. Bitar, **R. Tayyem**, Z. Wei, H. Hakonarson.

2018. Association of genetic variants with macronutrient intake in Circassian and Chechan populations in relation to diabetes. *Meta Gene*. 16:199–207.
65. Abdel-Ellah Al-Shudifat, Mohammed Azab, Amjad Al-Shdaifat, Lana M. Agraib, **Reema F. Tayyem**. 2018. Elevated fasting blood glucose, but not obesity, is associated with coronary artery disease in patients undergoing elective coronary angiography in Jordan. *Annals of Saudi medicine* 38(2):111-117.
66. **Reema F. Tayyem**. 2018. Vitamin and Mineral Supplements: The Story So Far. *The Canadian Journal of Clinical Nutrition*, 6(1):1-6.
67. **Reema F. Tayyem**, Abdel-Ellah Al-Shudifat, Hiba A. Bawadi, Suhad S. AbuMweis, Lana M. Agraib, Sabika S. Allehdan, Israa Al-Haj Hassan, Asgeir Johannessen, Mohammed Azab. 2017. Dietary patterns and the risk of coronary heart disease among Jordanians. *Nutrition, Metabolism & Cardiovascular Diseases*, 28(3):262-269
68. **Reema F. Tayyem**, Shehadeh I, Takruri H, Tareq Al-Jaberi, Majed Al-Nusairr, Bani-Hani K, and Heath D, Bawadi H. 2018. Fast Foods, Sauces, Drinks and Snacks Consumption and the Risk of Colorectal Cancer among Jordanian. *Asian Pacific Journal of Cancer Prevention*. 19(1):261-269.
69. Loay S. Ibrahim and **Reema F. Tayyem**. 2018. Evaluation of iron deficiency among selected sample of overweight and obese children under 5 years in Amman. *Iranian Journal of Pediatric Hematology & Oncology*. 8(1):21-36.
70. Nawal S. Hijjawi, Ali M. Al-Radaideh, Kholoud I. Al-Fayomi, Nisreen A. Nimer, Hadeel A. Alabadi, Rana M. Al-Zu'bi, Lana M. Agraib, Sabika S. Allehdan, **Reema F. Tayyem**. 2017. Relationship of Serum Leptin with some Biochemical, Anthropometric Parameters and Abdominal Fat Volumes as Measured by Magnetic Resonance Imaging, *Diab Met Syndr: Clin Res Rev* doi.org/10.1016/j.dsx.2017.09.004
71. **Reema F. Tayyem**, Nawal S. Hijjawi, Hiba A. Bawadi, Nisreen A. Nimer, Lana M. Agraib, Sabika S. Allehdan, Shatha Hammad, Ali M. Al-Radaideh. 2018. Exploration of micro- and macronutrient consumption and leverage of interaction with adipokines among Jordanian adults. *Clinical Practice (Therapy)* 15(1):410-423.
72. Narmeen J. Al-Awwad, **Reema F. Tayyem**, Sabika S. Allehdan, Lana M. Agraib, Mariam Al-Mannai, and AbdulRahman O. Musaiger. 2017. Beverages Consumption is not related to Weight Status among Adolescents Living in the Capital of Jordan. *Current Nutrition & Food Science*. 13(5). DOI: 10.2174/1573401313666170920150541
73. Abdel-Ellah Al-Shudifat, Asgeir Johannessen, Mohammed Azab; Amjad Al-Shdaifat; Suhad Sameer AbuMweis; Lana M. Agraib; **Reema F. Tayyem**. 2017. Risk factors for coronary artery disease in patients undergoing elective coronary angiography in Jordan. *BMC Cardiovascular Disorders*. 17:183. doi: 10.1186/s12872-017-0620-4.
74. **Reema F. Tayyem**, Bawadi H, Allehdan S, Al-Mannai M, and Musaiger A. 2018. Adolescents' perceptions of their parents' and peers' opinions about their body weight status. *Nutrition and Food Science*. 48(2):206-217.
75. Abu-Mweis SS, Stephanie Jew, **Tayyem RF**, Lana M. Agraib, 2018. Eicosapentaenoic acid and docosahexaenoic acid containing supplements modulate risk factors for cardiovascular disease: a meta-analysis of randomized placebo-control human clinical trials. *Journal of*

Human Nutrition and Dietetics. 31(1):67-84. doi: 10.1111/jhn.12493.

76. Bawadi H., **Tayyem RF**, Georgianna Tuuri, Jack Losso, Saffa muhna, 2017. Stage of change toward “9-a-day” not “5-a-day” is associated with lower body weight. *Nutrition and Food Science*. 47 (6): 829-838.
77. Nitin Shivappa, James R. Hébert, Susan E. Steck, Ihab Shehadah, Kamal E Bani-Hani, Tareq Al-Jaberi, Majed Al-Nusairr, Dennis Heath, **Reema Tayyem**. 2017. Dietary Inflammatory Index and odds of colorectal cancer in a case-control study from Jordan. *Applied Physiology, Nutrition, and Metabolism*. 42(7):744-749. doi: 10.1139/apnm-2017-0035.
78. Allehdan S, **Tayyem RF**, Bawadi H., Agraib L., Al-Awwad N., Al-Mannai M., and Musaiger A. 2016. Fast food perception among adolescents in Jordan by gender and weight status. *Nutrition and Health*. 23(1):39-45. doi: 10.1177/0260106016685724
79. Ali M. Al-Radaideh, **Reema F. Tayyem**, Kholoud I. Al-Fayomi, Nisreen A. Nimer, Ahmad Almomani, Rana M Al-zoubi, Lana M. Agraib, Imad S. Athamneh, Nawal S. Hijjawi. 2016. Assessment of Abdominal Fat using High-Field Magnetic Resonance Imaging, Anthropometric and Biochemical Parameters. *The American Journal of the Medical Sciences*, 352(6):593–602.
80. Abdulrahman O. Musaiger, Mariam Al-Mannai, Ahmad R. Al-Haifi , Fatima Nabag, Jalila Elati, Nada Abahussain, **Reema Tayyem**, Marwan Jalambo, Mofida Benhamad and Berivan Al-Mufty. 2016. Prevalence of overweight and obesity among adolescents in eight Arab countries: comparison between two international standards (ARABEAT-2). *Nutr Hosp*. 33(5):1062-1065.
81. **Tayyem RF**, Bawadi H, Allehdan S, Abu-Mweis S, Ghazzawi H, Al-Mannai M, and Musaiger 2016. Association between mass media and body weight concern among adolescents: The role of gender and obesity. *Environmental Health and Preventive Medicine*. 21(6),430–438. DOI 10.1007/s12199-016-0543-1
82. **Tayyem RF**, Bawadi H, Shehadeh I, Abu-Mweis SS, Agraib L, Bani-Hani K, Al-Jaberi T, Majed Alnusair and Heath D. 2017. Dietary patterns and colorectal cancer. *Clinical Nutrition*. 36(3): 848-852. DOI: 10.1016/j.clnu.2016.04.029
83. **Tayyem RF**, Bawadi H, Shehadeh I, Al-Jaberi T, Dahoud M, Alnusair M and Heath D, Bani-Hani K. 2016. Meat, Milk and Fat Consumption in Colorectal Cancer Cases Compared to Controls. *Journal of Human Nutrition and Dietetics*. 29, 746–756
84. Bawadi H, Katkhouda R, Al-Haifi A, **Tayyem RF**, Fakhri-Elkhoury C, Jamal Z. 2016. Energy balance and nutrient distribution in relation to CRP and A1c levels among patients with type 2 diabetes. *Food & Nutrition Research*. 60: 29904 - <http://dx.doi.org/10.3402/fnr.v60.29904>
85. **Tayyem RF**, Bawadi H, Shehadeh I, Agraib L, Bani-Hani K, Al-Awwad N and Heath D. 2016. Consumption of Whole Grains, Refined Cereals and Legumes and its Association with Colorectal Cancer among Jordanians *Integrative Cancer Therapies*. 15(3):318-25. doi:10.1177/1534735415620010
86. Bawadi H, Banks A, **Tayyem R**, ElKhoury C. 2016. Meals served for hypertensive and cardiac in-patients in Jordan: Evaluation in the light of WHO and relevant guidelines. *Eastern Mediterranean Health Journal*. 22(1):810-818.
87. Bawadi H, Saeed D, **Tayyem RF**. 2015. Food insecurity among children in northern Jordan: prevalence, socio-economic determinants, and impact on school performance. *Current*

Nutrition & Food Science. 11(3): 204-208.

88. Hammad SS, **Tayyem RF** and Musaiger AO. 2015. Caffeine Content in Beverages Commonly Consumed in Jordan. *Pakistan Journal of Nutrition*. 14 (8):447-452

89. **Tayyem RF**, Bawadi H, Shehadeh I, Abu-Mweis SS, Agraib L, Bani-Hani K, Al-Jaberi T, Majed Alnusair and Heath D. 2015. Macro- and Micronutrients Consumption and the Risk for Colorectal Cancer among Jordanians. *Nutrients*. 7(3):1769-1786.

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111. Bawadi H, Ammari F, Abu-Jamous D, Khader Y, Bataineh S, Tayyem RF. 2012. Food insecurity is related to glycemic control deterioration in patients with type 2 diabetes. *Clin Nutr*. 31: 250-254.

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120. Bawadi H.A, Losso JN, Maghaydah S, Tayyem RF, **Tayyem RF**. 2009. The Postprandial Hypoglycemic Activity of Fenugreek Seed and Seeds' Extract in Type 2 Diabetics: A Pilot Study. *Pharmacognosy Magazine*. 4(18):134-138.
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123. **Tayyem RF**, Mrayyan M, Heath D. and Bawadi H. 2008. Assessment of Nutritional Status among ESRD Patients in Jordanian Hospitals. *Journal of Renal Nutrition*. 18(3): 281–287.
124. Tayyem R, **Tayyem R**, Najib N, Tamimi J, Shihabeddin M. 2008. Built-in quality systems in regulated contract research organizations (CRO) conducting bioequivalence studies: a regulatory science perspective. *Accreditation and Quality Assurance: Journal for Quality, Comparability and Reliability in Chemical Measurement*.

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126. **Tayyem RF**, and Mrayyan M. 2008. Assessing the Prevalence of Malnutrition in Chronic Kidney Disease Patients in Jordan. *Journal of Renal Nutrition*. 18(2):202-209.
127. **Tayyem RF**, Heath D, and Al-Delaimy W. 2007. A Pilot Study to Validate Curcumin Consumption Questionnaire Using Curcumin Blood Level and 3-Day Records. *Annals of Nutrition and Metabolism*, 51; S1 (Abstract).
128. **Tayyem RF**, and Mrayyan M. 2007. Malnutrition, and anthropometric and biochemical abnormalities in end-stage renal disease patients. *Saudi Medical Journal*. 28 (10):1575-1581.
129. **Tayyem RF**, Ahmad I. 2006. Prevalence of Malnutrition among ESRD Patients in Jordanian Hospitals. *Saudi Medical Journal*. 27(12);447-448.
130. **Tayyem RF**, Heath D, Al-Delaimy W, and Rock C. 2006. Curcumin content of turmeric and curry powders, *Nutrition and Cancer*. 55(2); 126-131.
131. **Tayyem RF**, and Al-Holy M. 2005. Nutrition during Childhood. *Proceedings of the First Conference on Childhood and the Family*.
132. **Tayyem R**. 2004. Effect of Nutrition Counseling on Potassium, Phosphorus, Hemoglobin, and Total Protein Blood Levels in ESRD Patients who are Treated with Hemodialysis in Jordan. *Arabic Journal for Nutrition and Food Sciences*, 11(5):254-258.
133. Shervington A. and **Tayyem R**. 2001. Arginine. *Analytical Profiles of Drug Substances and Excipients*, 27:1-32.
134. **Tayyem RF**, Takruri H, and Al-Shroof N. 2004. Oral Supplementation of L-Arginine in Patients with Severe Chronic Obstructive Pulmonary Disease (COPD). *Emir. J. Agric. Sci.* 15 (2): 29-41.
135. **Tayyem RF**, and Takruri H. 1998. Effect of Addition of Sodium Bicarbonate on the Content of some B-Vitamins in Mashrouh Bread. *Dirasat*, 25, (1):49-95.
136. **Tayyem RF**. and Takruri H. 1997. Effect of Inclusion of Sodium Bicarbonate on Protein Quality of Mashrouh Bread. *Dirasat*, 24, (2):160-172.

Published Books

1. Rawheia Barham and **Reema Tayyem**. Dietary Guidelines for Healthy Jordanians, MOH. 2020.
2. Rawheia Barham and **Reema Tayyem**. Dietary Guidelines for the Management of Diet-Related Chronic Diseases, MOH. 2020.
3. Takruri HR., Khaled Alsmail, **Reema Tayyem**, Maher Aldabbas. *Food Composition Tables for Jordanian Foods*, 2020
4. External reviewer for the technical report "WHO recommendations on home-based records for maternal, newborn and child health", 2018

5. Reema Tayyem , <i>Bioactive Components, Diet and Medical Treatment in Cancer Prevention</i> , Chapter: Healthy Dietary Pattern for Primary Prevention of Colon Cancer, Publisher: Springer, Editor: Mostafa I Waly
6. Bawadi HA., Takruri HR., Tayyem RF. , Shuwayyat NM., Sahawneh SA. 2017. <i>Exchange Lists for Commonly – Consumed Foods in Jordan and the Arab Countries</i> . 2 nd Edition, Dar Al-Shoroq. Jordan. Amman.
7. Takruri, H.R., and Tayyem, RF. 2016. <i>The Guide for Dietetics in Health and Disease</i> . 2 nd Edition, Dar Al-Furqan. Amman. Jordan. <i>In Arabic</i>
8. Takruri, H.R., and Tayyem, RF. 2015. <i>Selected Case Studies in Clinical Nutrition</i> . 3 rd Edition, Dar Al-Manahej, Amman. Jordan.
9. Tayyem, RF. and Bawadi HA. 2013. <i>Handbook of Healthy Food Preparation and Storage</i> . Dar Al-Manahej. Jordan. Amman. <i>In Arabic</i>
10. Takruri, H.R., and Tayyem, RF. 2009. <i>The Guide for Dietetics in Health and Disease</i> . Dar Al-Furqan. Amman. Jordan. <i>In Arabic</i>
11. Bawadi HA., Takruri HR., Tayyem RF. , Shuwayyat NM., Sahawneh SA. 2009. <i>Exchange Lists for Commonly – Consumed Foods in Jordan and the Arab Countries</i> . Dar Al-Shoroq. Jordan. Amman
12. Takruri, H.R., and Tayyem, RF. 2009. <i>Selected Case Studies in Clinical Nutrition</i> . 2 nd Edition, Dar Al-Manahej, Amman. Jordan.
13. Takruri, HR., and Tayyem, RF. 2007. <i>Selected Case Studies in Clinical Nutrition</i> . 1 st Edition, Dar Al-Manahej, Amman. Jordan.
14. Takruri, HR., Tukan, S., Al-Kurd, R. and Tayyem, RF. 2006. Nutrition for the Nursing Secondary Class. Jordan. Ministry of Education, Amman. Jordan.

Research Interest

- Dietary patterns and nutrients intake associated with chronic diseases (Cancer DM, CVD, and Obesity).
- Effect of diet intervention on the nutritional status of patients suffering from diseases related to diet.
- Formulating of different functional foods and types of medical flours (Low-protein and gluten-free flours).

Patent

- Preparation of Arginine powder for medical and nutritional uses (Registered, 2005).
- Low-protein flour (Registered, 2019).

Editor and Editorial Board Member in:

- Pakistan Journal of Nutrition: **Editor-in-Chief**

• Current Research in Nutrition and Food Science: Associated Editor
• North African Journal of Food and Nutrition Research (NAJFNR): Associated Editor
• International Journal of Diabetes and Clinical Diagnosis
• Canadian Journal of Clinical Nutrition
• Journal of Global Diabetes & Clinical Metabolism
• International Journal of Health and Rehabilitation Sciences (IJHRS)
• EC-Nutrition

Academic Conferences and Workshops

1. 3rd Meeting of the NUGAG Subgroup on Policy Actions, Geneva, Switzerland, 8-18 February 2021 "**Virtual Meeting**"
2. PRIMA, 4th Meeting to Set the Rationale, Scope and Expected Solutions for 2022 Challenges, Barcelona, Spain December 2020 "**Virtual Meeting**"
3. MOH and WHO, 1st Meeting to establish Food-Based Dietary Guidelines for Jordanians, Amman, Jordan, 16-17 January 2020.
Oral Presentation: Trans-Fats Content in Jordanian Foods.
4. PRIMA, 3rd Meeting to Set the Rationale, Scope and Expected Solutions for 2021 Challenges, Barcelona, Spain, January 2020
5. 2nd Meeting of the NUGAG Subgroup on Policy Actions, Qaundoa, China, 9-13 December 2019.
6. 3rd Scientific Day of JDA: The National Program to Combat Obesity, Amman, Jordan, 27-28 November 2019.
Oral Presentation: Obesity among Children: Causes and Solutions
7. The 9th Conference on Scientific Research in Jordan, Amman, Jordan. 9 November 2019.
Oral Presentation: Dietary Patterns and Chronic Diseases among Jordanians.
8. Regional Meeting to Follow-Up The Standardization and Update of Food Composition Tables, Amman, Jordan, 23-26 April 2019.
9. IDF-MENA REGIONAL MEETINGDIABETES JORDAN 2019, Amman, Jordan. 3-6 April 2019.
Oral Presentation: Dietary Management in Gestational Diabetes.
10. IDF-MENA REGIONAL MEETINGDIABETES JORDAN 2019, **Moderator and Speaker**, Amman, Jordan. 3-6 April, 2019, 4th Thursday 2019
Oral Presentation: Workshop in Carb Counting in DM.
11. JPA, Recent Health Care for Diabetic Patients, Amman, Jordan. 9th March 2019.
Oral Presentation: Principles of Applying Carb Counting for Diabetic Patients.
12. PRIMA, 2nd Meeting to Set the Rationale, Scope and Expected Solutions for 2020 Challenges, Barcelona, Spain January 2019.
13. 1st meeting of the NUGAG Subgroup on Policy Actions, Geneva, Switzerland, 11-14 December 2018.

14. 2 nd Scientific Day of JDA: Recent Approaches in Nutrition and Health, Moderator and Organizer , Amman, Jordan, 1 st December 2018.
15. 7 th My Health Conference, UAE, Sharjah, 27-28, November 2018. Oral Presentation: Weight gain and obesity in children: causes and solution!
16. 9 th International Conference of The Royal Medical Services. Moderator , Dead Sea, Jordan 30 October - 02 November, 2018.
17. 1 st Jordanian Society For Obesity Surgery & 2 nd Pan-Arab Society for Metabolic and Bariatric Surgery "PASMBS" congress. Moderator , Amman, Jordan, July 2018.
18. Third ISANH Middle East Antioxidants World Congress, Moderator and Speaker , Amman, Jordan, 2-3 May 2018. Oral Presentation: Does Antioxidant Intake Associated with Lower Risk of Coronary Heart Disease? A Jordanian Case-Control Study
19. The First Scientific Day of the JDA, Amman, Jordan, November 2017. Oral Presentation: Recent Evidence-Based Practices in DM Medical Nutrition Therapy.
20. The First International Jordanian Nutrition Conference, Moderator , Amman, Jordan, November 2017.
21. WHO: Sub-regional Meeting for Tackling Obesity in Middle Income Countries of the Eastern Mediterranean Region, Amman, Jordan, 27-28 September 2017
22. MOOC "Sustainable food systems: a Mediterranean perspective" Italy, Milan, 23-25 Sep 2017. Oral Presentation: Successful Case studies in Mediterranean Region
23. TUTTOFOOD, World Food Exhibition, Italy, Milan, 9-11 May 2017.
24. WHO, Training workshop on food composition tables reflecting Sugar, TFA, SFA and Salt Contents , Amman, Jordan, 19 – 20 April 2017
25. MENA Implementation Science Training Workshop. Science Dissemination and Implementation . Egypt, Cairo. 4-7, December 2016.
26. Health Summit Forum, Amman, Jordan. 16-18, May 2016. Oral Presentation: Nutrition and Colon Cancer
27. International Symposium on Stress, Addiction, Addiction and Obesity, Marrakech, Morocco, 3-5, December 2015. Oral Presentation: Fast Food Perception among Adolescents in Jordan by Gender and Weight Status
28. The 8th APOCP regional conference, Iran, Tahrán, 1-3, November 2015. Oral Presentation: Macro- and micronutrients consumption and the risk for colorectal cancer among Jordanians.
29. KHCC-AUBMC-MDACC 4th Joint Conference, Amman, Jordan. 23-24, October 2015. Oral Presentation: Dietary patterns and CRC in Jordan.
30. Arab-American Frontiers of Science, Engineering, and Medicine Symposium, December 2014 / Muscat, Oman Poster and Flash Presentations: Association of some dietary factors and physical activity with breast cancer among Jordanian females
31. The Second Gulf Conference for Children And Adolescents. Al-Sharjah, UAE, April, 2012

Oral Presentation: Nutrition in phenylketonuria and its effectiveness in preventing mental and cognitive retardation

32. The Scientific Medical Comprehensive Day. Amman, Jordan. Feb 8, 2012.

Oral Presentation: Effect of Carbohydrate Counting Method on Glycemic Control in Patients with Type 2 Diabetes.

33. The 4th International Conference of Food Industries and Nutrition Devison. National Research Center, Dokki, Giza, Egypt. Sept 27-29, 2010.

Oral Presentation: Food Insecurity among Children in Northern Jordan and its Impact on Their School Performance.

34. International Conference on Agricultural and Biological Systems Engineering, Japan, Tokyo, May 26-28, 2010.

Oral Presentation: Prevalence of Food Insecurity among Palestinian Refugees in Jordan.

35. Jordan Conference for Nutrition, Jordan, Amman, Petra University, April 28-29, 2010.

Oral Presentation: The Consumption of Curcumin in Jordan (Speaker and Session Chairperson).

36. 3rd Arabic Conference for Obesity and Physical Activity, The Kingdom of Bahrain, Manamah, January 19-21, 2010.

Oral Presentation: Physical Activity Patterns and Eating Habits of Adolescents Living in Amman.

37. 14th Jordan Science Week "Science and Technology for Sustainable Development", Jordan, Amman, El Hassan Science City, May 3-6, 2009.

Oral Presentation: Changes in Eating Pattern among Jordanians.

38. 1st Arabic Conference For Food Safety, The Kingdom of Bahrain, Manamah, December 22-24, 2008.

Oral Presentation: Knowledge, attitudes and food-handling practices among housewives in Jordan.

39. 1st International Euro-India Conference on Holistic Medicine (ICHM-2008), India, kottayam, August 21- 23, 2008. (Invited Speaker and Session Chairperson).

Oral Presentation: Turmeric in Cancer Inhibition: What to Study and Why?

40. 4th Royal Medical Services Conference, Jordan, Amman, May 12-15, 2008.

Oral Presentation: Curcumin Consumption in the Prevention of Colorectal Cancer.

41. 10th European Nutrition Conference, France, Paris, July 10-13, 2007.

Poster Presentation: A Pilot Study to Validate Curcumin Consumption Questionnaire Using Curcumin Blood Level and 3-Day Records.

42. The First Conference on Childhood Prosperity, Jordan, A-Zarqa', May 11-12, 2005.

Oral Presentation: Nutrition during Childhood.

43. The Second Arabic Conference for Nutrition, The Kingdom of Bahrain, Manamah, December 7-9, 2004.

Oral Presentation: Effect of Nutrition Counseling on Potassium, Phosphorus, Hemoglobin, and Total Protein Blood Levels in ESRD Patients who are Treated with Hemodialysis in Jordan. *Arabic Journal of Nutrition and Food Sciences*, 11(5):254-258.

44. The First Traditional Mediterranean Diet: Past, Present & Future, Greece, Athens, April 20-22, 2004.

Poster Presentation: Assessment of Nutritional Status of Students in the Hashemite University

45. First International Conference on Food Systems, in United Arab Emirates University, Al-Ain, October, 19-22, 2003.

Oral Presentation: Effect of L-Arginine Oral Supplementation on Exercise Tolerance Patients with

Severe Chronic Obstructive Pulmonary Disease.

46. The Second Scientific Agriculture Conference in Jordan University of Science and Technology, Irbid, April, 28-29, 1997.

Oral Presentation: Effect of Addition of Sodium Bicarbonate on the Content of some B-Vitamins in Mashrouh Bread.

47. The 8th Conference of Biological Sciences, The University of Jordan, Amman, November, 1997.

Oral Presentation: Effect of Inclusion of Sodium Bicarbonate on Protein Quality of Mashrouh Bread.

Funded Researches and Projects

- **CI:** International COVID 19 survey: Corona Cooking survey: The impact of COVID-19 on cooking, eating and media behavior
PI: Charlotte De Backer, Antwerp University, Belgium
- **CI:** Universal refugee food security model using Syrian refugee crisis as a current example,
PI: Hassan Vatanparast, College of Pharmacy and Nutrition/School of Public Health/ University of Saskatchewan.
- **PI:** Dietary and lifestyle risk factors of Gastric and Pancreatic cancers among Jordanians (13,500 JD: The Hashemite University) 2015.
- **PI:** Dietary and lifestyle risk factors of Cardiovascular diseases among Jordanians (Self- and CI funded project; 3500 JD) 2015.
- **CI:** Association of Breastfeeding Duration with Susceptibility to Allergy, Influenza, and Methylation Status of TLR1 Gene (15,000 JD: Abdul Hameed Shoman Foundation and The Hashemite University) 2014.
- **PI:** Abdominal fat volumes determination using MRI and its association with diet and some inflammatory and dyslipidemia biomarkers (Self- and CI funded project; 5000 JD) 2015.
- **PI:** Production of low-protein flour for people with amino acid disorders (2,500 JD: Al-Sufara Bakery, FFF) 2009.
- **PI:** Production of low-protein cereals for infants with amino acid disorders (2,500 JD: NutriDar, FFF) 2009.
- **PI:** Dietary and lifestyle risk factors of colorectal cancer among Jordanians (45,000 JD: The Higher Council for Science and Technology) 2009.
- **PI:** Curcumin Intake in Jordan: Validity of Curcumin Consumption Questionnaire and possible Correlation with Colorectal Cancer (3,500 JD: The Hashemite University) 2007.
- **CI:** Fuzzy Identification and Modeling of a common Caffeine-Containing Beverages Consumption on Blood Pressure . (The Hashemite University) 2006.
- **PI:** Creation of Questionnaire for Estimating Curcumin Consumption. (20,000 \$: UNESCO-LOREAL fellowship) 2005.
- **PI:** Health Problems and Prevalence of Malnutrition among ESRD Patients in Jordan. (3,000 JD: The Hashemite University) 2002
- **PI:** Effect of Oral Supplementation of L-Arginine on exercise tolerance in Patients with Severe Chronic Obstructive Pulmonary Disease (COPD). (1000 JD: Jordan University) 1999

Supervising and Examining of Postgraduate Theses and Dissertations

- **Doctorate dissertations 2016-2020:**

1. PhD. dissertaion entitled "Developing and validating a food frequency questionnaire for school Jordanian children and adolescents aged 6 to 18 years, and using it to assess the dietary and lifestyle risk factors, and measuring selected biochemical and inflammatory variables associated with weight status in childhood and pre-adolescence Jordanians aged 6-12 years": Samah Albataineh.
2. PhD. dissertaion entitled " Studying the Effectiveness of Carbohydrate Counting and Dietary Approach to Stop Hypertension (DASH) Dietary Intervention on Glycemic Control and Maternal and Newborn Outcomes among Jordanian Pregnant Women with Gestational Diabetes Mellitus": Sabika Allehdan.
3. PhD. dissertaion entitled " Effect of Probiotics Supplementation on the Side Effects of Radiation Therapy on the Immune System among Colorectal Cancer Patients": Lana Agraib.

- **Master theses 2016-2020:**

4. M.Sc. thesis entitled "Evaluation of Iron Deficiency among Selected Sample of Overweight and Obese Children Under 5 Years in Amman": Loay Ibrahim.
5. M.Sc. thesis entitled "Evaluation of Dietary and Lifestyle Patterns and Selected Metabolic Parameter as Risk Factors of Having Non-Alcoholic Fatty Liver Disease in A Group of Adults Aged 30-60 Years": Hana' Al-Dayyat
6. M.Sc. thesis entitled "Evaluation of Food Insecurity Status, Iron Deficiency Anemia and the Level of Energy and Macro- and Micronutrients Intake among Adolescent Girls and their Associations with the Girls' Academic Achievement in Ma'an, Jordan": Nesreen Odeh.
7. M.Sc. thesis entitled "Studying the Association between Dietary and Lifestyle Risk Factors and Metabolic Syndrome in a Selected Sample of Jordanian Adults": Rawan Qawasmeh.
8. M.Sc. thesis entitled "Assessment of the association between dietary and lifestyle factors and the risk of developing breast cancer in a selected sample from Jordanian women": Reema Ibrahim Mahmoud.
9. M.Sc. thesis entitled "Assessment of dietary, lifestyle risk factors, selected metabolic, and inflammatory biomarkers associated with the development of pre-diabetes in a group of Jordanian adults aged 25-65 years old": Eman Al-Hasan.
10. M.Sc. thesis entitled " Comparison of Nutritional Status Between Lacto-Ovo Vegetarians and Non-Vegetarians Selected Sample of Jordanin adults among": Aseel Yousef.
11. M.Sc. thesis entitled " Evaluation of Nutrient Intakes and Dietary Pattern as Risk Factors for Inflammatory Bowel Disease and the Degree of Malnutrition in a Selected Sample of Jordanian Adults": Tamara Qalqili
12. M.Sc. thesis entitled "Assessment of Weight change during therapy in the patient with type 2 diabetes seen at the National Center for Diabetes, Endocrinology, and Genetics": Al-Batool Ahmad Abu-Rakhieh
13. M.Sc. thesis entitled "Evaluating the Proportion of Food Intake from the School Canteens with the Total Daily Food Intake and its Association with Body Weight Status among a Group Selected from Adolescents aged 14-18 years in Amman": Thanaa Younis
14. M.Sc. thesis entitled "Assessment of nutrient intake, dietary pattern and lifestyle as risk factors for developing osteoporosis in a selected sample of Jordanian postmenopausal women". Amal Khammash.
15. M.Sc. thesis entitled "Studying the Association between Nutrieints Intake and Dietary Patterns in the Third Trimester of Pregnancy and its Assossaiated Outcomes among Jordanian Pregnant Women". Amal Yadak.

16. M.Sc. thesis entitled "Evaluating the relationship between nutrients intake, dietary pattern, and biochemical markers among diabetic type 1 in Jordanian children and adolescents." Sara zakarni
17. M.Sc. thesis entitled "Studying the effect of gluten-free diet alone versus combination of gluten-free diet with either carbohydrate count or dietary approach to reduce hypertension diet on the glycemic control, growth rate and quality of life among children with type 1 diabetes mellitus and celiac disease". Marah Al-Majali.
18. M.Sc. thesis entitled " Studying the effect of the Mediterranean diet on insulin resistance compared to a regular diet among obese children and adolescents aged 10-16 years." Jasmine Farrah

- Co-supervisor in the M.Sc. thesis entitled "Childhood obesity and lifestyle in Jordan", University College London, London: Fida'a Najeb

- Co-supervisor in the M.Sc. thesis entitled "The Prevalence of Non-Normative Eating Pattern among Tawjeehi Students during Final Examination Preparation Period and its Effect on Body Weight Parameters". Jordan University of Science and Technology (JUST). Irbid, Jordan: Faten Bayado.

- External examiner for more than 30 PhD and M.Sc. theses at JUST and The University of Jordan.

Collaborated Projects

- Eating Attitudes and Barriers to Maintain Desirable Body Weight among Adolescents Living in Major Arab Cities: The Arab Eating Attitudes of Teens (ARAB-EAT 2), Arab Center for Nutrition, The Kingdom of Bahrain, Manamah, 2014.
- Eating Attitudes and Barriers to Maintain Desirable Body Weight among Adolescents Living in Major Arab Cities: The Arab Eating Attitudes of Teens (ARAB-EAT 1), Arab Center for Nutrition, The Kingdom of Bahrain, Manamah, 2010.
- Prevalence of Food Insecurity among Palestinian Refugees in Jordan, The Regional Human Security Centre and UNRWA, Jordan, 2010.
- Physical Activity Patterns and Eating Habits of Adolescents Living in Major Arab Cities: The Arab Teens Lifestyle Study (ATLS). King Saud University, Saudia, 2009.

Honors and Awards

- Samia Mango Award for Distinguished Female Researcher in Jordan 2019. (2020)
- Honored by Talal Abu-Ghazaleh University College for Innovation for the role as an entrepreneur female in Nutrition (2020).
- Invited by American Embassy to give a talk about the importance of patency registration for researchers (2018).
- Honored by the patronage and in Presence of HRH Princess Sumaya Bint El Hassan for winning UNESCO-L'ORÉAL Co-Sponsored Fellowships for Young Women in Life Sciences – 2005 France, Paris (2018).
- Honor for the outstanding Academic achievements at the University of Jordan (2018).
- Venus International Foundation Awards, Centre for Women Empowerment, Distinguished Woman in Nutrition (2017).
- Honor for the outstanding Academic achievements at the Hashemite University (2015).

- Khalil Al-Salem Award for the best Book in Nutrition and Food Technology “*Handbook of Healthy Food Preparation and Storage*”, Jordan, Amman (2015).
- Honor for the outstanding Academic achievements at the Hashemite University (2014).
- Honor for the production of low-protein flour from PKU Society, Jordan, Amman (2011).
- Winner of the fellowship which is offered by UNESCO-L’ORÉAL Co-Sponsored Fellowships for Young Women in Life Sciences – 2005 France, Paris (2005).
- Nominated as the outstanding young female for the academic year (2003-2004). This prize was directed by the University of Jordan.
- Award for the best research in nutrition “The First Scientific Competition in Nutrition and Food science”, Jordan, Amman (2002).
- Assistantship from University of Jordan as a Ph.D. Student, Jordan, Amman (1998-2001).

Teaching Experiences

Teaching Interests:

- Planning of Therapeutic Meals
- Clinical and Normal Nutrition for Pediatrics and Pregnant and Lactating Mothers.
- Nutritional Management of Metabolic Diseases
- Nutrition Counseling
- Nutrition Analysis Using Different Softwares.
- Nutrition Policies and Planning.

Teaching Experiences:

- **Developed course syllabus and taught the following courses:**
 - Food and Nutrition Policy and Planning (PhD program)
 - Special Topics in Nutrition: Nutrition of the Brain (PhD program)
 - Seminars in Human Nutrition (MSc and PhD program)
 - Drug Nutrient Interaction (MSc program)
 - Maternal and Infant Nutrition (MSc program)
 - Research Methods in Nutrition (MSc program)
 - Medical Nutrition Therapy 1
 - Medical Nutrition Therapy 2
 - Assessment of Nutritional Status
 - Field training in Clinical Nutrition and Dietetics
 - Nutrition Counseling
 - Community Nutrition
 - Dietetics
 - Eating and Metabolic Disorders
 - Food Preparation and Treatment
 - Fundamentals and Principles of Nutrition
 - Seminars in Nutrition
 - Nutrition and Health for Nursing

- **Teaching and Research Assistant, University of Jordan, 1997-2001**
 - Supervising experiments and graded assignments.
 - Supervising the laboratory of Diet Therapy course.
 - Determining B-vitamins contents in infants' formula using HPLC analysis.

Attended Conferences, Workshops, Meetings and Training Courses (Selected)

- 2010** “The role of probiotics in immune protection in early days of life- impact of mode of delivery” Amman, Jordan.
- 2010** Meeting with His Royal Highness Prince El Hassan bin Talal to present my project outcomes “Prevalence of Food Insecurity among Palestinian Refugees in Jordan” which is funded by Human Regional Security Center.
- 2010** “Intercountry Meeting to launch the Regional Frame Work on Diet , Physical Activity and Health”, WHO, Jordan, Amman.
- 2010** “Young Scientist Training Workshops” Institut Pasteur and L’Oreal Foundation, France, Paris.
- 2009** “The Fourth Conference on Scientific Research in Jordan” Jordan Society for Scientific Research, Jordan, Amman.
- 2009** “Sehetna” Preliminary Meeting, Jordan, Amman.
- 2008** “Quality Assurance Standards for Higher Education Institutes in Jordan.” Jordan, Amman.
- 2008** "Design and Evaluation of Innovation Policy in Developing Countries Course", Royal Scientific Society, Jordan, Amman.
- 2008** First Scientific Day of Nutrition Department in Petra University "Balanced Nutrition for Healthier Life" Petra University, Jordan, Amman.
- 2008** "Arab women in Academic Sciences and Technology: Towards Sustainable Development Conference" JUST, Irbid.
- 2008** “Advances in Cancer Research: From the Laboratory to the Clinic” AACR Conference, Jordan, Amman.
- 2007** “The Third Conference on Scientific Research in Jordan” Jordan Society for Scientific Research, Jordan, Amman.

Instrumental Skills

- HPLC
- Spectrophotometer
- Atomic Absorption
- Approximate analyses.

Organization Membership

2009-Now	Member in the Scientific Committee of Jordanian Society for the Care of Diabetes, Amman, Jordan
2010-2015	Member in Jordan PKU Society, Amman, Jordan.
2008- 2013	Member at the Higher Council for Science and Technology (HCST) Chronic Diseases Committee, Amman, Jordan.
2006- 2016	Member in Jordan Society for Scientific Research, Jordan.
2006- 2012	Member in the Scientific Research Committee of Jordan Society for Scientific Research, Amman, Jordan.
2003-2004	Member in the WHO/Diet-Related Chronic Diseases and Healthy Patterns Working Group, Amman, Jordan.
2003-2004	The British Nutrition Society Member.

Computer Skills

- E-learning using Blackboard, Lectora, and Tegrity.
- Various skills to build and host online.
- SPSS
- Food Processor Software (ESHA)

Community services (Selected)

2001- 2011	Article writer in Al-Rai news paper in different nutrition educational topics.
2005- Now	Conducting about 120 episodes in radio talking about nutrition and dietetics.
2004- Now	Conducting more than 70 interviews in Jordan TV, A1TV, Al-Quds TV and Al-Senaaea talking about different topics in nutrition.
2012	Participating at the Medical Free Day in Jenna'h, Azarqa' sponsored by The Hashemite University, Jordan
2010	Participating at the SRTD Final Conference and Exhibition which was held under HRH prince Hassan at Le Meridien Hotel, Amman, Jordan.
2010	Leading and organising Nutriway Nutrition Center activities in “Let’s Contorl Diabetes Now”, Jordanian Society for the Care of Diabetes, Amman, Jordan.
2010	Guest speaker to talk about “Nutrition in Diabetes” at Jordanian Society for the Care of Diabetes, Amman, Jordan.
2010	Leading and organising Nutriway Nutrition Center activities in Kids Expo2, Amman, Jordan.
2010	Public speech “How the Women can Balance between Science and Family Duties” France, Paris.
2010	Guest speaker to talk about “Diets used by Women to Reduce Body Weight: Pros and Cons” Jordan Forum for Business and Professional Women, Amman, Jordan.
2009	Guest speaker to talk about “Nutrition Education in the Prevention of Diabetes”, Amman, Jordan.
2009	Leading and organising the department activity in the campaign: together to change diabetes/Children Part, Jordan.
2009	Leading and organising the department activity in the Nutrition Educational Day for Diabetics/Children Part, Jordan.
2008	Leading and organising the department activity in the Free Medical Day which had been conducted in Al-Hashemyah, Jordan.
2007	Leading the activities of the department in the First Open Day of the faculty.
2007	Guest speaker to talk about “Health and Exercise” in the scientific week of the Nursing Faculty. Jordan.

Academic Activities (Selected)

- 2015** Invited speaker at Jordan scientific research society, "Nutrition, dietary patterns and cancer", 2015, Amman, Jordan.
- 2015** Leader in the 9th SIOP Asia-PODC Nutrition Workshop, 2015, Jordan.
- 2015** Conducting a practical training course in "Nutrition assessment using NCP and the main skills in nutrition counseling ". Amman, Jordan.
- 2014** Conducting a practical training course at the Hashemite University Training Center "Diet planning in chronic diseases" Amman, Jordan.
- 2013** Conducting a practical training course at the Hashemite University Training Center "Diet planning in chronic diseases" Amman, Jordan.
- 2012** Conducting a practical training course at the Hashemite University Training Center "Practical training in clinical nutrition" Amman, Jordan.
- 2011** Teaching Pharmaceutical Nutrition and Diet Therapy Course, University of Jordan, Faculty of Pharmacy, Department of Biopharmaceutics and Clinical Pharmacy, Amman
- 2010** Conducting a practical training course at the Nutriway Nutrition Center "Practical training in clinical nutrition" Amman, Jordan.
- 2010** Conducting a training course at the Agricultural Engineers Association "Diet planning for patients with diabetes, renal and cardiovascular diseases" Jordan, Amman, Professional Association Center.
- 2010** "How to build a consortium in FP7 projects" Hurghadah, Egypt.
- 2010** Two days training for female nutritionists in the Nutrition Scientific Camp for Female Nutritionists and Students in Nutrition. Training on diet planning for the common chronic diseases. Petra University, Amman, Jordan.
- 2010** Invited speaker at the KHCC to talk about "Nutrition Research and Cancer" Amman, Jordan.
- 2009** Conducting a training course at the Agricultural Engineers Association "Currents in Nutrition in Pregnancy and Lactation" Jordan, Amman, Professional Association Center.
- 2009** Invited speaker to talk about "Current Issues in Infants Nutrition" Agricultural Engineers Association, Amman, Jordan.
- 2009** Invited speaker to talk about "The Importance of Nutrition Continuing Education for the Nutritioist" Princess Basmah Hospital. Irbid, Jordan.
- 2009** Invited speaker to talk about "Healthy Diet" in Health Education course, The Hashemite University, Jordan.
- 2009** Invited speaker to talk about "Research in Nutrition and Cancer" in Health Education course. The Hashemite University, Jordan.
- 2008** Invited speaker to talk about "Nutrition and Cancer" in the open day of nutrition department at King Hussein Cancer Center, Amman, Jordan.
- 2008** Invited speaker to talk about "The Nutritive Value of Dairy Products" in the Scientific Day of Dairy Product Manufacturing at Home, at the Agricultural Engineers Association entitled Amman, Jordan.