

CURRICULUM VITAE

January, 2021

Hamed Rabah Hamed Takruri, Ph. D. (Prof. in Human Nutrition)

PRESENT ADDRESS : Dept. Nutrition & Food Technology, Faculty of Agriculture, University of Jordan, Amman, Jordan.
Tel. (work 5355000/X 22410; Telefax 5239868)
Mobile: 00962 777 484596
Email: htakruri@ju.edu.jo

DATE OF BIRTH : January 21, 1948.

MARITAL STATUS : Married

NATIONALITY : Jordanian

ACADEMIC DEGREES:

1. Ph.D. in Human Nutrition, University of London, Faculty of Medicine, London School of Hygiene and Tropical Medicine, July, 1982
2. M.Sc. in Nutrition, American University of Beirut, Faculty of Agriculture, Dept. of Food Technology and Nutrition, Oct., 1973.
3. B. Sc. in Public Health, American University of Beirut, Faculty of Medical Sciences, School of Public Health, June, 1971,

EMPLOYMENT:

1. Graduate assistant, Faculty of Agriculture, American University of Beirut. (Jan, 1972 to Oct. 1973).
2. Dietitian, University of Jordan Hospital, Amman. (Nov. 1973 to June 1974).
3. Chief Dietitian, King Hussein Medical Center, Jan. (1975 to Jan. 1977).
4. Full time Lecturer, Dept. Nutrition and Food Technology, Faculty of Agriculture, University of Jordan, Amman. (Jan. 1977 to Sept. 1978).
5. Assistant professor, Dept. Nutrition and Food Technology, Faculty of Agriculture, University of Jordan, Amman. (Oct. 1982 to Sept. 1989).
6. Associate Professor, Dept. Nutrition and Food Technology, Faculty of Agriculture, University of Jordan, Amman. (Nov. 1989 to Sept. 1991) & (Sept. 92 to Dec. 1995).
7. Chairman of Department of Nutrition and Medical Technology, Faculty of Sciences, Applied Science University, Amman Jordan, (Sept. 91 to Sept. 1992).
8. Vice Dean (and Acting Dean) of Faculty of Sciences, Applied Science university, Amman, Jordan. (Dec. 91 to Sept. 1992).
9. Acting Chairman of Department of Nutrition and Food Technology, Faculty of Agriculture, University of Jordan. (June, 1995 to Sept. 1995 and March 1996 to May 1996).
10. Professor of Human Nutrition, Since Dec. 1995.
11. Chairman of Department of Nutrition and Food Technology, Faculty of Agriculture, University of Jordan Sept 1996 to Sept 2000.
12. Chairman of Department of Food and Nutrition, Faculty of Medical Sciences, The Applied Science University, Sept. 2000 - 2001 (during the sabbatical year).
13. Part Time Lecturer at the International Islamic Science University, Amman, Jordan, February, 2011-August, 2011.

14. Staff member at Petra University, Amman, Jordan Sept. 2015 - 2016 (during the sabbatical year).

SHORT COURSES ATTENDED:

1. A Course in "Use of Radioactive Isotopes" Held in London, July, 1981.
2. A Short Course in Trace Elements, Birkbeck College, London (April- June, 1981).
3. Computer use: DOS and Windows, University of Jordan. July-August 1994.
4. Administrative organization and time management, University of Jordan, January 2000.
5. Microsoft Front Page: Use and Application of Internet, University of Jordan July – August 2000.

MEMBERSHIP OF COMMITTEES & SOCIETIES:

1. The Nutrition Society (U.K.), (Since 1979).
2. The Islamic Studies and Research Association, (Since 1982).
3. The International Society for Trace Element Research in Humans, (Since 1983).
4. The Jordanian Society for Biological Sciences, (Since 1984).
5. The Jordanian Society for the Care of Diabetes, (Since 1990).
6. The Arab Nutrition Society (Member of the Foundation Committee) (Since Nov. 1994).
7. Member of various technical University and local community committees such as: curriculum, research, seminars, bulletins, standards and specifications, Health Foods (JFDA), Infant formulas (JFDA), Book authoring (Ministry of Education, and Scientific Committee (Jordan Society for the Care of Diabetic Patients).
8. Editorial board member of Jordanian Journal for Applied Sciences / Applied Science University, Amman & Arab Journal Food and Nutrition, Bahrain Center of Science Research, Manama, Bahrain.
9. Referee for evaluation of journal articles and books and promotion of university staff members in many countries (Jordan, Syria, Bahrain, UAE, Iraq, Saudi Arabia, Oman, Kuwait, Germany, USA).

TEACHING EXPERIENCE:

I have been teaching the following courses (the number in brackets refers to the number of semesters).

- (a) Non-majors: Introductory Human Nutrition (5); Nutrition and Food Security (1); Fundamentals of Nutrition (>10), Applied Nutrition for nurses (>10).
- (b) Third and 4th year level for major: Human Nutrition (6); Diet Therapy (>10); Advanced Diet Therapy (1); Seminar (>10) Assessment of Nutritional Status(2); Clinical Nutrition (3); Malnutrition Diseases (1); Principles of Scientific Research (2); Food Hygiene (1), nutrition 2: Introductory Therapeutics (1); Fundamentals of Nutrition (1)
- (c) M.Sc. and Ph.D Level: Clinical Nutrition (3); Vitamins (>10); Minerals (>10); Graduate Seminar (3); Functional Foods (7).

SUPERVISION & EXAMINATION COMMITTEE MEMBER FOR GRADUATE STUDENTS:

I am/was a supervisor or a co-supervisor in the following M.Sc. or Ph. D. student dissertations:

1. Study of the food consumption pattern of Palestinian Camps inhabitants (April, 1990).
2. The effect of nutritional education in a sample of diabetic patients on body weight and blood sugar and lipids (March, 1991).
3. The effect of puffing on the nutritional value of proteins of wheat and chickpea and their mixtures (August, 1991).
4. Characterization of different types of honey and comparison of their effect on blood sugar in a sample of diabetic patients and a sample of healthy subjects (March, 1994).
5. A study of hemodialysis patients and the effect of nutritional extension on the nutritional status of a selected sample of them in Jordan (June, 1994).
6. Assessment of the nutritional status of a sample of pregnant women during the third trimester and its relationship with pregnancy outcome (Sept., 1993).
7. Effect of baking intensity (browning) on the protein quality of two locally produced types of ka'k (Nov., 1994).
8. Study of the nutritional value of black cumin seeds (*Nigella sativa*). (Nov., 1995).
9. Nutrition education for a group of overweight and obese adolescent girls and its effect on body weight (June, 1995).
10. Effect of the addition sodium bicarbonate on some nutritional aspects of local "mashrooh" bread (May, 1996).
11. The nutritional quality of holy thistle seeds (*Silibum marianum*). (Dec. 1996).
12. The bioavailability of iron, zinc and calcium in some foodstuffs. (Dec. 1998).
13. The nutritional quality of local types of edible mushroom. (May, 1999).
14. Study of the response of a group of Jordanian children with celiac disease to a diet based on gluten free Arabic type bread. (July, 1999).
15. A study of the effect of the consumption of locally-produced mortadella and shawarma on blood lipids and cholesterol in the rat. (July, 1999).
16. Study of the effect of using different levels of *tahinah* on the protein quality of chickpea dip (August, 2000)
17. Assessment of iodine status in Jordanian children three years after salt iodization. (October, 2000).
18. A study of selected metabolic responses in a group of athletes to preexercise meal containing simple and complex carbohydrates (January, 2001).
19. Effect of cooking on the protein quality of faba beans (*Vicia faba L.*) (May, 2001).
20. Effect of L-arginine oral supplementation on exercise tolerance in patients with severe chronic obstructive pulmonary disease (May, 2001).
21. Effect of smokes of two types of Jordanian cigarettes on the iron and ascorbic acid status, anemia, body weight and energy intake in guinea pigs (July, 2001).
22. Comparison of growth and protein quality of infant formulas used in infant feeding in Jordan (Jan. 2003)
23. Study of different levels of thyme (*Origanum Syriacum L.*) on iron bioavailability in the rat (Aug. 2003).
24. Study of Calcium bioavailability in a group of plant sources of Calcium in the rat (Aug. 2003).
25. Effect of soaking and fermentation of wheat bran on Lipoprotein levels in the rat (Jan. 2004).
26. Effects of adding two types of probiotics locally isolated and prebiotics to rat diet on blood lipids (May, 2004).

27. Nutraceutical Effect of Lentils (*Lens culinaris*, L.) in Fischer344 Rats with Azoxymethane-Induced Colorectal Cancer (March, 2009).
28. Vitamin D status of preschool children visiting the pediatric clinic at the Jordan University hospital (Dec., 2009).
29. Effect of lentils (*Lens culinaris*, L.) on blood glucose and lipids of streptosotocin-induced diabetes mellitus in rats (Feb., 2010).
30. Study of vitamin B12 deficiency in healthy asymptomatic volunteers in Jordan: exploration of the etiology and evaluating the size of the problem (Dec., 2010).
31. Carotenoid content of five locally consumed vegetables and their bioconversion to vitamin A as indicated by retinol accumulation in rat livers. (Dec., 2012).
32. Effect of the storage conditions on the sensory, chemical and nutritive quality of olive oil produced from olive trees irrigated with treated waste water.
33. Study of the preventive/ curative effect of date palm fruit (*phoenix dactylifera* L.) on the 7,12-dimethylbenz(α)anthracenei mammary cancer rat model. (Jan., 2013).
34. Development of probiotic hoummos and studying the effect of the product on blood lipids of rats. (Apr., 2012).
35. Assessment of selenium status in a group of pregnant and non-pregnant young women in Amman, aged 20-35 Years. (Jan., 2013).
36. Study on the prevalence of phenylketonuria in Jordan and assessment of follow-up efforts and the dietary management of patients with PKU. (Jan., 2013).
37. Vitamin D status of type 2 diabetes mellitus patients from Karak Governorate and the effect of vitamin D supplementation on their blood glucose levels. (May, 2013).
38. Study of chemopreventive effects of fermented and unfermented camel (*Camelus dromedarius*) milk and bovine (*Bos taurus*) milk, in Fischer 344 rats with azoxymethane-induced colorectal cancer. (Oct., 2013).
39. The influence of specific feeding practices of Jordanian mothers on the eating pattern and weight status of their children aged 4-5 years attending kindergartens in Amman. (Nov., 2013).
40. The effect of Nutrition Intervention in a Group of Bariatric Surgery Patients on the Nutritional Status of Certain Nutrients (Protein, Iron, Zinc, Vitamin B-12, Calcium and Folic acid), (April, 2015).
41. Estimation of sodium and potassium intakes using 3-day food diaries in a sample of students and employees in the university of Jordan aged (20-40 years). (April, 2015).
42. A study of nutritional status and the anthropometric measurements of a group of multiple sclerosis patients in Jordan, (April, 2015).
43. Assessment of the iron status in a group of Jordanian infants aged 6-12 months in Jerash Governorate (April, 2016).
44. The effect of omega - 3 supplementation during pregnancy on pregnancy outcomes, lipid profile and reduction of the risk of preeclampsia and gestational diabetes (April, 2015).
45. Study of the preventive effect of bee honey and different concentrations of RJ on the 7,12- dimethylbenz(α)anthracene induced breast cancer in rat model (May,2016).
46. Sodium content of different types of bread marketed in Amman and its intake by a group of young Jordanian adults (May, 2016).
47. Antioxidant capacity of honey and royal jelly and their effect on serum-lipid peroxidation in adult rats fed hypercholesterolemic diet (March, 2017).
48. Dose-Response effect of vitamin D supplementation for obese pregnant women on obesity and diabetes biomarkers, gestational weight gain, gestational diabetes and birth weight (May, 2017)
49. Antioxidant capacity of sesame butter and some related products and their effect on

- lipid profile and malondialdehyde as a marker of oxidative stress in blood serum of rats fed high cholesterol diet (April, 2018).
50. The antioxidant capacity of selected edible wild plants and its effect on lipid peroxidation and serum lipids in male adult sprague dawley rats fed high-fat diet (April, 2018).
 51. Mohammad Al Manaseer Thesis: Assessment of iron nutritional status in a group of Jordanian school children aged 6-12 years in Deir Alla District (Ongoing).
 52. Ola thesis: Food Consumption and Intakes of Energy, Macro and Micro-Nutrients in Jordan According to the Household Expenditures and Income Survey 2015.
 53. Thana thesis: Studying The Proportion of Dietary Intake from the School Canteens with the Total Daily Dietary Intake and its Association with Body Status among Adolescents aged 14-18 years in Amman
 54. Hassan Thesis: Study of Some Functional Compounds in Purslane (*Portulaca oleracea L.*) and the Effect of Feeding it to Adult Male Sprague Dawley Rats on the Lipidic Profile, Serum Glucose and Antioxidant Capacity.
 55. Dana thesis: Study of Some Functional Components of Common Rue (*Ruta chalepensis L.*) and Evaluation of its Hepatoprotective Effect, Lipid Profile and Antioxidant Capacity in Adult Male Sprague Dawley Rats
 56. Mais al-Reem Thesis: A Study on Food Acceptability and Plate Waste of a Sample of Cancer Patients who are Receiving Chemotherapy and/or Radiotherapy Treatment at King Hussein Cancer Center.
 57. Ahmad Khouri Thesis: Contribution of Fast Food Consumption to Total Fat, Trans Fat, Saturated Fat and Sodium from Total Food Intake among a Selected Sample of College Students Aged 18-25. (May, 2020)
 58. Dua'a al bourini Thesis: Studying The Dietary Habits and Life Style Factors in a Selected Sample of Jordanian Patients with Recently Diagnosed Hypertension in Amman City. (Ongoing).
 59. Seham Dissertation: The effect of extracts of various solvents from the leaves and fruits of the Oriental strawberry (*Arbutus Andrachne L*) as antioxidants and antioxidative stress in rats .
 60. Suha Sabri Dissertation: Study of the Antioxidant Capacity of *Ziziphus jujuba* Fruits and Leaves and Their Effect on Inflammatory Biomarkers, Lipid Peroxidation and Serum Lipids in Obese Rats.
 61. Eman Saleh Thesis: Assessment of the Nutritional Status of a Selected Sample of Jordanian Children with Celiac Disease on Gluten-Free Diet.
 62. Thana' Al- Jaraeda Dissertation: Studying the Impact of COVID-19 Pandemic on Food and Nutrition Security and Dietary Habits among Syrian Women in Azarq and Zaatari Refugee Camps in Jordan.

I was a member of examination committees for other 78 graduate students.

RESEARCH ACTIVITIES:

A. COMPLETED:

1. Effect of drying and storage on carotenes in local vegetables. (Sponsored by Deanship of Scientific Research / U. J.).

2. The nutritional value of wild plants. (Sponsored by Deanship of Scientific Research / U.J).
3. Study of the nutritional status of freekeh "parched wheat". (Sponsored by Deanship of Scientific Research / U.J).
4. Effect of fibers on some vitamins and minerals. (Sponsored by Deanship of Scientific Research / U.J).
5. Study of the causes and treatment of bitter taste in oil extracted in modern olive processing (Sponsored by National Research Council for Agricultural Research and transfer of Technology, Ministry of Agriculture).
6. Wild edible plants in Jordan, their uses in human diet.(Sponsored by Deanship of Scientific Research / U.J).
7. Study of zinc and selenium status in children with chronic diarrhea. (Sponsored by Deanship of Scientific Research / U.J).
8. Studies on the cultivation of milk thistle (*Silybum marianum* L. Gaertn). (Sponsored by Deanship of Scientific Research / U.J).
9. Study of the bioavailability of carotenes from local food plants in Jordan. (Sponsored by the Deanship of Scientific Research at Applied Science University, Amman, Jordan)
10. Tannins content in local food plants. (Sponsored by Deanship of Scientific Research at Petra university)
11. Nutraceutical Effect of Lentils (*Lens culinaris*,L.) in Fischer344 Rats with Azoxymethane-Induced Colorectal Cancer. (Sponsored by Deanship of Scientific Research / U.J).
12. The Nutritional Status of North Badiya Women, (Sponsored by Higher Council for Science and Technology).
13. Development and Evaluation of Health Foods in Jordan. (sponsored by the Higher Council for Science and Technology).
14. Study of vitamin B12 deficiency in healthy asymptomatic volunteers in Jordan: exploration of the etiology and evaluating the size of the problem.
15. Study of the Preventive Effect of Bee Honey and Different Concentrations of RJ on the 7,12- Dimethylbenz(α)anthracene Induced Breast Cancer in Rat Model.(Sponsored by Shoman Foundation).
16. Study of Food Consumption Pattern in Jordan as Based on Household Expenditure & Income Survey 2010, (Sponsored by the Deanship of Scientific Research, University of Jordan) during the sabbatical year 2011-2012.
17. Strategic Review: Achieving sustainable Development Goal 2 (Zero Hunger) in Jordan by 2030 (Sponsored by WFP and Higher Council for Scientific Research,2017-2018).
18. Establishment of Food Composition Tables for Jordan (sponsored by Arab center of Nutrition in Bahrain and WHO: Ongoing).

B. CURRENT RESEARCH ACTIVITIES:

1. Studies on the nutritional status of some micronutrients in Jordan.
2. Dietary guides for Jordanians.
3. Establishing Food Composition Tables of Bilad AL-Sham, (Sponsored by Arab Center of Nutrition, Bahrain).
4. Study of the Effect of feeding Date Palm Fruit (*Phoenix dactylifera* L.) in a Sample of Females on their Sex Hormone Levels (Sponsored by Petra University)
5. Evaluating Glycemic Index and Protein Quality of Certain Multi-cereal Breads in the Jordanian Market. (Sponsored by Petra University).

WORKSHOPS AND CONFERENCES

1. The 3rd Meeting of Lebanese Association for Advancement of Science. Beirut, Lebanon, (Nov. 1974).
2. The VIth International Symposium on Carotenoids, Liverpool, England, (June, 1981).
3. The Nutrition Society Meeting, London, U. K., (Dec. 1981). (A paper on vitamin A/zinc interactions was presented).
4. The Health and Toxological Effects of Trace Elements, Lund, Sweden, (June, 1983). (A paper on status of Zinc and vitamin A in pregnant women in Jordan).
5. The Third Arab Conference of Biological Sciences. Amman, Jordan, (Nov. 1984). (A paper on β -carotene in local leafy vegetables).
6. Workshop on Nutrition in Curricula of Agricultural Education, Organized by FAO in Amman, Jordan, (Nov. 1985).
7. The British Dietetic Association International Symposium, London, U.K. (July 23-25, 1986). (A paper on obesity & fasting in Ramadan).
8. The Trace Element Symposium, Amman Jordan, (Feb, 18-20, 1989). (A paper on criteria of mineral essentiality).
9. The Symposium of the "Status of Dietetics in Arab Countries", Amman, Jordan, (Sept, 1-2, 1989). (A paper on dietetics in main hospitals in Jordan).
10. The First Jordanian Plant Protection Conference, Univ. Jordan, Amman, Jordan, (Oct. 3-5, 1989). (A paper on honey as a food and medicine).
11. The Second Jordanian Conference of Biological Sciences, Amman, Jordan, (May, 1990). (A paper on the effect of fibers on carotene absorption).
12. The Arab Conference for Development and Integration of Food Industries, Sabha, Libia, (Sept. 22-25, 1990). (A paper on oxalate, calcium and vitamin C in local wild plants).
13. The Second Symposium of the Jordanian Bee Keepers Society entitled: "Honey: A Food and Medicine" Amman, Jordan, (Oct. 30, 1990).
14. The First Conference of the Jordanian Society for the Care of Diabetes entitled: "Diabetes: Facts and Expectations" Amman, Jordan. (Sept 18, 1991). (A paper on the diabetic diet).
15. The Eastern Mediterranean Regional Office, World Health Organization Group meeting for Authoring a Textbook on Nutrition, Alexandria, Egypt, (July 7-8, 1992).
16. The Workshop on Nutrition and Chronic Diseases in the Arab Middle East, organized by UAE University, Al-Ain, UAE, April 10-12, 1994. (A paper on chronic diseases in Jordan).
17. The Preparatory Meeting for the Foundation of an Arab Nutrition Society, Al-Ain, UAE, Nov. 22-24, 1994.
18. The Workshop on Micronutrient Deficiencies in the Arab Middle East, Organized by FAO & Arab Nutrition Society, Amman, Jordan, (June 27-29, 1995). (A member of the Organizing Committee). (A review paper on vitamin A deficiency).
19. The second Jordanian Conference of Agriculture, Held in Jordanian University of Science & Technology Irbid, 29-30 April, 1997 (A paper on the effect of Inclusion of Bicarbonate in Mashrouh Bread on Protein Quality).
20. The workshop on Dietary Fiber, Nutrition and Chronic Diseases in the Arab Middle East Countries, Organized by Arab Nutrition Society and FAO in Irbid, Jordan 7-9 July, 1997. (A paper on Dietary Fiber in Jordanian Diet).
21. The workshop on Food Composition in Arab Near East Countries, organized by Arab Nutrition Society and FAO in Manama, Bahrain 14-16 June 1998. (A paper on Activities to establishing Food composition data in Jordan).
22. The workshop on Food-Based Dietary Guidelines (FBDG), Organized by Arab Nutrition Society and FAO in Amman, Jordan 16-19 November, 1998. (Submission of Jordan Country paper).

23. The workshop on Principles of Nutrition and Health Education "Organized by the Department of Nutrition and Food Technology in the University of Jordan and Arab Nutrition Society in Bahrain" held in Amman, Jordan in June 26-30, 1999. (I was a lecturer in the workshop).
24. Workshop on Nutrition and Physical Activity in the Arab Countries of the Near East, organized by FAO, LAFSN and ANSO in Cairo, Egypt. October 18-26, 1999. (Submission of Jordan Country Paper).
25. The 4th Jordanian Agriculture Conference held in Jerash Civil University in April 23-27, 2001 (Submission of a paper on the effect of using different levels of *tahinah* on the protein quality of chickpea dip).
26. The Workshop on the National Policy of Food and Nutrition in Jordan held in Amman, Jordan May, 2001, by WHO in collaboration with Jordanian Ministries of Health and Agriculture.
27. The week of Smoking Control Organized by Faculty of Paramedical Sciences in Applied Science University. Amman, Jordan. May 23-27, 2001 (Member of Organizing Committee).
28. The First Jordanian Conference on Food and Nutrition, held in the University of Jordan, Amman in 11 – 12 / 7 / 2001. (4 papers submitted with coauthors).
29. The First Arab Conference on Nutrition, held in Manamah, Bahrain, Organized by Arab Nutrition Society and Bahrain Center for Studies and Research in Sept. 25-27, 2001. (Participated by 3 papers with coauthors).
30. Workshop on Recent Advances in Dietetics I, Organized by Agricultural Engineers Association in Feb 9, 2002.(Lecturer).
31. Workshop on Recent Advances in Dietetics II, Organized by Agricultural Engineers Association in Feb 16, 2002 (Lecturer).
32. Workshop on Wild Edible and Medicinal Plants, Organized by Agricultural Engineers Association in Mar. 2, 2002.
33. The 10th Arab Conference for Arabization, Organized by Maktab Tanseekul-Ta'areeb and the Syrian Society for Culture Education and Sciences held in Damascus July 20 25, 2002. (Participated as a representative for the authoring committee of a dictionary on Food Technology Terms).
34. The 1st Arab Seminar on Obesity and Physical Activity in the Arab Countries, Organized by Arab Nutrition Society, Bahrain Center for Studies and Research and Ministry of Education in Bahrain, Manamah, Bahrain. Sept 24-26, 2002. (Participated by a paper on Obesity in Jordan).
35. The 2nd Workshop on the National Policy on Food and Nutrition in Jordan held in Jan 21-22, 2003 in Amman, by WHO in collaboration with the Ministry of Health and Ministry of Agriculture in Jordan.
36. The 3rd Workshop on Strategies of the National policy of Food and Nutrition in Jordan held in the Dead Sea in July 17-19, 2003 by WHO, Ministry of Health and Ministry of Agriculture.
37. Workshop on School Feeding in the Arab Countries Held in Cairo, 5-7 August, 2003 (Submitted the Jordan Country Paper).
38. Workshop on Medicine in The Sunnah of the Prophet (PBUH) held in Amman, 30 August, 2003 (Submitted a paper on Black Cumin in Hadith and Medicine).
39. The 10th Jordanian Pediatrics Conference and the first Jordanian Nursing and Midwifery Conference held in Amman on Oct. 7-8th 2004 (participant in a paper on the use of special bread for Celiac patients).
40. The 2nd Arab conference on Nutrition, held in Manama, Bahrain, organized by the Arab center of Nutrition and Bahrain Center for Studies and Research on December 7-9th, 2004. Submitted 2 papers: the first on "Wheat Bran" and the other on "Nutrition and Food Science in Islam".
41. Workshop on Nutrition Programs: Challenges and opportunities held in Amman 12-16 Jan. 2004 by Maram Program and Jordanian and Palestinian Ministries of Health.

42. The workshop on "Criteria for Accreditation of Nutrition and Food Science in Jordanian Universities" held in Jerash University on April 23rd, 2005 (member of organizing committee and speaker).
43. The 2nd Syrian/Egyptian Conference on Agriculture and Food, held in Homs/Syria on April 25-28th, 2005. (Submitted a paper on Edible and Medicinal Plants Used by the community of North Badia of Jordan).
44. The 5th Jordanian Conference in Agriculture, held at Balqa Applied Science University on May 9-12th, 2005 under the title "Towards a Continuing agriculture". (Speaker in one paper on "Food Habits of the Community of North Jordanian Badia" and coauthor of other 2 papers).
45. The workshop on "Preparing Diploma and M.Sc. Programs in Clinical Nutrition in Diabetology" held in the Jordan Center for Endocrinology and Diabetes. (May 14-15, 2005).
46. Regional Workshop on "Biodiversity as Food, organized by IDRC, CRDI and AUB and held at AUB on Feb. 3-5th, 2006 (submitted a paper on Use of Wild Edible Plants in Jordanian Diet).
47. The 1st Workshop on Genetically Modified Organisms, held in Amman (7-8 May, 2005).
48. Workshop on "Maintaining Nutrition in Emergency Conditions" organized by Rand, Juzoor and Columbia University Institute of Human Nutrition and University of Jordan, held in Amman on Sept. 15-18, 2006. (Participant in discussion, recommendations and paper on Nutrition Policy in Jordan).
49. The Arabian Gulf conference on Healthy Nutrition of Adolescent Children organized by Arab Nutrition Society and Bahrain Center for Studies and Research, held in Manama, Bahrain on Nov. 28-30th, 2006 (submitted a paper on Risk of Excessive Protein Intake on Adolescents Health).
50. The 6th Jordanian Conference in Agriculture, held at the University of Jordan on April 6-9th, 2007 under the Title "Safe Agriculture for Man and Environment" (Participated by submitting a paper on "Bioavailability of Calcium, Iron and Zinc in Wheat Bran" and 2 other papers submitted by coauthors).
51. The 3rd Arab Conference on Nutrition, held in Abu-Dhabi, UAE, on Dec. 4-6th, 2007 (participated by submitting a paper on "Sugar Alternatives: Pros & Cons").
52. The 3rd conference on Food Safety of Dubai Municipality. Dubai, UAE, Held in Dubai on 24-27th Feb, 2008.
53. The scientific Day for the Faculty of Paramedical Sciences/ Applied Science University in Collaboration with the Association of Agricultural Engineers in Jordan (Participated by submitting a paper on The Role of Universities in Food Control in Jordan). Held in ASU, March, 29, 2008.
54. The scientific Day of the Department of Nutrition in Petra University on April, 2008 (Participated by submitting a paper on The Nutrition Status in Jordan).
55. Workshop of the United Nations Initiative on School Health. Held in Teachers Club on 2nd Dec, 2008. Participated in a lecture on Malnutrition Diseases.
56. The 3rd Meeting on the Miraculous Nature of Quran Held in Amman, Jordan by the Association for the Care of Holy Quran (Participated in presenting a paper entitled the Miraculous Description of Food and its Relationship with the Living Body in the Holy Quran)
57. The 4th Conference on Genetically Modified Organisms, held in Amman (16-17 Nov., 2009).
58. The 4th Conference of the Jordan Society for Scientific Research held in Amman/ Jordan on Nov 7, 2009.
59. The 3rd Arab Conference on Obesity and Physical Activity Held in Manama, Bahrain on Jan. 19-21, 2010. Participated in presenting a paper entitled "The effectiveness of weight reducing programs of the Health and Nutrition Clinic at the Islamic Hospital".

60. The Jordan Conference of Nutrition Held at Petra University on 28-29th April, 2010. I participated in presenting a paper entitled "The Nutrition Status in Jordan" and other two papers submitted by colleagues 1. "B12 Status in Jordan" and 2. "Iron, Zinc and selenium consumption"
61. The Scientific Day of the Faculty of Agriculture on the 13th May, 2010. I headed the scientific committee and presented a paper entitled "The Role of the Nutrition Graduate in Serving Community through the Nutrition Consultation Centers"
62. Third Conference for Postgraduate Theses Held at University of Jordan, Amman 27-29-30 November 2010. Co-author of a paper presented by Tibi, A. entitled "Effect of lentils (*Lens culinaris*, L.) on blood glucose and lipids of streptozotocin-induced diabetes mellitus in rats".
63. The First Regional Scientific Conference Entitled "Nutrition, Disabilities and Mental Health" Held at Amman Arab University, Organized in Coordination with WHO on 12-13 October 2010. Attendance and Discussion.
64. The First International Conference on Olives in Palistine, Held at Palistine Technical University, Toulkarm, Palestine on February 8-10, 2011. Participated by presenting a paper coauthored with Faris, M.I. entitled "Olive Oil as a Functional Food: Nutritive Value and Health Benefits of Olive Oil".
65. The Forth Arab Conference on Nutrition, Held at the University of Jordan in Coordination between Faculty of Agriculture and Arab Center for Nutrition, Bahrain on April 5-7, 2011. Participated with: 1) Presented a paper co-authored by Al-Kurd, R.F. and Faris, M. I. entitled "Trends of energy and macronutrient consumption and their food sources n Jordan (in Arabic). 2) A poster co-authored by Jazar, A. E, and Khouri, N. entitled "Vitamin D status in a sample of pre-school children aged from 1-6 years visiting the pediatric clinics at the university of Jordan Hospital". 3) A poster co-authored by Qutob, M., and Barghouti, F. F. entitled "Etiological Factors of True Vitamin B12 Deficiency in a Group of Young Adult Jordanians"
66. A workshop on The National Survey for Assessment of Disorders of Iodine deficiency among school children in Jordan, Held at Pristol Hotel, Amman on May 26, 2011. (Participation by attendance and discussion).
67. A workshop on Impact of Flour Fortification with Nutrients in Jordan, Held at Pristol Hotel, Amman on June 7, 2011. (Participation by attendance and discussion).
68. The conference on Nutrients in the Feeding of Diabetic Patients & Geriatric People. Organized by the department of Nutrition & Food Technology/University of Jordan in cooperation with Abbott company, Held in the University of Jordan, Amman on 23-24th of November, 2011. (Participation by attendance and discussion).
69. A workshop on the Strategy of Food & Nutrition in Jordan. Organized by the Ministry of Health in cooperation with World Health Organization. Held in the University of Jordan, Amman on 22nd of December, 2011. (Participation by attendance and discussion).
70. The Annual International Conference of the Arabic Language as a Universal Language. Organized by the International council of the Arabic Language. Held in Beirut, Lebanon in the period 19th-23rd March, 2012. (Participation by presenting a paper entitled "Teaching in Arabic & Translation of the Idioms of Nutrition Sciences: Personal Experience"
71. The Second Arab Gulf Conference on Healthy Nutrition of Adolescents. Organized by the Arab Center of Nutrition/Bahrain & the General Administration of Children & Girls Centers- The Higher Council of Family Care Affairs/Sharja, Emirates. Held in

- Sharja, UAE in the period 23rd-25th April, 2012. (Participation by presenting a paper entitled "The Role of Vitamin D in the Health of Children & Adolescents".
72. The 7th Jordanian Conference in Agriculture, held at the Jordan University of Science and Technology on October 8-10th, 2012 (Participated as a coauthor of a paper on "Effect of Probiotic Hummus on Blood Lipids of Rats").
 73. Forth Conference for Postgraduate Theses Held at University of Jordan, Amman in Oct.10-11, 2012. Co-author of a paper presented by Narmeen Al-Awwad entitled "Development of Probiotic Hummus".
 74. The Conference of the Arabic Language. Organized by the Faculty of Arts/ the University of Jordan. Held in Amman in the period 16th-18th October, 2012. (Participation by attendance and discussion).
 75. The Ninth Workshop on the Use of the Arabic Language in Higher Education in the Arab World. Held in Amman/Jordan in Nov. 24-26, 2012.
 76. Workshop on salt and fat reduction; Organized by World Health Organization in Amman during the period of 10-12 September 2013, Participated by presenting a paper on " Estimated Intakes of Fats, Cholesterol, Fiber and Micronutrients Related to Cardiovascular Disease in Jordan".
 77. The scientific Day on Olives Organized by the Association of Agricultural Engineers and Held in Amman in October 6th, 2013. I presented a lecture entitled "The Nutritional and Health Benefits of Olive and its products".
 78. The 6th Conference of the Jordan Society for Scientific Research held in Amman/ Jordan on Nov 23, 2013. I attended and participated in the discussion of submitted papers.
 79. The second international Conference of olives in Palestine, held in Palestine Technical University, Tulkarm/Palestine, in the period 25-26th Nov, 2013, participated as a member of the scientific committee in the conference.
 80. The Scientific Day of Department of Nutrition at the Faculty of Paramedical Sciences/ Hashemia University, Zarka, Jordan on Nov.28th, 2013. I gave a lecture entitled " Updates of the Role of Vitamin D in Health and Nutrition".
 81. The Conference of Maternity and Pediatrics on Vitamin D and Other Micronutrients, Organized by Jordan Medical Association in Cooperation with the Ministry of Health and the University of Jordan, Held on 28th-29th of March, 2014. Attended and participated in the discussions.
 82. The conference on Food and Medicine in Light of Recent Developments: An Islamic Law Perspectives, Held in Sharja, UAE, on 16th-17th April, 2014. I participated in submitting an article entitled "Contamination of Food and Drug Products with prohibited foods in islam.
 83. The Fifth Conference for Postgraduate Theses Held at University of Jordan, Amman in April.15-16, 2014. Co-author of 2 papers presented by the 2 postgraduate students Hiba AlSayed and Amira Amr entitled respectively: (1) the preventive/ curative effect of date palm fruit (*phoenix dactylifera* L.) on the 7,12-dimethylbenz(α)anthracene in mammary cancer rat model and (2) chemopreventive effects of fermented and unfermented camel (*dromedarius*) milk and bovine (*Bos taurus*) milk, in Fischer 344 rats with azoxymethane-induced colorectal cancer.
 84. The Third Halal gulf conference on the Halal industry and its survices, Held in Kuwait, on 13th-15th of may, 2014. I participated by submitting a paper in the workshop accompaning it under the title "Istihala from an Islamic Law chemical and Industrial Perspectives"; The paper was entitled "Definition of Istihala and its Controls from an Industrial and Scientific Perspectives".

85. The 9th SIOP Asia nutrition workshop held in King Hussein Cancer Center, on April 24, 2015. Participated as a leader in the workshop.
86. Attendance of a workshop on web of science and End Note Training held at the University of Jordan Library on April 28th, 2015.
87. A lecture for the Islamic Medicine Committee, the Medical Association/Jordan, Held in King Hussein Cancer Center (KHCC) on June 5, 2015. I submitted a lecture on "Functional Foods".
88. The Training Workshop on Developing the School Feeding Programs, organized by the MOE, Held in Amman June 9-10, 2015. Submitted a paper on "Malnutrition Diseases".
89. The workshop on Severely Acute Malnutrition (SAM) organized by the department of pediatrics/University of Jordan Hospital, in September, 2015. Participated in discussion.
90. The scientific day of Agricultural Engineers Association under the title Herbal Medicine and Dietary Supplements: Facts and Imagination. Held at the Agricultural Engineering Association/Amman on 24 October, 2015. Presented a paper entitled: "The Scientific bases for the use of Herbs and supplements".
91. Attendance of the Springer Author Workshop. Organized by Springer and the University of Jordan On November 3, 2015.
92. The 7th Conference on Scientific research in Jordan, Held at Middle East University, Amman on November 14, 2015. Presented a paper entitled: "The Etiology, Prevalence and Management of Obesity".
93. The 6th Saudi Conference for Food and Nutrition, held in Jeddah, KSA, on November 17-19th, 2015. I submitted 2 papers entitled: a) The Use of Traditional Foods in the Prevention of Colon and Breast Cancer. B) Nutrient Deficiencies after Bariatric Surgery: A General Review.
94. The First Medical Conference Entitled (A Jordanian Community Free of Obesity and Co-morbidities), organized by the British universities graduates association and Regime Company, held in Amman on May 1-2, 2016. I participated in the discussion of the presented papers.
95. The Second Health Meeting organized by Ministry of Health and Amman Municipality, held in Amman on May 16-18, 2016. I presented a paper on Food Supplements.
96. The Workshop on Personal Fitness, Organized by The National Academy of Physical culture, held in Amman, February 3, 2017. I presented a paper on Nutrition and Physical Fitness.
97. The Workshop on Capacity building of Personnel in Jordan Olive Industry, Organized and funded by the Tempus Program of the European Union. Held in Amman on April 24, 2017.
98. Updates on Lipids and Health: A Seminar Held on Oct 16, 2017 by Jordan Hospital, Organized by Jordan Medical Association; I presented A Lecture on Fats and Health Dietary Recommendations.
99. The 8th. Conference of the Jordan Society for Scientific Research Which was Held in JU, Amman Jordan on Nov. 11, 2017; I was coauthor of a Paper "on Status of Iron in relation to type of Feeding in infancy" and was the Chairman of the Scientific Committee of the Nutrition Section.
100. The First Jordanian Nutrition Conference Held in Amman, Jordan on Nov. 16-18 by Events Consultants; I participated in Giving A lecture entitled and was a member of the Scientific Committee.

101. The First Scientific Day of the Jordanian Society of Clinical Nutrition and dietetics held on November 23, 2017. I Was a Chairman of a Session
102. I was a member of the team on SDG to (Zero Hunger) to put a strategy on eradicating hunger in year 2030 starting from November 30, 2017 to December 30, 2018.
103. Attending a workshop organized by WHO in Rabat / Morocco in May 7 – 9, 2018 on food composition tables.
104. I participated in the 8th agricultural scientific conference, which was held in Mutah University / Karak / Jordan in the period 15-17 of October, 2018. I am participating by giving a lecture in title “use of selected traditional food in the prevention of colon and breast cancers”. I also chaired one of the conference sessions.
105. The Second Scientific Day of the Jordanian Society of Clinical Nutrition and Dietetics held on December 1, 2018. I participated by giving a paper entitled ”Celiac Disease: Etiology and Management”and was a chairman of a session.
106. Fourth meeting of technical multi sectorial committee for the development of action plan frame work to prevent obesity, (presentation of a paper on: updates on food composition tables Oct, 28 2019).
107. The 9th Jordanian Conference for Scientific Research which was held in JU, Amman Jordan on November 11, 2019. I participated in discussions of presented papers.
108. The Third Scientific Day of the Jordanian Society of Clinical Nutrition and Dietetics held on November 17, 2019 under the title: Towards the National Project for the control of Obesity. I participated in the discussion of presented papers.
109. The third regional adolescent health conference: investing in healthier generations, held on 12 to 14 Dec. 2019, Amman – Jordan (I submitted a paper on the evaluation of nutrient intakes in school canteens among students aged 14-18 years in Amman – Jordan).
110. The Workshop on preparation of "Food- Based dietary Guidelines for Jordan" held in Amman, Jordan on February 16-17, 2020.

TRAINING COURSES & CONSULTATIONS

1. **The FAO Technical Consultation on Traditional Foods in the Near East**, Amman, Jordan, (Sept. 3-5, 1989).
2. University of Jordan, Center for Consultations and Technical Services: Participated as a senior trainer on nutrition for resident physicians, (July - Aug., 1993).
3. UNICEF: Senior trainer in "Training course in food and nutrition for the general practitioners and health workers in Jordanian MCH centers, (January, 1990 & Aug., 1993).
4. Ministry of Health:
 - a. Senior trainer in the course on food and nutrition for physicians enrolled in Family Medicine Program, Jan., 1995.
 - b. Member of "Food rather than Drug Committee" responsible for permitting imports of special and health food preparations.
 - c. Member of the "Technical Infant Food Committee", The Directory of Drugs.
5. Ministry of Education:

Member of two committees for authoring nutrition textbook for secondary schools of the Nursing and Hotel Industry Professional Branches.
6. Attendance of a Discussion on Food Technology Terminology Lexicon Authored by Takruri *et al.* In Cairo, Majmaa’ of Arabic Language in 3-5 November, 1998.

7. Consultation on Terminology of Food Science and Nutrition held in Cairo, Egypt in November 5-6, 1998.
8. FAO consultant for the preparation of the nutrition country profile for Jordan (submitted in May 2002).
9. Nutrition consultant for the Jordanian Ministry of Education / the Program of Feeding School children in unprivileged areas during the Academic year 2002/2003.
10. A training course on Nutrition in Pediatric Diseases, Held in Jordan Environment Society on 23-25th March, 2008
11. A training course on the Role of Diet in the Management of Chronic Diseases, Held in Jordan Environment Society on 19th of May, 2008.
12. A training course on Nutrition and Dietetics Organized by the Department of Nutrition on 18-19th June, 2008. (Participated by giving 2 lectures on Updates in Dietary Guides & Diet in Diseases of Inborn Errors of Metabolism).

BIBLIOGRAPHY

A. THESES

1. Master Thesis: The Development of a High-Protein Biscuit for School Feeding Programs. (AUB./Lebanon).
2. Ph. D. Thesis: Studies on the Effect of Zinc Deficiency on the Absorption and Utilization of B-Carotene in the Rat and Studies on Zinc and Vitamin A Status of man in Jordan. (Univ. London/United Kingdom).

B. PUBLICATIONS

1. Takruri, H. R. and Daqqaq, R. F. 1986. The effect of drying and storage on vitamin A content of some leafy vegetables and local herbs in Jordan. *Dirasat* 13(8): 87-91 (In Arabic).
2. Takruri, H. R. and Humeid, M. A. 1988. Nitrate levels in edible wild herbs and vegetables common in Jordan. *Nutrition and Health* 6(2): 89-98.
3. Takruri, H. R. 1989. Effect of fasting in Ramadan on body weight. *Saudi Medical Journal* 10(6): 491-494.
4. Takruri, H. R. and Hamdan, M. R. 1989. Food consumption pattern in the city of Amman and Irbid district: Vitamin and mineral intakes. *Arab Emirate J. Agric.* 1(1): 1-13. (In Arabic).
5. Al-Eisawi, DM. and Takruri, H. R. 1989. A checklist of wild edible plants in Jordan. *Arab Gulf J. Scient. Res. Agric. Biol. Sci.* B7(1): 79-102.
6. Takruri, H. R., Humeid, M. A. and Umari, M. A. H. 1990 Protein quality of parched immature durum wheat (frekeh). *J. Sci. Food Agric.* 50(3): 319-327.
7. Humeid, M. A. Takruri, H. R. and Umari, A. H. (1990). Amino Acid content of durum wheat protein at different maturity levels of the grains suitable for frekeh making. *Dirasat*, 17(3): 54-61.
8. Takruri, H. R., Tukan, S. K. and Ahmad, M. N. (1990). The status of dietetics in some main hospitals in Jordan, *Jordan Med. J.* 24(1): 35-43.
9. Humeid, M. A., Takruri, H. R. and Daqqaq, R. F. (1991). Nabali olive ripening and oil properties. *Nutrition and Health* 7: 151-54.
10. Ahmad, M. N. and Takruri, H. R. (1991) Effect of dietary wheat bran on serum glucose, body weight, food intake and food efficiency in rats. *Mu'tah Journal for Research and Studies* 6(1): 53-62.

11. Takruri, H. R. (1991). Trace elements in Human Nutrition: Criteria of Essentiality. Proc. 4th Micronutrients Workshop, 1991, Amman, Jordan, 18-22Feb., 1991. (In Arabic).
12. Humeid, M. A. Takruri, H. R. and Daqqaq, R.F. (1992). Effect of ripening of "Nabali" olives on the yield and some chemical properties of extracted oil. Emir. J. Agr. Sci. 4:53-66.
13. Hourani, H., Arnaout, M., Takruri, H. and Misha'l, A. (1992). The effect of nutrition education of diabetes patients on body weight, serum glucose and blood lipids. Jordan Med. J. 26(2): 181-190.
14. Takruri, H.R. (1994). Nutrition and chronic diseases in Jordan. Em. J. Agric. Sci.6:141-155.
15. Takruri, H.R. (1995). The contents of oxalic acid, ascorbic acid and calcium in some wild edible plants in Jordan. Arab Universities J. Agric. Sci. 3 (1), 139 - 149. (In Arabic).
16. Takruri, H., Sweis, A. and Hamzeh, Y. (1995). Hemodialysis patients in Jordan: A comprehensive survey. Dialysis and Transplantation 24 (12): 678-681.
17. Takruri, H. and Tamimi, S. (1996). Nutritional evaluation of the seeds of three cultivars of pea (*Pisum sativum*) Mu'tah J. Res. Studies 11(1):11-21.
18. Takruri, H. (1996). Vitamin A deficiency in man: A general review proceedings of the symposium on "Micronutrient deficiencies in the Arab Middle East countries held in Amman, Jordan 27-29 June, 1995. pp 88-99.
19. Takruri, H., Al-Kurd, R. and Humeid, M. A. (1996). The effect of puffing on the nutritive value of the proteins of wheat, chickpea and their mixtures. Emir. J. Agric. Res. 8: 30-40.
20. Tukan, S., Shalbak, M. and Takruri, H.R. (1997). Dietary intake and serum concentrations of zinc, copper and iron in pregnant Jordanian women and their relationship with pregnancy outcome. Saudi Med. J. 18(1): 25-30.
21. Takruri, H. and Dameh, M. (1998) The nutritional value of black cumin (*Nigella sativa* L.). J. Sci. Food & Agric. 76:404-410.
22. Tayyem, R.F. and Takruri, H.R. (1997). Effect of Inclusion of Sodium bicarbonate in Mashrouh bread on protein quality. Dirasat, Agr. Sci. 24(2), 160-172.
23. Tayyem, R.F. and Takruri, H.R. (1998). The proximate Analysis and some vitamins of Mashrouh bread treated with different levels of bicarbonate. Dirasat, Agric. Sci.25 (1):49-54.
24. Takruri, H., Tukan S. and Al-Eisawi, D.(1997). The use of wild edible plants in the Jordanian diet. Int. J. Nutr. Food Sci. 49: 225-235.
25. Takruri, H.R. and Tukan, S.K (1998). Dietary fiber in the Jordanian Diet. Int. J. Nutr. Food Sci. 49:547-552.
26. Takruri, H.R. (1999). Activities to establish food composition data in Jordan: Traditional food and wild edible plants, In proceedings of a workshop on establishing food consumption data for the Near East held in Manama, Bahrain 14-16 June, 1998. (Ed). A.O. Musagier and S.S. miladi.
27. Abu Jadayel, S., Tukan, S.K. and Takruri, H.R. (1999) Bioavailability of iron from four different local food plants. Plant Foods for Human Nutrition 54: 285-294.
28. Abu-Dweih, B.M. Tukan and Takruri, H.R. (2000). The Effect of browning intensity on the protein quality of qurshallah. Int. J. Food Sci. Nut. 51: 483-488.
29. Dabbour, I.R. and Takruri, H.R. (2000). Study of the protein quality of four types of edible mushrooms in Jordan. Arab J. Food and Nutrition 1: 8-19.(In Arabic)
30. Abu Rajuh, K.S. and Takruri, H.R. (2000). Study of the nutritional status of holy thistle seeds (*Silybum marianum* L. Gaertn.). Arab J. Food and Nutrition 2:31-45.
31. Takruri, H. R. and Melhem, A.F. (2000). An overview of the physical activity status in Jordan. In: Proceedings of the Workshop on Nutrition and Physical Activity in the Arab Near East. Cairo, Egypt 18-21 October, 1999.

32. Dabbour, I.R. and Takruri, H.R. (2002). Study of the protein quality of four types of edible mushrooms in Jordan. *Plant Foods for Human Nutrition*. 57, 1-11.
33. Dabbour, I.R. and Takruri, H.R. (2002). Protein digestibility using corrected amino acid score (PDCAAS) of four types of edible mushrooms in Jordan. *Plant Foods for Human Nutrition*. 57, 13-24.
34. Faris, M.I. and Takruri, H.R. (2002). Effect of adding different levels of *tahinah* on protein digestibility and (PDCAAS) of chickpea dip. *J. Sci. Food Agric.*83, 7-12.
35. Al-qadri, M., Takruri, H. R. and Tukan, S.K.(2002). Nutrition education for a group of overweight and obese girls and its effect on body weight. *Arab Gulf Journal of Sci. Res.* 20(4): 236-240.
36. Al-Kurd, R. A., Takruri, H. R. and Shraideh, Z. (2002). Effect of smoking on body weight, anemia, and the ascorbic acid and iron status in Guinea pigs. *Arab J. Food Nutr.* 3(6) 276-285 (in Arabic).
37. Takruri, H. R. and Qudah, J. M. (2002). The change in weight due to Ramadan Fasting. *Arab J. Food Nutr.* 3(6), 545-553 (In Arabic).
38. Dabbour, I.R. and Takruri, H.R. (2002). The proximate composition and contents of some minerals and vitamins in four types of edible mushrooms in Jordan. *Jord. Applied Sci. J.* Vol. 4(2), 25-36.
39. Takruri, H. R., Rawashdeh, M. O. and Ayadi, I. (2002). Effect of gluten free diet on Hemoglobin and Serum cholesterol, Ca, Fe, and P. *Arab J. Food Nutr.* 3(6), 267-275.
40. Jarrar, A. and Takruri, H. R. (2003). Metabolic responses to preexercise meals containing simple and complex carbohydrates during moderate intensity exercise. *Applied. Sci. J.* in Vol 5, 50-61.
41. Takruri, H. R., Abu-Jdayel, S. M. and Tukan, S. K. (2003). Bioavailability of calcium, iron and zinc from sesame seeds and black cumin seeds. (*Arab J. Food Nutr.*, Vol.4(7) 8-15) (In Arabic).
42. Takruri, H.R. (2003). Obesity in Jordan (واقع السمنة في الأردن). *Arab J. Food Nutr.* Vol. 4, 68-87.
43. Takruri, H.R. and Faris, M.I. (2003). Study of using different levels of *tahinah* (sesame butter) on the protein quality of chickpea dip. *Arab J. Food Nutr*, Vol. 4, 36-47 (In Arabic).
44. Takruri, H. (2003) Black cumin seeds in Hadith and Medicine. Proceeding of Workshop on Medicine in the Sunnah of the Prophet (PBUH) held in Amman, 30 Aug. 2003.
45. Tayyem, R., Takruri, H. and Shroof, N. (2003). Oral supplementation of Arginine in patients with severe Chronic Obstructive Pulmonary Disease (COPD). *Emir. J. Agric. Sci.* 15(2); 29-41.
46. Takruri, H. (2004). School Feeding in Jordan. Proceeding of the Workshop on School feeding in the Arab Countries held in Cairo, 5-7 August, 2003.
47. Takruri, H. and Qudah, J. (2004). A study of the nutritional status of a sample of school girls of 6-12 years age in the city of Amman. *Arab J. of Nutr.* 5(11), 86-97. (In Arabic).
48. Takruri, H. Awwad, N. and Haddadin, M. (2004). The effect of adding 2 locally-isolated probiotics and 2 prebiotics to rat diet on their blood lipids. *Arab J. food Nutr.* 5(11),222-234.
49. Takruri, H. and Hamad, H. (2005). The effect of different processing treatments of wheat bran on serum lipids and lipoproteins in Sprague-Dawley rat. *Arab J. Food Nutr.* 6(12), 6-16.
50. Saraira, L, Izzat, M., Takruri, H., Nader, M. and Abu Zaid A. (2005). Prevalence of iodine deficiency and goiter in school children. *J. Roy. Med. Ser.* 12(2), 42-44.
51. Ahmad, M.N., Tukan, S.K. and Takruri, H.R. (2006). Study of overweight and obesity in young adult women in Northern Badia of Jordan. *Malaysian J. Nutr.* 12(2),157-166.

52. Takruri, H. (2006). The health risk of excessive protein intake in adolescents. Arab J. Food Nutr. 7(16), 76-87 (In Arabic).
53. Al-Sayyed, H. and Takruri, H. (2007). A possible effect of thyme (*Origanum syriacum* L) tannins on its iron bioavailability in rats. J.Saudi Soc. for Food & Nutr. 2(2), 1-17.
54. Takruri, H., Tukan, S. and Ahmad, M. (2008). The use of medicinal and edible herbs in the community of North Badia of Jordan. Jordan J. Agric.Sci.391-405 (In Arabic).
55. Takruri, HR. (2008). Sugar Alternatives: Pros & Cons. Proc. 3rd Arab Conference on Nutrition, held in Abu-Dhabi, UAE, on Dec. 4-6th. 2007 (In Arabic)..
56. Takruri, HR. and Al-Kurd, RF. (2008). The glycemic index of a new bread brand biobread. Jordan Med. J. 42(2), 107-123.
57. Al-kurd, RF. and Takruri, HR. (2008). Tannin Contents of Selected edible plants used in Jordan. Jordan J. Agric. Sci. 4(3).265-274.
58. Al-Awwad, N., Haddadin, M. & Takruri, H. (2009). The characteristics of locally isolated *Lactobacillus acidophilus* and *Bifidobacterium infantis* isolates as probiotics strains. Jordan J. Agric. Sci., 5(2), 192-206.
59. Faris, M.I. Takruri ,H.R , Shomaf, M.S. and Boustanji, Y.K. (2009) Chemopreventive effect of raw and cooked lentils (*Lens culinaris* L) and soybeans (*Glycine max*) against azoximethane-induced aberrant crypt foci. Nutr.Res, 29, 355-362.
60. Al-Kurd, R.F., Takruri,H.R. and Faris, M.I. (2010). Estimated intake of iron, zinc and selenium of Jordanians as obtained from data of Jordanian Household and Expenditures and Income Survey (JHEIS) 2006. Pakistan J. of Nutr. 9(6), 600-604.
61. Takruri, H. R. and Ziqq, I. (2010). The effectiveness of weight reducing programs of the Health and Nutrition Clinic at the Islamic Hospital. Proc. 3rd Arab Conference on Obesity and Physical Activity held in Manama, Bahrain on Jan. 19-21, 2010.
62. Al-Tibi, A., Takruri, H.R. and Ahmad, M.N. (2010). Effect of lentils (*Lens culinaris*, L.) on blood glucose and lipids of streptosotocin-induced diabetes mellitus in rats. Malaysian J. Nutr.16(3): 409-418.
63. Tukan, S.K., Takruri, H.R. and Ahmad, M.N. (2011). Food habits and traditional food consumption in the Northern Badia of Jordan, J.Saudi Soc. for Food & Nutr. 6(1): 1-20. (in Arabic)
64. Shomaf, M.S. Faris, M.I. and Takruri, H.R (2010). Lentils (*Lens culinaris*, L.) Attenuate azoxymethane-induced colonic lesions and neoplasms in male F344 Rats. Jordan Med. J 45(3): 231-239.
65. Qutob, M., Takruri, H. R. and Barghouti, F. F. (2011). Evaluation of true vitamin B12 deficiency in a group of Jordanians aged 20-40 years visiting the Jordan University Hospital. Pakistan Journal of Nutrition 10(4): 343-349.
66. Jazar, A. E, Takruri, H. R. And Khouri, N. (2011). Vitamin D status in a sample of pre-school children aged from 1-6 years visiting the pediatric clinics at the University of Jordan Hospital. Jordan Med. J. 45(4): 23-32.
67. Takruri, H. R, Al-Kurd, R.F. and Faris, M. I. (2011). Trends of energy and macronutrient consumption and their food sources n Jordan (in Arabic). J. Saudi Soc. for Food & Nutr. 6 (1): 1-20.
68. Qutob, M. and Takruri, H. R. (2011). Vitamin B12 status in Jordan: A general review. Dirasat 38(3): 37-44.
69. Musaiger, A.O., Takruri, H.R., Hasan, A.S. & Abu Tarboush, H. (2012). Food-based dietary guidelines for the Arab Gulf countries. : J. Nutrition and Metabolism. Vol.2012 ,DOI:10.1155/2012/905303.
70. Musaiger, A.O., Al-Hazaa, H. M., Takruri, H.R. and Mokhatar, N. (2012). Change in nutrition and lifestyle in eastern Mediterranean countries: Health impact: J. Nutrition and Metabolism. doi:10.1155/2012/436762

71. Faris, M. I., Takruri, H. R. and Isa, A. (2012). Nutritional Value and Nutraceutical Functions of Lentils (*Lens culinaris* L): A Review. *The Mediterranean Journal of Nutrition and Metabolism*. DOI:1007/s12349/2012/0109-8.
72. Al-Sayyed, H., Takruri H, and Shomaf, M. (2013). The Effect of Date Palm Fruit (*Phoenix dactylifera* L.) on the Enzyme Glutathione-S-Transferase Activity in Sprague-Dawley Rats. *Pak. J. Nutr.* 12(5): 410-415.
73. Al-Sayyed, H, Takruri, H., Shomaf, M. and Al-Saleh,A. (2013). The effect of date palm fruit (*Phoenix dactylifera* L.) on the hormone 17- β -estradiol in 7,12-dimethylbenz(α)anthracene–induced mammary cancer in rats. *Med. J. Nutr. Metab.* DOI:13-00031R1/2014
74. AL-Awwad, N., Yamani, M.I and Takruri, H.R. (2013). Development of probiotic hummus. *J. Saudi Soc. Food Nutr.* 9(1): 1-10.
75. Al- Sayyed, H. Takruri H, and Shomaf, M. (2014). The effect of date palm fruit (*Phoenix dactylifera* L.) on 7,12-dimethylbenz(α)anthracene (DMBA)–induced mammary cancer in rats. *Res. Opin. Vet. Anim. Sci.* 4(1):11-18.
76. Takruri, H, and Al-Kurd, R. (2014). Intakes of Fats, Cholesterol, Fiber and Micronutrients as Risk Factors for Cardiovascular Disease in Jordan. *Jor. J. Biol. Sci.* 7(2): 119- 126.
77. Al-Faris, M. Z and Takruri, H.R (2014). Study on the prevalence of phenylketonuria in Jordan and assessment of follow-up efforts and dietary management of patients with this disease *Med. J. Nutr. Metab.* 7(2): 95-106 (DOI: 10.3233/MNM-140009).
78. Dabbour, I.R., Al-Ismail, K.M., Takruri, H.R. and Azzeh, F. (2014). Chemical characteristics and antioxidant content properties of cold pressed seed oil of wild milk thistle plant in Jordan. *Pak. J. Nutr.*, 13 (2): 67-78.
79. AL-Awwad, N., Takruri, H.R and Yamani, M.I. (2014). Effect of Probiotic Hummus on Blood Lipids of Rats. *J. Biol. Sci.* 7(3): 7(4): 261-267.
80. Dabbour, I.R., Ahmad, M.N., Takruri, H.R. and Al-Ismail, K.M. (2014). Effect of chemical properties of milk thistle seed oil on serum lipid profile and antioxidants capacity in rats fed high cholesterol and cholesterol-free diets. *Pak. J. Nutr.*, 13 (10): 600-609.
81. Ghzawi, H., Takruri,H. and Al-Sayyed,H. (2014). Main sources of antioxidant vitamins in the Jordanian diet *Pak. J. Nutr.* 13(12): 700-704.
82. Hammouh,F.G.,Tukan, S.K and Takruri, H.R. (2015). Effect of Vitamin D Supplementation in a Sample of Type 2 Diabetes Patients from Karak Governorate in Jordan. *Pakistan Journal of Nutrition* 14 (2): 75-79.
83. Hamad, H.J., Ata, M., Hamad, W.J. & Takruri, H.R. (2015). Effect of Soaking and Fermentation of Wheat Bran on Weight Gain, Accumulative Food Intake and Food Efficiency Ratio in Rats. *Journal of Agricultural Science* 7 (11), 200: 207.
84. Ahmad, M.N. and Takruri, H.R. (2015). The effect of dietary wheat bran on sucrose-induced changes of serum glucose and lipids in rats. *Nutricion hospitalaria* 32 (4), 1636-1644.
85. Alwa'al, T. J. and Takruri, H. R. (2015), “Sodium and potassium intakes in a sample of students and employees in the university of Jordan aged (20- 40 years) using 3-day food diaries”, *Nutrition and Food Science* 46(1), 43-50.
86. Abu- Hussein, F. and Takruri H.R. (2016). Bread Consumption in a sample of Young Jordanian Adults: A pilot study. *Jordan Journal of Agricultural Sciences* 13 (2): 319-329.

87. Abu- Hussein, F. and Takruri H.R. (2015). A Study of Salt Content of Different Bread Types Marketed in Amman/Jordan. *Journal of Agricultural Science*, 8 (4), 1:10. DOI: <http://dx.doi.org/10.5539/jas.v8n4p169>
88. Mraish, J, and Takruri, H.R. (2016). Evaluation of Macronutrient Intake of A Group of Multiple Sclerosis Patients in Jordan. *Pakistan Journal of Nutrition*. 15(8): 763-770.
89. Al- Sayyed, H. and Takruri, H. (2016).Modification of American Institute of Nutrition Rat Diet in Mammary Cancer Research. *Journal of Agricultural Science*, 8 (5): 173-176.
90. Abu Jadayil S., Takruri, H and Obaidat, F. (2017). Effect of Nutrition Intervention on Macronutrient and Micronutrient Intake in a Group of Sleeve Gastrectomy Patients. *Malaysian Journal of Nutrition*, 23(1): 81-93.
91. Abu Rajab, A., Takruri, H.R., Mishal, A. and Alkurd, R. (2017). Glycemic and Insulinemic Response of Different Types of Jordanian Honey in Healthy and Type 2 Diabetic volunteers. *Pak. J. Nutr.* 16: 61-68.
92. Al- Sayyed, H. and Takruri, H. (2017). The Nutritional and Functional Properties of Date Palm Fruits in the Rutab and Tamr stages. *The Arab Journal of Food and Nutrition*. 38: 37-57.
93. Takruri, H., Shomaf, M. and Shnaigat, S. (2017). Multi Floral Honey Has a Protective Effect against Mammary Cancer Induced by 7,12-Dimethylbenz(a)anthracene in Sprague Dawley Rats. *Journal of Agricultural Science*; 9(2): 196-204.
94. Amr, A.,Takruri,H. Shomaf, F., Al-Haj, O., Faris,M.I. and Abdel-Rahman, W. (2018). Fermented Camel (*Camelus dromedarius*) and Bovine Milk Attenuate Azoxymethane-induced Colonic Aberrant Crypt Foci in Fischer 344 Rats. *Pakistan Journal of Nutrition*. 17(4): 179-189.
95. Tayyem R, Bawadi HA , Shehadah I , Bani-Hani KE, Takruri H, Al-Jaberi T, and Heath DD (2018).Fast foods, sweets and beverage consumption and risk of colorectal cancer: A case-control study in Jordan. *Asian Pac J Cancer Prev*, 19(1):261-269. DOI: [10.22034/APJCP.2018.19.1.261](https://doi.org/10.22034/APJCP.2018.19.1.261).
96. Al-Sayyed, H, Takruri, H. Bakir, N. and Takruri,D. (2018). Effect of feeding date palm fruit (*Phoenix dactylifera* L.) on menstrual health in a convenient sample of females. *Proceedings of The 6th International Date Palm Conference, Held in Abu Dhabi on 19-21 March, 2018*, pp .
97. Takruri, H.R. Abu Jadayil, S.M. and Takruri, D.H. (2018). Complications and Nutrient Deficiencies after Bariatric Surgery: A general review. *Medical & Clinical Research* 3(4): 1-6. Doi.org/10.33140/MCR.03.04.02
98. Tamim, F , Takruri, H Afram, K, Thekrallah, F., Al-Khadrab, M and Al-Basha, M (2018). Effect of Vitamin D Supplementation for Obese Pregnant Women on Gestational Diabetes and Diabetes Biomarkers. *Journal of Clinical Nutrition and Metabolism*; 1(2): 1-7.
99. Al-Assaf,A.R and Takruri, H.R. (2019). Feeding Sprague Dawley rats with Jordanian wild edible plants and a high fat diet reduced the malondialdehyde levels. *J. Agricul. Sci.*11(10): 71-79. Doi10.5539/jas.v11n10p71.
100. Hussein, S. and Takruri, H. (2019). Assessment of Iron Status in a Sample of Infants Aged 6-12 Months in Jerash Governorate, Jordan. *Journal of Health, Medicine and Nursing*. DOI of the journal: 10.7176/JHMN.

101. Al-Kurd R, Takruri, H. And Amr, A. (2019). Trends of Energy and Macronutrients Intakes in Jordan as Obtained by Household Expenditure and Income Surveys. *Journal of Agricultural Science* 11(1): 191-199. DOI:[10.5539/jas.v11n1p191](https://doi.org/10.5539/jas.v11n1p191)
102. Kensara,O., Helal,O. Abd El-Kafy, E Takruri,H. et al.(2019). The combined effect of vitamin D deficiency and hyperparathyroidism on postural stability among healthy adult males. *Pakistan journal of Biological Sciences* 22(9): 406-411.doi:10.2939/pjbs.2019.406.411.
103. Aljaraeda,T. Takruri, H. and Tayyem, R. (2019). Dietary practices and nutrient intake among adolescents: A general review. *Obesity Medicine* 16:1-6.
104. Aljaraeda,T., Tayyem, R and Takruri, H. (2020). Nutrient intakes among Jordanian adolescents based on gender and body mass index. *International Journal of Child Health and Nutrition* 9(1): 1-8.
105. Abdelrahim, D, Takruri, H and Al-Isamail, K. (2020). Effect of introducing the Jordanian common rue (*Ruta chalepensis* L.) on liver enzymes and lipid peroxidation in adult male Sprague Dawley rats toxified with paracetamol. *Journal of Agricultural Science*; 12(4): 298-305.
106. Abdelraheem, D, Takruri, H and Al-Isamail, K. (2020). Effect of introducing the Jordanian common rue (*Ruta chalepensis* L.) on blood lipid profile in adult male Sprague Dawley rats. *Journal of the Saudi Society for Food and Nutrition*; 13(1):17-23
107. Al Amery, H. and Takruri,H (2021). Study the effect of feeding purslane (*Portulaca oleracea* L.) on lipid profile and lipid peroxidation of adult male Sprague Dawley rats.. *An-Najah University Journal for Research - A (Natural Sciences)*.35(1):1-18.
108. Al-Sayyed, H, Takruri, H., Bakir, N. and Takruri,D. (2020). Effect of feeding date palm fruit (*Phoenix dactylifera* L.) on energy, macronutrient, and fiber intakesof a convenient sample of females.. *Current Nutrition and Food Science*; 16(8): 1270-1277. DOI: [10.2174/1573401316666200326110555](https://doi.org/10.2174/1573401316666200326110555)
109. Abu Jadayil, S., Abu Jadayil, B., Takruri, H.,Muwalla, M. and Al-Sayyed, H. (2020). Relationship between anthropometric measurements and serum vitamin D levels in a convenient sample of healthy adults. *Journal of Food and Nutrition Research* 8 (4): 195-200. DOI:10.12691/jfnr-8-4-6.
110. Tamimi, L.N. , Takruri, H.R. , Zakaria, Z. Z., Abu Dayyih, W. (2020). Hepatic uptake, storage and release of vitamin A. *International Journal of Biology, Pharmacy and Allied Sciences*. 9(4): 862-876doi.org/10.31032/IJBPAS/2020/9.4.5053
111. Zakaria, Z. Z., Takruri, H.R., Tamimi, L.N., Abu Dayyih, W. Folic Acid Bioavailability: A Review *International Research Journal of Pharmacy* 11(4):8-12. DOI: [10.7897/2230-8407.110434](https://doi.org/10.7897/2230-8407.110434)
112. Alkurd, R. , Takruri, H., Muwalla, M. and Arafat, T. (2020) Glycemic and insulinemic responses of multi-grain types of bread marketed in Jordan. *Current Research in Nutrition and Food Science*; 8(2):640-648 (2020). doi.org/10.12944/CRNFSJ.8.2.29.
113. Alkurd, R. , Takruri, H., Muwalla, M. and Arafat, T. (2020). The nutritional value, energy and nutrient contents and claims of marketed multi-grain Breads. *Journal of Food and Nutrition Research*; 8(10): 600-605 (2020). doi: 10.12691/jfnr-8-10-9.1.

114. Al Amery, H. and Takruri, H. (2020). Study of the antioxidant potential of wild and cultivated purslane (*Portulaca Oleracea* L.) available in Jordan. Journal of the Saudi Society for Food and Nutrition; 13(1): 96-102.
115. Al- Ismail, K., Takruri, H., Tayyem, R., Dabbas, M. and Abdelrahim, D. (2021). Trans fatty acids content of sweets and appetizers traditionally consumed in Jordan La Riv. Ital. Delle Sostanze Grasse. 98: 129-135.
116. Takruri, H and Alkhedr, R. (2021). Determination of the total phenolic content, total antioxidant capacity and radical scavenging activity of Jordanian royal jelly and honey samples. Jerash Journal for research and Studies. 22(1): 615-627.
117. Takruri, H., Aljaraeda, T and Tayyem, R (2021). Food and nutrient intakes from school canteens and markets nearby schools among students aged 14-18 years in Amman. Malaysian Journal of Nutrition (Accepted for publication, Sept., 2021).
118. Aljaraeda, T., Takruri, H. and Tayyem, R. (2021). The impact of COVID-19 pandemic on food and nutrition security and dietary habits among refugees in camps: A general review. Current. Nutrition and Food Science (Accepted for publication) Nov., 2021).
119. Sabri, S., Takruri, H and Al-Ismael, K (2021). Nutrient composition and antioxidant and anti-inflammatory effect of jujube fruits and Leaves: A general review. Journal of Pharmacy and Nutritional Sciences (Accepted for publication ,Dec. 2021).

..

C. BOOKS AND OTHER WRITTEN MATERIAL

1. Takruri, H. R. and Masri, K. A. 1989. The Science of Nutrition: Comparative Approach. Al darul Arabiyyah Linnashri Wal-Tawzee', Cairo. (In Arabic). 441P.
2. Abu Shweimah, M. and Takruri, H.R. (1994). Beekeeping and Honey Production in Jordan. Jordan Press Foundation, Amman. 239P. (In Arabic).
3. Takruri, M. and Masri, K. (1994). Human Nutrition. Dar Hunain for Publishing and Distribution, Amman. 651P. (In Arabic).
4. Takruri, H. R., Ayyoub, S.N. and Abu Jaber, M.M. (1995). Nutrition and Health. Ministry of Education, Amman, Jordan. 189P. (Sec. Sch. Textbook, in Arabic).
5. Hijazi S. and Takruri, H. (1994). Nutrition in Disease. Al-Quds Open University, Amman 631P. (Textbook in Arabic).
6. Takruri, H.R. and others. (1994). Dietary Guidelines for the Prevention and Reduction of Diet-Related Chronic Diseases in the Arab Middle East Countries. A Workshop, Faculty of Agriculture, UAE University, (April 10-12), 1994 in Al-Ain, UAE.
7. Misha'l, A., Takruri, H. R. and Hourani, H. (1992). Diabetes Mellitus: A Nutrition Education Bulletin for the Diabetic Patient. The Islamic Hospital, Amman. (In Arabic).
8. Takruri, H. R. et al. 1996. Nutrition A Textbook for the 2nd Secondary Class Nursing. Ministry of Education, Amman, Jordan, 173P (In Arabic).
9. Takruri, H., Humeid, M.A. Sa'ed, H. and Abbas, D. (1994). Food and Nutrition. In: Encyclopedia of the Hadith of the Prophet: Classification Index, Hammam Sa'ed (ed.). Islamic Society for Studies and Research, Amman, Jordan. (In Arabic). (مشروع موسوعة الحديث النبوي الشريف ورجاله: الدليل التصنيفي)
10. Takruri H.R. (1997). Nutrition: A General Introduction & chap 1: Nutrients and Energy In: A Textbook of Food and Nutrition for Medical Students. A.O. Musaiger (ed.). WHO, EMRO, Alexandria, Egypt 774. P (In Arabic).
11. Takruri, H.R. and Alem, M.S. (1997). Dalilul-Mu'alleem (Teacher's Guide) in Nutrition for Nursing. Ministry of Education, Amman, (In Arabic).

12. Takruri, R.R. et al, (1999). A dictionary of Food Technology; A reference on Food Tech. Terms written for Maktab-Tansiqul - Ta'reeb, Rabat, Morocco.
13. Takruri, H.R., Toukan, S.K. and Humeid, M. A. (1999). Dictionary of Food and Nutrition Terms (In Arabic). FAO Regional Office for the Near East (RNE), Cairo.
14. Takruri, H.R. *et al* (1999). Food and Nutrition in Islam. FAO Regional Office for the Near East (RNE), Cairo, Egypt (In Arabic).
15. Takruri (2001). Chap. Diabetes and chap. Cardiovascular Diseases. In: Therapeutic Nutrition and Dietetics for Countries of the Arab World, Dubai, UAE (In Arabic).
16. Takruri, H.R. (2002). Diseases related to food and their dietary management. In: Nutrition and Family Health, Eds. F. Badran & M. Sarhan. Al-Afaf Charity Association. (In Arabic).
17. Takruri, H, R., Tukan, S.K. and Humeid, M.A. (2003). The Comprehensive Dictionary of Terms of Nutrition and Food Sciences. Dar Al-Shuroq publishers, Amman (English/Arabic Dictionary).
18. WHO and MoH (World Health Organization & Ministry of Health) (2005). Health in Jordan, Ed. A. Alwan. The WHO Office, Amman. (Contribution from Hamed Takruri).
19. WHO, MoH and MoA (2006). Nutrition in Jordan, eds, A. Alwan and S. Kharabsheh. The WHO Office, Amman. (Contribution from Hamed Takruri).
20. Takruri, h. *et al.*, (2006). Nutrition A textbook for the secondary education: health stream. Ministry of Education, Amman.
21. Arab Nutrition Center (2006). Dietary Guide Lines for the Arab Gulf Countries, Consultants: MUSAIGER, A. Takruri, H. and Miladi, S. Arab Nutrition Center, Bahrain (In Arabic).
22. Takruri, H.R. & Tayyem. R.F. (2007). Selected Case Studies in Clinical Nutrition, 1st edn. Darul-Manahij, Jordan. Amman, Jordan. 160p
23. Takruri, H.R. (2008). Arab Encyclopedia of Nutrition. (Participated in writing two chapters, 1. Nutrients 2. Digestion). Ed. Abdul-Rahman MUSAIGER. Academia, Beirut/Lebanon.
24. Bawadi, H. ,Takruri, H. , Tayyem, R. , (2008). Exchange Lists for Use in Jordanian and Arab Communities. Dar Al-Shurook, Amman. (in Arabic)
25. Takruri, H. and Tayyem, H. (2009). The Dietetic Guide in Health and Disease. Dar Al-Forqan, Amman. (in Arabic).
26. Takruri, H.R. & Tayyem. R.F. (2009). Selected Case Studies in Clinical Nutrition, 2nd edn. Darul-Manahij, Jordan. Amman, Jordan. 190 p
27. Faris, M.I. Takruri,H.R , Shomaf, M.S. (2010). Chemopreventive Effect of Lentils Against Colorectal Cancer, 1st edn. LAP Lambert Academic Publishing AG & Co KG, Germany.
28. Takruri, H.R. and Tukan, S.K. (2011). Abstracts Compiled from Master and Doctorate Thesis from Jordan Universities Related to Food and Nutrition. Supplement of Arab Journal of Food and Nutrition, Vol. 11 No. 25.
29. Takruri, H.R. (2013) Dietary Systems for the Common Diseases in the Arab World. Arab Organization for Education, Culture and Sciences /Arab Center for Arabization ,Translation, Authoring and Publishing. Damascus, Syria (In Arabic).
30. Takruri, H.R., Tukan, S.K. and Al-Domi H., (2015) Lecture Notes in Essentials of Human Nutrition (in Arabic), Dar Jaleeso Al-Zaman, Amman, Jordan.
31. Takruri, H. and Tayyem, H. (2016). The Dietetic Guide in Health and Disease, 2nd edition. Dar Al-Forqan, Amman. (in Arabic).

32. Badran, I, Taimah, A. and Takruri, H. (2018). Strategic Review: Achieving sustainable Development Goal 2 (Zero Hunger) in Jordan by 2030: A Report Submitted to HCSR, Amman Jordan.

D. PATENTS AND AWARDS

1. Registration of a patent on "Debitting of Olive Oil ", by Humeid, M. A. and Takruri, H.R. Ministry of Commerce and Industry, 1995.

(تسجيل براءة اختراع بإسم محمد علي حميض وحامد رباح التكروري ، بعنوان "إزالة الطعم المر من زيت الزيتون"، مسجلة في وزارة الصناعة والتجارة الأردنية في أيار 1995، عمان.

2. Award of the Best Arab Researchers in Nutrition, granted in the First Arab Nutrition Conference, Manamah, Bahrain, Sept. 25-27, 2001.

جائزة المؤتمر الأول للتغذية لأفضل الباحثين العرب في مجال التغذية (25-27 أيلول 2001).

3. The First and Third Prizes for Best Published Articles in Nutrition and Food Science awarded in Nov. 24. 2002 by the Agricultural Engineers Association in the First Scientific Competition for Food and Nutrition.

الجائزتان الأولى والثالثة الممنوحتان في المسابقة العلمية الأولى للغذاء و التغذية من نقابة المهندسين الزراعيين في 24/11/2003.

4. Award of the Best Authored Nutrition Book for the Period 2003-2004 , Granted in the Second Arab Nutrition Conference, Manamah, Bahrain, December, 7-9, 2004.

جائزة المؤتمر العربي الثاني للتغذية (المنامة- البحرين، 7-9 كانون أول 2004) - حول أفضل كتاب مؤلف بالعربية في مجال التغذية للعامين 2003-2004، والكتاب هو: " المعجم الشامل في مصطلحات التغذية وعلوم الأغذية". (الجائزة تقديرية).

5. The Award for Distinguished Scientific Research (Financial reward) from the Deanship of Scientific Research at the University of Jordan on 25/1/2010 According to the Deans Council Decision No.2/3/1129 dated 10/9/2009.

جائزة التميز في البحث العلمي (جائزة على المستوى المحلي: مكافأة نقدية مع شهادة تقدير) من عمادة البحث العلمي في 25/1/2010 استناداً إلى كتاب رئيس الجامعة رقم 1129/3/2 تاريخ 10/9/2009.

6. The Award for Distinguished Scientific Researcher (Financial reward) from the University of Jordan on 12/6/2012.

جائزة التميز في البحث العلمي (جائزة على المستوى المحلي: مكافأة نقدية مع شهادة تقدير) من الجامعة الأردنية العلمي في 12/6/2012 .

7. The award for the best research from the Jordanian Agricultural Engineers Association in Jan 6th, 2014.

جائزة أفضل بحث مقدمه من نقابة المهندسين الزراعيين الأردنيين: مكافأة نقدية مع شهادة تقدير بتاريخ 2014/1/6

8. Al-Zarqa University Award, 2013 for the best authored book in food and medicine, December, 24, 2014.

جائزة جامعة الزرقاء 2013 لأفضل كتاب مؤلف في محور الغذاء والدواء، تاريخ 24 كانون أول، 2014