

## CURRICULUM VITAE, March 2025



### PROFESSOR MOUSA NUMAN AHMAD, HUMAN NUTRITION AND DIETETICS- CLINICAL/ BIOCHEMISTRY/ CARDIOMETABOLISM, THE UNIVERSITY OF JORDAN, AMMAN, JORDAN

#### ABOUT PROFESSOR MOUSA NUMAN AHMAD

- **Mousa Numan Ahmad** is now a Full-time Senior Faculty Member at the University of Jordan/ **Professor** of Human Nutrition and Dietetics- Nutritional-Functional Biochemistry/ Clinical/ Cardiometabolism.
- Obtained **BSc** from the University of Jordan, Jordan and **MSc** and **PhD** in Human Nutrition and Dietetics from King's College London, University of London, UK.
- Currently is teaching several specialist courses in Human Nutrition and Dietetics: **Undergraduates:** [Clinical Nutrition/ Diet Therapy/ Medical Nutrition Therapy; Introductory Dietetics; Nutrition & Diseases of Affluence; Human Nutrition & Metabolism; Energy in Nutrition; Applied Nutrition/Nursing; Fundamentals of Nutrition Science; Scientific Readings in Human Nutrition & Dietetics]. **Postgraduates:** [Diet Therapy; Clinical Nutrition; Nutritional Biochemistry; Scientific Research Methods; Carbohydrate Nutrition; Lipid Nutrition; Protein Nutrition; Nutritional Bioenergetics; Seminar in Human Nutrition].
- Functioned as Dean and Vice Dean of Scientific Research/ at the University of Jordan, Head of the Department of Nutrition and Food Technology/ at the University of Jordan, and Dean/Acting of Faculty of Allied Medical Sciences and Head of the Department of Food and Nutrition/ at Applied Science Private University, Jordan.
- Accomplished several research work plans and engaged in many ongoing plans related to human nutrition and dietetics, nutritional/ functional biochemistry, cardiometabolism, the pathophysiology of nutrition-related aspects of chronic non-communicable diseases, particularly those constituting the metabolic syndrome, and their epidemiological characterization, and relationship to physical activity, eating disorders, and nutraceutical, functional, and health foods.
- Currently is the **Editor-in-Chief** of the Jordan Journal of Agricultural Sciences/ Deanship of Scientific Research/ University of Jordan and Scientific Research and Innovation Support Fund/ Ministry of Higher Education and Scientific Research, Jordan.
- Partook as editor in **5** and as a reviewer in more than **50** peer-reviewed international journals.
- Supervised **60 MSc** and **20 PhD** graduate students, partook in **121 MSc** and **26** Graduate Exam Committees (Defence Exams), **25 MSc** Comprehensive Exam Cycle and **51 PhD** Proficiency Exam Cycle/ Human Nutrition and Dietetics/ at the University of Jordan.
- Published more than **110 publications** (articles, conference papers, and books) in peer-reviewed national, regional, and international journals, presented about **30** conference abstracts, and has **five** ongoing research projects.
- Participated in more than **30** national, regional, and international scientific conferences, and workshops, organized **four** others, and engaged in several academic training courses and consultations in Jordan and abroad.
- Partook in several councils at the University of Jordan, especially the Deans, Scientific Research, Marine Science Station, Promotions and Appointments, Faculties, and Departments, and in many committees, mainly the Curricula, Scientific Research, *IRB*, Training and Appointments, and Academic Quality Management and Development.
- Served as a Professional and Scientific Consultant for several panels, particularly WHO, Jordan Health Professions Licensing/ Jordan Ministry of Health, and Center of Consultations and Training/ at the University of Jordan.
- Partook in revising, organizing, and contemporizing the Regulations for Practicing the Nutrition Profession in Jordan/ Ministry of Health, the Syndicate of Agricultural Engineers, and Department of Nutrition and Food Technology/ at the University of Jordan for international academic and professional accreditations.
- Served as Academic and Scientific Consultant for several boards, notably the Jordan Scientific Research and Innovation Support Fund, Qatar Research Fund, Jordan Project for Development of Knowledge-Based Economy Curricula, Jordan Academic Accreditation for Food and Nutrition Programs at the Jordanian Universities, Jordan Steering and Supervision of the Authoring of Secondary/ High School Textbooks, and Jordan Project for the Study and Arbitration the Draft General Framework of the Platform for Vocational Education and School Curricula.
- Participated in several professional national committees like the Food and Nutrition Competitive Exam for vacancies in Jordan/ Civil Service Bureau, the Committee for Environmental Biotechnology/ Jordan Higher Council for Science and Technology, and the Higher Committee for the Prevention of Heart Disease/ Ministry of Health, and chaired the Al-Walaja Cooperative Society/ Jordan Cooperative Foundation, as well as presented several invited educational lectures to the local community and wrote many essays to the public.
- Partook in the Committees for Analysis of Fresh and Prepared Foods in the Nutrition Department of Jordan University Hospital and Laboratory Evaluation of Foods and Meals and Training Nutrition Students in the Department of Restaurants and Cafeterias/ at the University of Jordan.
- Engaged in many tasks at the University of Jordan, especially in the Central Tenders Department, Nutrition and Food Technology Departmental Guide preparation, establishing the Agricultural Observatory Unit, founding, and equipping the Animal House, and developing the Strategic Plan of Human Nutrition and Dietetics Program.

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### PERSONAL INFORMATION

**Name:** Prof. Dr. MOUSA NUMAN AHMAD.

**Nationality:** Jordanian.

**Marital Status:** Married.

**Address:** Department of Nutrition and Food Technology

Human Nutrition and Dietetics

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01. E. Mail: [mosnuman@ju.edu.jo](mailto:mosnuman@ju.edu.jo); [mousanuman@gmail.com](mailto:mousanuman@gmail.com)
02. UJ Research Group: <https://research.ju.edu.jo/research/groups/PNCH/home.aspx>
03. UJ Web: <https://eacademic.ju.edu.jo/mosnuman/default.aspx>
04. ResearchGate: [https://www.researchgate.net/profile/Mousa\\_Ahmad](https://www.researchgate.net/profile/Mousa_Ahmad)
05. Google Scholar: <https://scholar.google.com/citations?hl=en&user=fk8-6X0AAAAJ>
06. ORCID ID: <https://orcid.org/0000-0003-2863-3363>
07. Researcher ID: <https://www.researcherid.com/rid/J-2686-2015>
08. Scopus: <https://www.scopus.com/authid/detail.uri?authorId=7402895967>
09. Jordan National Database: <https://resn.hcst.gov.jo>; Jordan National Database ID: 2109
10. Mendeley: <https://www.mendeley.com/library/>
11. Academia: <https://djaslja.academia.edu/MousaNumanAhmad>
12. LinkedIn: <https://jo.linkedin.com/in/professor-mousa-numan-ahmad-6a7836108?trk=prof-samename-name>
13. Twitter: <https://twitter.com/mosnuman>
14. Google plus: <https://plus.google.com/112862617501177219071>
15. Facebook: <https://www.facebook.com/mousanuman.ahmad>
16. Instagram: <https://www.instagram.com/mousanuman/>
17. PubFacts: <https://www.pubfacts.com/author/Ahmad+Mousa>
18. JRIN: [100059.400.200.905.0000-0003-2863-3363](https://www.jrin.org/jrin/jrin/100059.400.200.905.0000-0003-2863-3363)
19. <https://research.ju.edu.jo/research/groups/QSFF/Home.aspx>

### CURRENT POSITION

Professor of Human Nutrition and Dietetics- Nutritional Biochemistry/ Clinical/ Cardiometabolism, Department of Nutrition and Food Technology, Human Nutrition and Dietetics, the University of Jordan.

### FIELDS OF SPECIALIZATION

Human Nutrition and Dietetics- Nutritional Biochemistry/ Clinical/ Cardiometabolism.

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### EDUCATION

- PhD. Human Nutrition and Dietetics, King's College- London University, UK, 1986
- MSc. Human Nutrition and Dietetics, King's College- London University, UK, 1982
- BSc. Nutrition and Food Technology, Jordan University, 1979

### PhD DISSERTATION

Erythrocyte Sodium and Potassium -Ion- Activated Adenosine Triphosphatase (EC 3.6.1.3): Nutritional Studies in Normal Man.

### MSc THESIS

Dietary Fat and Human Erythrocyte Fatty Acid Composition: A Dose Exposure- Response Study.

### RESEARCH INTERESTS

Human Nutrition and Dietetics- Nutritional-Functional Biochemistry/ Cardiometabolism: Precision Nutrition in Cardiometabolic Health, Pathophysiology, Bioenergetics, Physical Activity in Health & Disease, Sports Biochemistry, Eating Disorders, Nutritional Epidemiology & Nutrition-Related Aspects of Chronic Diseases Characterizing Cardiometabolic Syndrome, including Obesity, Diabetes Mellitus, Thyroid Dysfunctions, Dyslipidemia, Hypertension, & Cancer, as well as those related to Nutraceutical, Functional, & Health Foods.

### BIOGRAPHICAL SKETCH: EMPLOYMENT + POSITIONS HELD + TEACHING EXPERIENCE

- 2019-Present: Editor-In-Chief; Jordan Journal of Agricultural Sciences; Deanship of Scientific Research, The University of Jordan, Amman, Jordan.
- 2018-2019: Deputy Dean/ Acting Dean of Scientific Research, The University of Jordan, Amman, Jordan.
- 2007-2012: Head of the Department of Nutrition and Food Technology, University of Jordan.
- 2010-2012: President of Al-Walaja Cooperative Society/ Jordanian Cooperative Foundation, Nongovernmental Organization/ Voluntary Community Services. Amman, Jordan.
- 1999-2000: Visitant Professor- Department of Nutrition and Food Sciences, Jordan University of Science and Technology-Irbid, Jordan (Sabbatical year 1999/2000).
- 1993-1994: Dean/Acting, Faculty of Allied Medical Sciences, Applied Science Private University- Amman, Jordan (Sabbatical year 1993/1994).
- 1993-1994: Head of the Department of Food and Nutrition, Faculty of Allied Medical Sciences, Applied Science Private University- Amman, Jordan (Sabbatical year 1993/1994).
- 1986-Present: Professor of Human Nutrition and Dietetics- Nutritional Biochemistry/ Clinical, Department of Nutrition and Food Technology- The University of Jordan.
- 1982-1986: PhD Scholar, Human Nutrition, King's College, University of London, U.K.
- 1981-1982: MSc Scholar, Human Nutrition, King's College, University of London, U.K.
- 1979-1981: Teaching and Research Assistant- Human Nutrition/ Department of Nutrition and Food Technology, The University of Jordan, Amman, Jordan.
- 1975-1979: BSc Scholar, Nutrition and Food Technology, The University of Jordan.
- 1973-1975: High School (Al-Tawjihi)- King Hussein Secondary College/ Scientific Stream, Amman, Jordan.

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### PROFESSIONAL EXPERIENCE

#### a) Teaching (30%)

Teaching several undergraduate (BSc) and postgraduate (Academic Diploma, MSc, and PhD) courses in human nutrition and dietetics.

#### b) Research (30%)

Several supported research projects; supervision of many MSc and PhD dissertation research projects; Editor-In-Chief for Jordan Journal of Agricultural Sciences; Member of the editorial boards of some scientific journals; Member of the reviewing boards of many of international scientific journals; Scientific research panelist and consultant for several national, regional, and international boards, committees, and organizations.

#### c) Community Service (10%)

Member of several professional national and international committees and societies; ad hoc reviewer for scientific journals and academic promotion committees; trainer in several courses; nutrition and dietetics consultant for several scientific bodies.

#### d) Administration (30%)

Faculty dean/acting dean; head of the department of nutrition and food technology; chair of several academic councils and committees including ad hoc ones at the levels of the department, the faculty, and the university. Editor-in-chief of Jordan Journal of Agricultural Sciences. Member of editorial boards for several Journals. President of an NGO Cooperative Society.

### TEACHING EXPERIENCE/ TAUGHT COURSES

Postgraduate Courses (Diploma, MSc, and PhD Level)	Undergraduate Courses (BSc Level)
Advanced Nutritional Biochemistry	Fundamentals of Nutrition Science
Advanced Nutritional Bioenergetics	Human Nutrition & Metabolism
Carbohydrate & Lipid Metabolism	Human Nutrition/ Advanced
Clinical Nutrition	Energy in Nutrition
Advanced Diet Therapy	Clinical Nutrition / Diet Therapy (1+2)
Advanced Medical Nutrition Therapy	Medical Nutrition Therapy
Carbohydrate Biochemistry & Nutrition	Introductory Dietetics
Lipid Biochemistry & Nutrition	Nutrition & Diseases of Affluence
Protein Biochemistry & Nutrition	Nutrition During Life Span / Nutrition in the Lifecycle
Scientific Research Methodologies	Meal Planning and Management
Seminar in Human Nutrition & Dietetics (MSc level)	Field Training in Nutrition & Dietetics
Seminar in Human Nutrition & Dietetics (PhD level)	Training in Applied Nutrition
	Training in Therapeutic Nutrition
	Training in Healthy Nutrition
	Seminar in Human Nutrition and Dietetics
	Scientific Readings in Human Nutrition & Dietetics
	Human Physiology/ Education
	Introductory Nutrition/ Nursing
	Applied Nutrition/ Nursing (1+2)
	Scientific Readings
	Nutrition & Food Security
	Special Subjects: Food & Nutrition/ General
	Principles of Food & Human Nutrition / General

### MEMBERSHIP OF COMMITTEES AND SOCIETIES

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#### (1) Specialized Scientific, Academic, and Administrative Committees and Councils at The University of Jordan

01. Scientific Research Council.
02. The University of Jordan Review Board (IRB).
03. Committee for Scientific Research Support.
04. Committee for Experimental Animals Research.
05. Committee for Postgraduate Studies.
06. Committee for Scientific Research.
07. Committee for Curricula Development: Undergraduate and Postgraduate Programmes.
08. Committee for Academic Staff Appointment and Promotion.
09. Committee for Academic Staff Fixation.
10. Committee for investigating Administrative Staff Issues/Faculty.
11. Committee for Academic Staff Contract Renewal.
12. Committee for Academic Quality Management and Development.
13. Committee for Seminars and Bulletins.
14. Committee for Scientific Instruments and Materials.
15. Committee for Training in Human Nutrition and Dietetics.
16. Committee for Clinical Nutrition and Dietetics.
17. Committee for Library Affairs.
18. Committee for Social Affairs.
19. Committee for Faculty Offices and Places Requirements.
20. Committee for University and Community Affairs.
21. Committee for Undergraduate Academic Extension.
22. Postgraduate/ Master + PhD Academic Extension.
23. Council for Faculty of Agriculture.
24. Council for Heads of Departments/ Faculty of Agriculture.
25. Council for Department of Nutrition and Food Technology.
26. Ad Hoc Committee for Developing and Updating Academic Programmes Accreditation Standards and Requirements.
27. Several Ad Hoc Committees for Doctoral Proficiency Examinations (1996-Present).
28. Several Ad Hoc Committees for Master Comprehensive Examinations (2000-Present).
29. Several Ad Hoc Committees for Undergraduate Examinations (1990-Present).
30. Several Ad Hoc Committees for Human Nutrition and Dietetics Affairs (1986-Present).
31. Ad Hoc Committee for Study Project: The Construction and Equipping of Experimental Animal Research Laboratories.
32. Ad Hoc Committee for Establishing an Agricultural Observatory Unit.
33. Ad Hoc Committee for Preparation of Nutrition and Food Technology Departmental Guide.
34. Ad Hoc Committee/ Central Tenders Department, 2000-2004. The University of Jordan.
35. Ad Hoc Committee for Strategic Plan/ Human Nutrition and Dietetics.
36. Several Other Ad Hoc Committees for Training, Consultation and Technical Services.

#### (2) National and International Scientific Societies and Committees

01. Nutrition Society, United Kingdom (1982-1998).
02. Institute of Biology, United Kingdom (1986-1990).
03. Association for the Study of Obesity, United Kingdom (1987-1990).
04. Jordan Society for Biological, Jordan.
05. Higher Committee for the Prevention of Heart Disease, Jordan Ministry of Health.
06. Al-Walaja Cooperative Society/ The Jordanian Cooperative Foundation, Amman, Jordan.
07. Jordan Society for Scientific Research/ Jordan Ministry of Agriculture, Amman Jordan.
08. Jordan Society for Food and Nutrition/ Jordan Ministry of Health, Amman Jordan.

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09. Abdel Hameed Shouman Foundation, Amman, Jordan.
10. Ad Hoc Committee for Animal Feeds, Jordan Ministry of Agriculture.
11. Committee for Environmental Biotechnology, The Higher Council for Science and Technology, Ministry of Higher Education, Jordan.
12. Ad Hoc Committee for Nutrition and Food Competitive Exam to Cover Vacancies in Jordan. Civil Service Bureau, Amman, Jordan.
13. Ad Hoc Project for Development of Knowledge-Based Economy Curricula. Ministry of Education, Jordan.
14. Committee for Analysis of Fresh and Prepared Foods in the Nutrition Section of Jordan University Hospital, The University of Jordan.
15. Committee for Laboratory Evaluation of Foods and Meals in the Department of Restaurants and Cafeterias, The University of Jordan.
16. Committee for Training Nutrition Students Committee for Laboratory Evaluation of Foods and Meals in Department of Restaurants and Cafeterias, The University of Jordan.
17. Ad Hoc Committee for Study of Academic Special Accreditation for Food and Nutrition Programme/ Applied Science Private University. Higher Education Accreditation Commission, Ministry of Higher Education and Scientific Research, Jordan.
18. Ad Hoc Committee for Steering and Supervision of the Authoring of Secondary School Textbooks (Al-Tawjihi/ High School). Nutrition for Nursing, 1996. Jordan Ministry of Education.
19. Ad Hoc Committee for Steering and Supervision of the Authoring of Secondary School Textbooks (Al-Tawjihi/ High School). Introductory Pharmacology for Nursing. Jordan Ministry of Education.
20. Ad Hoc Committee for Examination of Secondary School Textbooks (Al-Tawjihi/ High School). Nutrition and Health for Nursing. The Jordan Ministry of Education.
21. Several Other Ad Hoc Committees for Training, Consultation and Technical Services.

### RESEARCH GRANTS

- **Ahmad MN**, Mehyar GF. The Effect of Olive Oil, Corn Oil, Sheep Tallow and Fermented Olives on Serum Lipid Levels and Their Impact on Gut Microbiota in Wistar Rats Fed Cholesterol-Supplemented Diets. Deanship of Scientific Research, The University of Jordan, Jordan (14000) JD. [2016-2021]
- Amr AS, **Ahmad MN**. Preparation of Gluten-Free Foods and Studying Some of Their Physical and Chemical Properties and Response of Celiac Patients to It. Deanship of Scientific Research, The University of Jordan, Jordan (12000) JD. [2016-2023]
- **Ahmad MN**. PhD and MSc Research Grants (Over 60 Grants). Deanship of Scientific Research, The University of Jordan, Jordan. (1500-3000 JD/Grant). [2000-Present]
- Tukan SK, Takruri HR, **Ahmad MN**. Nutrition in the Northern Badia of Jordan. The Higher Council for Science and Technology. Jordan Badia Research and Development Center. Ministry of Higher Education and Scientific Research. (57000) JD. [2004-2009]
- **Ahmad MN**. Energy in Nutrition: Biochemical, Physiological and Clinical Aspects. Deanship of Scientific Research, The University of Jordan, Jordan (2500) JD. [2002-2004]
- **Ahmad MN**, Khatib FA. Studies on the Effects of Different Dietary Fats on Serum Lipids and Lipoproteins in Diabetic Rats. Deanship of Scientific Research, The University of Jordan, Jordan (1150) JD. [1990-1992]
- **Ahmad MN**, Takruri HR. Studies on the Effects of Plant Fiber Some Vitamins and Mineral Elements, and Selected Biomarkers in Rats. Deanship of Scientific Research, The University of Jordan, Jordan (2900) JD. [1989-1992]

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### SUPERVISION OF GRADUATE STUDENTS (MSc and PhD): RESEARCH-BASED DEGREES

#### (1) Formulation and Supervision of Research Works Leading to the MSc Degree in Human Nutrition and Dietetics and Chairing the Examination Committees:

No.	Student, Supervisor, Co-Supervisor, MSc Thesis Title, and Date (Month/Year)
01	Eiman Muneer Humood, <b>Mousa Numan Ahmad</b> , Nahla Khawaja, Yousef Saleh Khader. The Effect of Chronotypes and Sleep Quality on Body Mass Index and Glycemic Control in Type 2 Diabetes. National Center for Diabetes, Endocrinology, and Genetics (NCDEG), Jordan. MSc Thesis, the University of Jordan, Amman, Jordan. Ongoing, October 2024.
02	Majd Rizq Farah, <b>Mousa Numan Ahmad</b> , Nahla Khawaja, Yousef Saleh Khader. Food Addiction: Its Prevalence, Associated Factors, and Its Impact among Patients with Type 2 Diabetes Mellitus. National Center for Diabetes, Endocrinology, and Genetics (NCDEG), Jordan. MSc Thesis, the University of Jordan, Amman, Jordan. June 2024.
03	Israa Anwar Hussein, <b>Mousa Numan Ahmad</b> . Evaluation of Knowledge, Attitudes, and Practices of the Ketogenic Diet among a Group of Health Majoring Students at the University of Jordan. MSc Thesis. the University of Jordan, Amman, Jordan. November 2024.
04	Khadra Abdulla Al Mouli, <b>Mousa Numan Ahmad</b> . Assessment of Dietary Intake and Anthropometric Indices of Growth and Development of a Group of Yemeni Refugee Children aged 1-5 years in Amman Governorate, Jordan. MSc Thesis. the University of Jordan, Amman, Jordan. November 2024.
05	Sarah Jamal AlQadi, <b>Mousa Numan Ahmad</b> , Nahla Khawaja, Yousef Saleh Khader. Assessing Meal Frequency and Patterns and their Association with Glycemic Control, and Body Weight Status in a Sample of Type 2 Diabetic Patients from the National Center for Diabetes, Endocrinology, and Genetics, Jordan. MSc Thesis. NCDEG, the University of Jordan, Amman, Jordan. May 2023.
06	Asmaa Yousif Qadire, <b>Mousa Numan Ahmad</b> , Nahla Al-Khawaja, Anwar Batieha. Sex Differences in Eating Disorders among Type 2 Diabetic Patients from the National Centre for Diabetes, Endocrinology, and Genetics, Jordan. the University of Jordan, Amman, Jordan. May 2023.
07	Noora Mohammad Al-buainain, <b>Mousa Numan Ahmad</b> . Evaluation of Body Composition and Its Association with Serum Lipid Levels, Physical Activity and Energy and Macronutrient Intakes in a Group of Obese Adolescents Aged 11-15 Years in Bahrain. MSc Thesis. The University of Jordan, Amman, Jordan. Dec 2020.
08	Ayah A. Al-Zoubi, <b>Mousa Numan Ahmad</b> , Rima Hussein Mashal. Evaluating Serum Antioxidant Capacity and Its Relationship with Dietary Antioxidants Intake in a Group of Women with Osteoporosis in Amman, Jordan. MSc Thesis. The University of Jordan, Amman, Jordan. March 2020.
09	Alaa Mohammad Al Ashaa, Rima Hussein Mashal, <b>Mousa Numan Ahmad</b> . Evaluating the Association between Dietary Intakes of Energy, Nutrients, Antioxidants and Obesity in a Sample of Young Adult Students at the University of Jordan. MSc Thesis. The University of Jordan, Amman, Jordan. Dec 2019.
10	Oosol Ibrahim Qaraqish, <b>Mousa Numan Ahmad</b> . Evaluation of Anthropometric Indices of Obesity and Inflammatory Biomarkers in a Group of Bariatric Patients in Amman, Jordan. MSc Thesis. The University of Jordan, Amman, Jordan. April 2019.
11	Darin Hatem Al-Jabri, <b>Mousa Numan Ahmad</b> . Assessment of Serum Antioxidant Capacity and Its Association with Dietary Antioxidants Intake in a Group of Women with Breast Cancer in Amman, Jordan. MSc Thesis. The University of Jordan, Amman, Jordan. April 2019.
12	Muna Ghassan Hashlamoun. <b>Mousa Numan Ahmad</b> . Determination of Tyramine Content in Selected Jordanian Foods and Evaluation of Its Dietary Intake in a Group of Jordanian Adults. MSc Thesis. The University of Jordan, Amman, Jordan. August 2017.
13	Danah Adnan Al-Omari, <b>Mousa Numan Ahmad</b> . Assessment of Serum Antioxidant Capacity and Iron Biomarkers and Their Association with Dietary Antioxidants Intake in a Group of Patients with $\beta$ -thalassemia Intermedia and $\beta$ -thalassemia Major in Zarqa, Jordan. MSc Thesis. The University of Jordan, Amman, Jordan. July 2017.
14	Abeer Said Obeidat, <b>Mousa Numan Ahmad</b> . Evaluation of Serum Levels of C-Reactive Protein and Fibrinogen and Their

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	Associations with Blood Lipid Profile, Obesity Indices and Nutrient Intakes in a Sample of Jordanian Women with Hypothyroidism. MSc Thesis. The University of Jordan, Amman, Jordan. August 2016.
15	Rasha Zaid Shammout, <b>Mousa Numan Ahmad</b> . Application of Objective and Patient-Generated Subjective Global Assessment of Nutritional Status in a Group of Jordanian Patients with Gastrointestinal Cancer. MSc Thesis. The University of Jordan, Amman, Jordan. July 2016.
16	Ayat Abdulla Zawatieh, <b>Mousa Numan Ahmad</b> . Study of the Relationship between Blood Pressure, Obesity Indices, Physical Activity and Macronutrient Intakes in a Group of Schoolchildren Aged 6-10 Years in Madaba, Jordan. MSc Thesis. The University of Jordan, Amman, Jordan. July 2016.
17	Najwa Khalil Suleiman, <b>Mousa Numan Ahmad</b> . Study of the Relationship between Parental Obesity and Diabetes Mellitus and the Risk of Autism in Children in Jordan. MSc Thesis. The University of Jordan, Amman, Jordan. Apr 2016.
18	Dalia "Mohammad Shaeiq" Abul Haija, <b>Mousa Numan Ahmad</b> . Evaluation of Serum Irisin Levels and Its Association with Muscle and Fat Mass and Macronutrient Intakes in a Sample of Athletic and Non-athletic Men and Women in Amman. MSc Thesis. The University of Jordan, Amman, Jordan. July 2015.
19	Mohammad Nouri Abu Hazeem, <b>Mousa Numan Ahmad</b> . Effect of Virgin Olive Oil, Corn Oil and Energy Restriction on Plasma Leptin Levels and Body Weight Homeostasis in Adult Rats. MSc Thesis. The University of Jordan, Amman, Jordan. Dec 2014.
20	Rawan Jamal Al-Bukhari, <b>Mousa Numan Ahmad</b> . Evaluation of Serum Complement C3 Protein Levels and Its Association with Anthropometric Indices of Obesity and Macronutrient Intakes in a Group of Adolescent Boys and Girls Aged 12-16 Years in Amman. MSc Thesis. The University of Jordan, Amman, Jordan. Nov 2014.
21	Fatima Mohammad Al-Attal, <b>Mousa Numan Ahmad</b> . Assessment of Metabolic Syndrome Risk Factors and Its Association with Anthropometric Indices of Obesity and Macronutrient Intakes in a Group of Jordanian Women with Polycystic Ovary Syndrome. MSc Thesis. The University of Jordan, Amman, Jordan. July 2014.
22	Lilas Mohammad Fahham, <b>Mousa Numan Ahmad</b> . Evaluation of Serum Leptin, Adiponectin and Vaspin Levels and Their Association with Anthropometric Obesity and Growth Indicators in a Group of Exclusively Breast-Fed and Exclusively Formula-Fed Infants Aged 2-6 Months in Amman. MSc Thesis. The University of Jordan, Amman, Jordan. May 2014.
23	Marian Ghassan Fakhouri, <b>Mousa Numan Ahmad</b> , Ghassan Issa Kawar. Metabolic Syndrome and Its Risk Components in a Group of Essential Hypertensive Jordanian Men and Women. MSc Thesis. The University of Jordan, Amman, Jordan. May 2013.
24	Thuraya Izzat Alawwa, <b>Mousa Numan Ahmad</b> . Knowledge, Attitude and Practices Towards Functional Foods among a Group of Undergraduate Students of the University of Jordan. MSc Thesis. The University of Jordan, Amman, Jordan. Jan 2013.
25	Ruba Ahmad Abu-Taleb, Hayder Abdulla Al-Domi, <b>Mousa Numan Ahmad</b> . Evaluation of Serum Estrogen, Ghrelin and Leptin Levels and their Relationship to Body Composition in a Group of Female Students at the University of Jordan aged 18-25 years old. MSc Thesis. The University of Jordan, Amman, Jordan. July 2012.
26	Nour Yaser Al-Kamel, <b>Mousa Numan Ahmad</b> . Effect of Virgin Olive Oil, Fish Oil, Corn Oil and Sheep Tallow on the Cardiac Lipoprotein Lipase Activity and Serum lipids in Streptozotocin- Induced3Diabetic Adult Rats. MSc Thesis. The University of Jordan, Amman, Jordan. May 2012.
27	Nisreen Fawzi Hiasat, <b>Mousa Numan Ahmad</b> . Effect of Virgin Olive Oil on Antioxidant Capacity and Glycemic and Lipidemic Control in Streptozotocin –Induced Diabetic Adult Rats. MSc Thesis. The University of Jordan, Amman. Nov 2011.
28	Doaa Nader Al-Jada, <b>Mousa Numan Ahmad</b> . Effect of Olive Oil, Corn oil and Sheep Tallow on Serum Levels of Glucose, Insulin and Leptin and Adipose Tissue Peroxisome Proliferator-Activated Receptor Gamma in Rats Fed Fructose- Based Diets. MSc Thesis. The University of Jordan, Amman, Jordan. May 2011.
29	Amro "Mohammad Hirbe" Al Tibi, Hamed Rabah Takruri, <b>Mousa Numan Ahmad</b> . Effect of Dehulled and Cooked Lentils ( <i>Lens culinaris</i> , L.) on Serum Glucose and Lipoprotein Levels in Streptozotocin-Induced Diabetic Rats. MSc Thesis. The University of Jordan, Amman, Jordan. March 2010.
30	Eman Ibrahim Adawiya, <b>Mousa Numan Ahmad</b> . Effect of Green Tea ( <i>Camellia sinensis</i> ) on Body Weight, Fat Accretion

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	and Energy Balance in Rats Fed High-Fat Diets. MSc Thesis. University of Jordan, Amman, Jordan. Jan 2010.
31	Nada Mufeid Abu-Kishk, <b>Mousa Numan Ahmad</b> . Effect of Dietary Chitosan Fiber on Body Composition, Fat Deposition, and Energy Balance in Rats Fed High-Fat Diets. MSc Thesis. The University of Jordan, Amman, Jordan. Jan 2010.
32	Serein Mohammad Zakie Al-Behairi, <b>Mousa Numan Ahmad</b> . Effect of Black Cumin Seeds ( <i>Nigella sativa L.</i> ) on Blood Glucose, Hemoglobin A <sub>1</sub> C and Antioxidant Capacity in a Group of Jordanians with Type 2 Diabetes Mellitus. MSc Thesis. The University of Jordan, Amman, Jordan. Dec 2009.
33	Areej Zaal Al-Odat, <b>Mousa Numan Ahmad</b> . Study of Metabolic Syndrome in a Group of Adult Jordanians with Special Reference to Anthropometric Indices of Central Obesity: A Proposal to Use Waist to Height Ratio. MSc Thesis. The University of Jordan, Amman, Jordan. Dec 2009.
34	Ghada Abdul Halim Yaghi, <b>Mousa Numan Ahmad</b> . Effect of Cinnamon Bark ( <i>Cinnamomum Zeylanicum</i> ) Incorporated in the Diet or Drinking Water on Blood Glucose Levels, Food Intake and Body Weight in Rats Fed Fructose-Based Diet. MSc Thesis. The University of Jordan, Amman, Jordan. May 2009.
35	Mohammed Omar Ibrahim, <b>Mousa Numan Ahmad</b> . Effect of Birhi variety of Date palm fruits, <i>Phoenix dactylifera L.</i> at the Tamr stage on serum glucose levels and body weight in streptozotocin-induced diabetic rats. MSc Thesis. The University of Jordan, Amman, Jordan. August 2007.
36	Dania Wajih Shannak, <b>Mousa Numan Ahmad</b> . Effect of Tamr from Birhi Dates <i>Phoenix dactylifera L.</i> on the Performance of Pregnancy and Lactation in Rats. MSc Thesis. The University of Jordan, Amman, Jordan. May 2007.
37	Amani Abd al-Rahman Al-Hadid, <b>Mousa Numan Ahmad</b> . Dietary and Anthropometric Evaluation of a Sample of Autistic Subjects in Jordan. MSc Thesis. The University of Jordan, Amman, Jordan. August 2006.
38	Mariam Jamal Abdoh, <b>Mousa Numan Ahmad</b> . Effect of Birhi Variety of Date Palm Fruits, <i>Phoenix dactylifera L.</i> at the Khalal and Tamr Stages on Blood Lipid Levels in Rats Fed Cholesterol Supplemented Diets. MSc Thesis. The University of Jordan, Amman, Jordan. Jan 2006.
39	Dina Hekmat Haddad, <b>Mousa Numan Ahmad</b> . Effect of Varying the Proportion of Olive Oil and Corn Oil in the Diet on Body Weight, Body Fat Content and Energy Balance in Rats. MSc Thesis. The University of Jordan, Amman, Jordan. August 2005.
40	Afia'a Mohammad Al-Masri, <b>Mousa Numan Ahmad</b> . Dietary and Anthropometric Evaluation of a Sample of Vegetarians in Jordan. MSc Thesis. The University of Jordan, Amman, Jordan. July 2005.
41	Amira Mohammad Amr, <b>Mousa Numan Ahmad</b> . Effect of Fat-Free Cacao Powder on Blood Lipid Levels in Rats Fed Cholesterol Supplemented Diets. MSc Thesis. The University of Jordan, Amman, Jordan. May 2005.
42	Rula Ali Amr, <b>Mousa Numan Ahmad</b> . Plasma Leptin Levels and Obesity Indices and Their Association with Dietary Patterns and Habits in a Group of Jordanian Women. MSc Thesis. The University of Jordan, Amman, Jordan. Aug 2004.
43	Maram Abdulelah Qasem, <b>Mousa Numan Ahmad</b> . Effect of Black Cumin Seeds ( <i>Nigella Sativa L.</i> ) on Blood Glucose Levels and Body Weight in Streptozotocin-Induced Diabetic Rats. MSc Thesis. The University of Jordan, Amman, Jordan. April 2004.
44	Sawsan Mahmoud Abu-Hazeem, <b>Mousa Numan Ahmad</b> . Effect of Nutritional Counseling and Vitamin c-Rich Diet on Blood Uric Acid Levels in a Group of Hyper-uricemic Patients. MSc Thesis. The University of Jordan, Amman, Jordan. April 2004.
45	Majd Rasmi Marie, <b>Mousa Numan Ahmad</b> . Effect of Black Cumin Seeds ( <i>Nigella sativa L.</i> ) on Energy Balance and Fat Deposition in Rats. MSc Thesis. The University of Jordan, Amman, Jordan. May 2003.
46	Ola Aref Al-Zghoul, <b>Mousa Numan Ahmad</b> . Evaluation of Energy and Nutrient Intakes and Urinary Excretion Sodium and Potassium during Menstrual Cycle in a Group of Jordanian Women. MSc Thesis. The University of Jordan, Amman, Jordan. Jan 2003.
47	Lina Jamal Isaifan, <b>Mousa Numan Ahmad</b> . Effect of Increasing Proportion of Dietary Fats Differing in Degree of Unsaturation on Energy Balance and Fat Deposition in Rats. MSc Thesis. The University of Jordan, Amman, Jordan. Oct 2002.
48	Dina Jamal Isaifan, <b>Mousa Numan Ahmad</b> . Effect of Dietary Fats Differing in Degree of Unsaturation on Energy Balance

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	and Fat Deposition in Diabetic Rats. MSc Thesis. The University of Jordan, Amman, Jordan. Oct 2002.
49	Wafa' Hamed Takruri, <b>Mousa Numan Ahmad</b> . Effect of Soaking and in Vitro Fermentation of Wheat Bran on the Bioavailability of Calcium, Magnesium, Iron, and Zinc in rats. MSc Thesis. The University of Jordan, Amman, Jordan. Jan 2002.
50	Johaina Tawfiq Idriss, <b>Mousa Numan Ahmad</b> , Ibrahim Adam. Association between Migraine and Certain Nutritional Factors and the Effect of Diet on the Alleviation of Symptoms of the Disease in a Group of Jordanian Patients. MSc Thesis. The University of Jordan, Amman, Jordan. July 2000.
51	Aseel Amin Shajrawi, <b>Mousa Numan Ahmad</b> . Changes in Plasma and Body Fat Contents and Their Relation to Diet in a Sample of Women During Pregnancy in Amman. MSc Thesis. The University of Jordan, Amman, Jordan. Jan 2000.
52	Maram Munir Haddadin, <b>Mousa Numan Ahmad</b> . A study of Dietary Pattern and Plasma Lipids and Lipoproteins in a Group of Jordanian Basketball Players. MSc Thesis. The University of Jordan, Amman, Jordan. May 1998.
53	Abeer Ahmad Daour, <b>Mousa Numan Ahmad</b> , Mohammad Ali Humeid. Effect of Ricinoleic Acid of Castor Oil on Blood Lipids and Lipoproteins in Adult Rats. MSc Thesis. The University of Jordan, Amman, Jordan. Nov 1998.
54	Taraji Ali Shaheen, <b>Mousa Numan Ahmad</b> , Salma Khalil Tukan. Evaluation of Diets Served in Two Main Hospitals in Amman. MSc Thesis. The University of Jordan, Amman, Jordan. August 1998.
55	Dima Salem Bader, <b>Mousa Numan Ahmad</b> . Dietary Evaluation of Diabetic Diet and Its Association with Plasma Lipids and Lipoproteins in a Group of Patients with Insulin-Dependent Diabetes Mellitus in Jordan. MSc Thesis. The University of Jordan, Amman, Jordan. July 1998.
56	Mayson Ahmad Darawsheh, <b>Mousa Numan Ahmad</b> . A Study of Anthropometric Indicators of Overweight and Obesity and Dietary Habits of a Sample of School Children Aged 6-12 Years in Jordan. MSc Thesis. Jordan University, Amman, Jordan. July 1997.
57	Mahmoud Abdullah Khatib, <b>Mousa Numan Ahmad</b> . A Comparison of the Effect of Breast Feeding and Formula Feeding on Plasma Lipids and Lipoproteins in a Group of Infants in Jordan. MSc Thesis. The University of Jordan, Amman, Jordan. August 1995.
58	Lana Wahid Kalimat, <b>Mousa Numan Ahmad</b> , Foteh Khamis. Study of the Association between the Premenstrual Syndrome and Certain Nutritional and Biological Factors and the Effect of Nutrition Counseling on the Alleviation of Symptoms of the Syndrome in a Group of Women in Jordan. MSc Thesis. The University of Jordan, Amman, Jordan. Jan 1993.
59	Ahmad Mousa Sandokah, <b>Mousa Numan Ahmad</b> . Effect of Corn Oil, Olive Oil and Sheep Tallow on Blood and Urinary Levels of Uric Acid in Rats Fed Purine-Supplemented Diets. MSc Thesis. The University of Jordan, Amman, Jordan. Sep 1992.
60	Faid Luttfi Al-Sous, <b>Mousa Numan Ahmad</b> . Influence of Different Preparation Methods of Chickpea on Blood Lipids and Lipoproteins in Rats Fed Cholesterol-Supplemented Diets. MSc Thesis. The University of Jordan, Amman, Jordan. Jul 1992.

### (2) Formulation and Supervision of Research Works Leading to the PhD Degree in Human Nutrition and Dietetics and Chairing the Examination Committees:

No.	Student, Supervisor, Co-Supervisor, PhD Dissertation Title, and Date (Month/Year)
01	Bayan Khalil Mahmoud Amr, <b>Mousa Numan Ahmad</b> . Evaluation of Nutritional Knowledge, Attitude and Practice among a Group of Obese People and its Relationship to Serum Lipidemic and Glycemic Status in Jordan. . PhD Dissertation. The University of Jordan, Amman, Jordan, ongoing, August 2023.
02	Dalia "Mohammad Shafeiq" Abul Al Hajja, <b>Mousa Numan Ahmad</b> . Evaluation of the Interaction between Serum Levels of Irisin and Visceral Adiposity Index in Terms of Specificity and Sensitivity as Predictors of Metabolic Syndrome in a Sample of Adults in Jordan. PhD Dissertation. The University of Jordan, Amman, Jordan. May 2023.
03	Obada Mansour Thneibat, <b>Mousa Numan Ahmad</b> . Evaluation of the Occurrence, Subtypes, Severity, Life Quality, and Lifestyle Behaviors Related to Irritable Bowel Syndrome and the Effect of Low-FODMAPs Diet in a Group of Men in Jordan. PhD Dissertation. The University of Jordan, Amman, Jordan. May 2023.
04	Nisreen Abdel Fattah Al Awamleh, Ghadeer Fawzi Mehyar, <b>Mousa Numan Ahmad</b> . Development of Fortified Biscuits

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	with Acid and Sweet Whey Proteins and Its Effects on Body Weight, Indices of Body Composition and Antioxidant Capacity in Rats. PhD Dissertation. The University of Jordan, Amman, Jordan. May 2023.
05	Lina Naser Tamimi, <b>Mousa Numan Ahmad</b> , Nidal Qinna. Comparing the Effects of Chromium Picolinate, Chromium Glucose Tolerance Factor, and Pioglitazone, and their Combinations on Chromium, Leptin, Peroxisome Proliferator-Activated Receptor Gamma, Insulin Resistance, Lipid Profile, Inflammatory Status, and Total Antioxidant Capacity in Fructose-Induced Type 2 Diabetic Rats. PhD Dissertation. The University of Jordan, Amman, Jordan. August 2021.
06	Zainab Zaki Akaria, <b>Mousa Numan Ahmad</b> , Nidal Qinna. Comparing the Effects of Selenium Yeast, Resveratrol, Pioglitazone, and their Combinations on Selenium, Leptin, Insulin Resistance, Peroxisome Proliferator-Activated Receptor Gamma, Lipid Profile, Inflammatory Status, and Total Antioxidant Capacity in Fructose-Induced Type 2 Diabetic Rats. PhD Dissertation. The University of Jordan, Amman, Jordan. August 2021.
07	Rasha Ziad Shammout, <b>Mousa Numan Ahmad</b> . Irritable Bowel Syndrome: Its Occurrence and Association with Selected Nutritional and Lifestyle Factors and Effect of Low FODMAPs Diet on Disease Severity and Quality of Life in a Sample of Women in Jordan. PhD Dissertation. The University of Jordan, Amman, Jordan. Nov 2021.
08	Ayat Abdulla Zawatieh, <b>Mousa Numan Ahmad</b> . Metabolically Healthy Obesity: Its Prevalence and Characterization in Terms of Anthropometric Adiposity Indices, Insulin Resistance, Lipid Profile, Atherogenic Indicators, and Inflammatory Status in a Sample of Men and Women in Jordan. PhD Dissertation. The University of Jordan, Amman, Jordan. Nov 2021.
09	Amani Ibrahim Farah, <b>Mousa Numan Ahmad</b> , Tariq M. Al-Qerm. Evaluating the Role of Alpha-Lipoic Acid, Epigallocatechin-C-Gallate and Their Synergistic Effect in Inhibiting Glucose- and/or Fructose-Induced Myoglobin Glycation and Formation of Advanced Glycation End Products. PhD Dissertation. The University of Jordan, Amman, Jordan. August 2020.
10	Nadine Naheed Abdelhadi, <b>Mousa Numan Ahmad</b> , Mamoun Ahram. Leptin and Omega 3 Fatty Acids Involvement in a Molecular Crosstalk Influencing Breast Cancer Cell Proliferation, Migration and Apoptosis. PhD Dissertation. The University of Jordan, Amman, Jordan. Dec 2020.
11	"Mohammad Ziad" Matar Atallah Abu Awwad, <b>Mousa Numan Ahmad</b> , Jan Slezak. Effectiveness of Vitamin E and Molecular Hydrogen-Rich Water on Radiation Therapy-Induced Adverse Effects in Adult Patients with Rectal Carcinoma in Al-Quds, Palestine. PhD Dissertation. The University of Jordan, Amman, Jordan. Nov 2021.
12	Bushra Omar Al-Badarein, <b>Mousa Numan Ahmad</b> . Effects of Ketogenic and High Fat Diets and Vitamin D on Body Weight, Insulin Resistance, Lipid Profile, and Inflammatory Biomarkers in Dietary-Induced Obesity in Rats. PhD Dissertation. The University of Jordan, Amman, Jordan. Dec 2019.
13	Najwa Khalil Abdallah, <b>Mousa Numan Ahmad</b> . Effects of Canned Tuna, Sardines, Mercury and Lead on Body Weight, Insulin Resistance, Lipid Profile, and Inflammatory Biomarkers in High-Fat Diet-Induced Obesity Rats. PhD Dissertation. The University of Jordan, Amman, Jordan. March 2020.
14	Ruba Mousa Husharbush, <b>Mousa Numan Ahmad</b> . Food Addiction: Its Prevalence and Relation with Insulin Resistance, Lipid Profile and C-reactive Protein, and Effect of Weight-Reducing Diet in a Sample of Obese Young Adults in Amman. PhD Dissertation. The University of Jordan, Amman, Jordan. Nov 2018.
15	Ghadeer Abdel-Razzaq Othman, <b>Mousa Numan Ahmad</b> , <b>Ghadeer F. Mehyar</b> . The Effect of Olive Oil, Corn Oil, Sheep Tallow and Fermented Olives on Serum Lipid Levels and Their Impact on Gut Microbiota in Wistar Rats Fed Cholesterol-Supplemented Diets. PhD Dissertation. The University of Jordan, Amman, Jordan. July 2017.
16	Safaa Abed Ibrahim AL-Zeidaneen, <b>Mousa Numan Ahmad</b> . Interactive Role of Metabolic Syndrome and Its Risk Components on the Pathogenesis and Severity of Breast Cancer in a Group of Women in Jordan. PhD Dissertation. The University of Jordan, Amman, Jordan. Dec 2014.
17	Mai Adnan Kamel Abdullah, Ayed Shaker Amr, <b>Mousa Numan Ahmad</b> . Extraction and Identification of Oak Root Tannins and Studying Their Effect on Selected Satiety Biomarkers Levels and Body Weight in Adult Rats. PhD Dissertation. The University of Jordan, Amman, Jordan. Dec 2014.
18	Ibrahim Rajab Dabbour, <b>Mousa Numan Ahmad</b> , Khalid Mohammad Al-Ismail. Chemical Properties of Milk Thistle Seed Oil and Its Effect on Antioxidant Capacity and Plasma and Liver Lipid Profile in Adult Rats Fed Cholesterol-Supplemented Diets. PhD Dissertation. The University of Jordan, Amman, Jordan. August 2011.

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19	Ahmad Abdulla Obeidat, <b>Mousa Numan Ahmad</b> , Fares Haleem Haddad. Evaluation of the Interaction between Serum Levels of Leptin and Uric Acid and Waist to Height Ratio in Terms of Specificity and Sensitivity as Predictors of Metabolic Syndrome in an Adult Jordanian Group. PhD Dissertation. The University of Jordan, Amman, Jordan. Dec 2010.
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### PARTICIPATION IN GRADUATE EXAMINATION COMMITTEES (MSc and PhD)

#### (1) Member (Internal / External) of MSc Examination Committees:

No.	Student, MSc Thesis Title, Specialization, Institution, and Year
01	Raghad Mahmoud Al Smadi. Evaluation of the Relationship among Eating Pattern, Sleep Quality, Ghrelin Level, and the Risk of Developing Obesity Related Metabolic Syndrome Among a Sample of College Students at the University of Jordan. MSc Thesis in Human Nutrition and Dietetics. The University of Jordan, Amman, Jordan, 2025.
02	Shorooq Ahmad Shawabkeh. The Relationship between Hydration Status and Tumor Necrosis Factor-A among A Group of Obese Adults Aged 25-60 Years Old from Madaba, Jordan. MSc Thesis in Human Nutrition and Dietetics. The University of Jordan, Amman, Jordan, 2023.
03	Amal AlaaEdin Yadak. Studying the Association between Nutrient Intake and Dietary Patterns in the Third Trimester of Pregnancy and the Pregnancy Outcomes among Jordanian Pregnant Women. MSc Thesis in Human Nutrition and Dietetics. The University of Jordan, Amman, Jordan, 2022.
04	Amira Bisan Saqer. Eating Disorders in A Group of Young Females with Type I Diabetes Mellitus Aged 10-24 Years in Amman, Jordan. MSc Thesis in Human Nutrition and Dietetics. The University of Jordan, Amman, Jordan, 2020.
05	Fatima Bader Al-Shuraiaan. The Association between Hydration Status, Leptin, and Hyperglycemic Hyperosmolar State among A Group of Obese Jordanians College Students. MSc Thesis in Human Nutrition and Dietetics. The University of Jordan, Amman, Jordan, 2020.
06	Hiba Abdulla Ali. The Relationship between Hydration Status and Complement C3 Serum Levels As A Pro-inflammatory Biomarker for Obesity in A Group of Adults Aged 10-25 Years Old at the University of Jordan. MSc Thesis in Human Nutrition and Dietetics. The University of Jordan, Amman, Jordan, 2020.
07	Reem Ibrahim Saoub. Assessment of Nutrient and Energy Intakes among Children with Down Syndrome in Amman. Thesis in Human Nutrition and Dietetics. The University of Jordan, Amman, Jordan, 2020.
08	Sara Mohammad Khair Doghmosh. Evaluation of Healthy Eating Index and Insulin Like Growth Factor -level as Predictors of Polycystic Ovary Syndrome in a Selected Sample Jordanian Women. MSc Thesis in Human Nutrition and Dietetics. The University of Jordan, Amman, Jordan, 2020.
09	Nashwa M. Mallouk. Evaluation of Binge Eating Disorder and Stress as Predictors of Weight Status and Insulin Resistance in A Selected Sample of Female Students in Jordan University, Amman, Jordan. MSc Thesis in Human Nutrition and Dietetics. The University of Jordan, Amman, Jordan, 2019.
10	Hadeel Nayef Al Damiri. Studying the Associations Between Homocysteine, vitamin B <sub>6</sub> , and Oxidative Stress, and the Risk of Atherogenesis in a Sample of Pre-dialysis Chronic Kidney Disease Men and Women Patients Aged 30-60 Years in Jordan. MSc Thesis in Human Nutrition and Dietetics. The University of Jordan, Amman, Jordan, 2019.
11	Zeinab Ahmad Al-Sheshtawi. Evaluation of Plasma Vitamin E and Homocysteine Status and Their Association with Oxidative Stress and Coronary Heart Disease Risk in a Selected Sample of Jordanian Adults Aged 30 to 60 years. MSc Thesis in Human Nutrition and Dietetics. The University of Jordan, Amman, Jordan, 2019.
12	Raghad Abdulsattar Al-Jumard. Anti-Obesity and Anti-Inflammatory Effects of Phosphorous Phytosome Dietary Supplement in High Fat Diet-Induced Obesity in Male Sprague-Dawley Rat Model. MSc Thesis in Human Nutrition and Dietetics. The University of Jordan, Amman, Jordan, 2019.
13	Bashayer Nahis Al-Enezi. Assessment of Celiac Disease Knowledge, Attitude and Practice in Kuwaiti Nutritionists and Adult Female Patients. MSc Thesis in Human Nutrition and Dietetics. The University of Jordan, Amman, Jordan, 2018.
14	Duha Taisir Abulawi. Assessment of Energy and Macronutrients Consumption Among a Group of Second and Third

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	Trimester Pregnant Women Aged 17-40 Years in Amman Governorate. MSc Thesis in Human Nutrition and Dietetics. The University of Jordan, Amman, Jordan, 2018.
15	Nadine Mohammad Omara. Associations Among High Protein Intake, Vitamin B <sub>6</sub> , Vitamin B <sub>12</sub> , Folate, Homocysteine Levels and Oxidative Stress in a Selected Sample of Jordanian Bodybuilders. MSc Thesis in Human Nutrition and Dietetics. The University of Jordan, Amman, Jordan, 2018.
16	Razan Mahmoud Al-Omoush. Effect of Dietary Phytosome Supplement Extracted Hydroxycitrate, Garcitol and Piperine on Leptin and Body Weight Status in High Fat Diet-Induced Obesity in Sprague-Dawley Rat Model. MSc Thesis in Human Nutrition and Dietetics. The University of Jordan, Amman, Jordan, 2018.
17	Eman Omar Alhasan. 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. MSc Thesis in Human Nutrition and Dietetics. The University of Jordan, Amman, Jordan, 2018.
18	Bayan Khaleel Amro. Effect of Dietary Phytosome Supplement Extracted from Coconut Oil on Body Weight and Certain Inflammatory Biomarkers in High Fat Diet-Induced Obesity in Sprague-Dawley Rat Model. MSc Thesis in Human Nutrition and Dietetics. The University of Jordan, Amman, Jordan, 2018.
19	Sameehah Ghazi Al-Thneibat. Anti-Obesity and Anti-Inflammatory Effects of Hawthorn Extract Supplement Delivered by Phytosome in High Fat Diet-Induced Obesity in Sprague-Dawley Rat Model. MSc Thesis in Human Nutrition and Dietetics. The University of Jordan, Amman, Jordan, 2018.
20	Tasneem Mousa Al-Jarajrah. Associations Among Serum and Dietary Intake of Trans Fatty Acids, Insulin Resistance and Adiposity in A Selected Sample of Jordanian School Children in AlKarak, Jordan. MSc Thesis in Human Nutrition and Dietetics. The University of Jordan, Amman, Jordan, 2017.
21	Israa Yousef Sharif. The Relationships between Neuropeptide Y, Food Intake and Quality of Life, and Its Role in Risk of Anorexia-Cachexia Syndrome in A Selected Sample of Cancer Patients in Amman. MSc Thesis in Human Nutrition and Dietetics. The University of Jordan, Amman, Jordan, 2017.
22	Nawal Ahmad Al-Sakarneh. Evaluation of Zinc and Homocysteine Status in Pregnant Women and Their Associations with Preeclampsia in Jordan. MSc Thesis in Human Nutrition and Dietetics. The University of Jordan, Amman, Jordan, 2016.
23	Alaa Adel Al-Shorman. The Associations Among Obesity, Certain Inflammatory Markers and Carotid Intima-Media Thickness in a Group of Jordanian Children Aged 10-15 Years. MSc Thesis in Human Nutrition and Dietetics. The Jordan University, Amman, Jordan, 2016.
24	Aseel Shafiq Dweik. Evaluation of Vitamin D Status and Its Association with the Risk of Obesity Among a Group of Non-Pregnant Jordanian Women of the Reproductive Age. MSc Thesis in Human Nutrition and Dietetics. The Jordan University, Amman, Jordan, 2016.
25	Ahlam Ismail Abdulla. Evaluation of Dietary Acrylamide Intake and Its Association with Complete Blood Count and Oxidative Stress among a Group of Jordanian School Children Aged 6-10 Years in Amman. MSc Thesis in Human Nutrition and Dietetics. The University of Jordan, Amman, Jordan, 2015.
26	Sondos Hussein Al—Obeidi. Evaluation of Malnutrition among a Group of Elderly Jordanian Men and Women Aged 60-80 Years in Amman Using both Mini Nutritional Assessment and Body Mass Index. MSc Thesis in Human Nutrition and Dietetics. The University of Jordan, Amman, Jordan, 2014.
27	Maram Faris. Study on the Prevalence of Phenylketonuria in Jordan and Assessment of Follow-up Efforts and the Dietary Management of Patients with PKU. MSc Thesis in Human Nutrition and Dietetics. The University of Jordan, Amman, Jordan, 2013.
28	Nour Al-Jundi. Carotenoids content of five locally consumed vegetables and their bioconversion to vitamin A as indicated by retinol accumulation in rat livers. MSc Thesis in Human Nutrition and Dietetics. The University of Jordan, Amman, Jordan, 2012.
29	Karam Shukri Al-Majdalani. Relationship between Inflammatory Biomarkers and Body Composition in a Group of Overweight Students at the University of Jordan. MSc Thesis in Human Nutrition and Dietetics. The University of Jordan, Amman, Jordan, 2012.
30	Fairouz A. Al-Nobani. Serum Magnesium Level in a Sample of Jordanians with Type 2 Diabetes. MSc Thesis in Nutrition

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	Science. University of Jordan, Amman, Jordan, 2010.
31	Rusaila Nasr Ahmad Al-Shboul. Knowledge, Attitudes, and Practices (KAP) on Iron Deficiency Anemia among Pregnant Women in Amman, Jordan. MSc Thesis in Public Health, Faculty of Medicine, The University of Jordan, Amman, Jordan, 2009.
32	Rasha Ziad Hashim Al-Natsheh. Characteristics of a Novel Highly Thermostable and Extremely Thermophilic Alkali Tolerant Amylase from Hyperthermophilic Bacillus Strain HUTBS71. MSc Thesis in Biochemistry. The Hashemite University, Zarqa, Jordan, 2009.
33	Wafa'a Yousef Mohammad Adebs. Evaluation of Nutrition Intervention of a Group of Pregnant Women with Gestational Diabetes Mellitus. MSc Thesis in Nutrition and Food Technology. The University of Jordan, Amman, Jordan, 2008.
34	Faten Yousef AL-Nawaiseh. The Effect of Certain Herbal Teas on the Glycemic and Insulinemic Indices of White Bread in Healthy Adults. MSc Thesis in Nutrition and Food Technology. The University of Jordan, Amman, Jordan, 2005.
35	Nasser A.A Shariary. Contribution of Foods and Snack Foods to the Energy and Nutrient Intakes of a Selected Group of Teenage School Children in Irbid. MSc Thesis in Nutrition Science. The University of Jordan, Amman, Jordan, 2004.
36	Narmeen J. AL-Awwad. Effect of Inclusion of Locally Isolated Probiotics Strains and Prebiotics to Rat Diet on Their Blood Lipids. MSc Thesis in Nutrition Science. The University of Jordan, Amman, Jordan, 2004.
37	Ali Faieq Karim. Evaluation of Folic Acid Status in 12-To 18-Year-old Female Students in Irbid. MSc Thesis in Nutrition Science. The University of Jordan, Amman, Jordan, 2003.
38	Hani Jameel Hamad. Effect of Soaking and Fermentation of Wheat Bran on Blood Lipids in Rats. MSc Thesis in Nutrition Science. The University of Jordan, Amman, Jordan, 2003.
39	Suzan Atiya Al-Banna. Study of Calcium Bioavailability of Different Local Food Sources in Rats as Compared with That of Milk Calcium. MSc Thesis in Nutrition Science. The University of Jordan, Amman, Jordan, 2003.
40	Reema Mustafa Abu-Alia. The Effect of Various Doses of Ferric Hydroxide Polymaltose Complex in the Treatment of Iron Deficiency Anemia in a Group of Jordanian Children Aged 9 to 36 Months. MSc Thesis in Nutrition Science. The University of Jordan, Amman, Jordan, 2003.
41	Ahmad Al-Hassan. Effect of Ramadan Fasting on Eating Pattern, Energy and Nutrient Intake and some Anthropometric Parameters for a Group of Jordanian Males. MSc Thesis in Nutrition Science. The University of Jordan, Amman, Jordan, 2003.
42	Suhad Sameer Abu-Mweis. The Effect of Food Intake and Frequency of Iron Dosage on the Treatment of Iron-Deficiency Anemia in Jordanian Children Aged 8 to 24 Months. MSc Thesis in Nutrition Science. The University of Jordan, Amman, Jordan, 2002.
43	Sandy Bishara Kakish. The Effectiveness of Intermittent Iron Treatment of Three to Five-Year-Old Jordanian Children with Iron Deficiency Anemia. MSc Thesis in Nutrition Science. The University of Jordan, Amman, Jordan, 2002.
44	Mo'ath F. Batinah. Glycemic and Insulinemic Indices of Certain Popular Arabic Sweets with Modified Fat Content. MSc Thesis in Nutrition Science. The University of Jordan, Amman, Jordan, 2002.
45	Suha Muawiya Sabri. Weaning Pattern for a Group of Infants in Amman. MSc Thesis in Nutrition Science. The University of Jordan, Amman, Jordan, 2001.
46	Amjad Hassan Jarrar. A Study of Selected Metabolic Responses in a Group of Athletes to Pre-exercise Meal Containing Simple and Complex Carbohydrates. MSc Thesis in Nutrition Science. The University of Jordan, Amman, Jordan, 2001.
47	Rania Na'el Hashem. Effect of Cooking on the Protein Quality of Broad Beans ( <i>Vicia faba</i> L.). MSc Thesis in Nutrition Science. University of Jordan, Amman, Jordan, 2001.
48	Hiba Ahmad Bawadi. Effect of Nutritional Counseling of a Group of Mothers and Their Children with Insulin Dependent Diabetes Mellitus on Body Weight and Blood Glucose and Lipids. MSc Thesis in Nutrition Science. University of Jordan, Amman, Jordan, 2000.
49	Ola Omar Hirzallah. A Study of the Consumption of Locally produced Mortadella and Shawarma on Blood Lipids and Cholesterol in the Rat. MSc Thesis in Nutrition Science. The University of Jordan, Amman, Jordan, 1999.
50	Lotus Abul Haija. Anthropometric Measurements of a Group of Girls Aged (10-15) Years, and Their Relationship with

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## PROFESSOR MOUSA NUMAN AHMAD, HUMAN NUTRITION AND DIETETICS- CLINICAL/ BIOCHEMISTRY/ CARDIOMETABOLISM, THE UNIVERSITY OF JORDAN, AMMAN, JORDAN

	Nutritional Status and Puberty Indicators. MSc Thesis in Nutrition Science. The University of Jordan, Amman, Jordan, 1999.
51	Khawla M. Abu-Shreikh. Glycemic and Insulinemic Indices of Selected Local Food Items in Normal Healthy Subjects. MSc Thesis in Nutrition Science. The University of Jordan, Amman, Jordan, 1998.
52	Ahmad N. Al-Zuriqat. Glycemic and Insulinemic Indices of Modified Arabic Sweets in Normal Healthy Subjects. MSc Thesis in Nutrition Science. The University of Jordan, Amman, Jordan, 1998.
53	Seham M. Abu-Jadayil. Bioavailability of Fe, Ca, and Zn in Rats for Some Selected Plant Foods (Thyme, Milk Thistle Seeds, Sesame Seeds, Fenugreek Seeds, and Black Cumin). MSc Thesis in Nutrition Science. The University of Jordan, Amman, Jordan, 1998.
54	Omar Khalid Salem Al-Bokai. Study of Frame Size of Jordanian Adult Males Using Some Anthropometric Indicators. MSc Thesis in Nutrition Science. The University of Jordan, Amman, Jordan, 1997.
55	Haifa Shahir Hmoud. The Role of Vitamins A and C in Treating Nutritional Iron Deficiency Anemia in a Group of 9-to 36-Month -Old Jordanian Children. MSc Thesis in Nutrition Science. The University of Jordan, Amman, Jordan, 1997.
56	Hussein Saleh Qazaq. The Effect of Dietary Counseling and Iron Supplementation on Growth and Nutritional Iron Status in a Sample of Exclusively Breastfed Jordanian Infants from Four to Six Months of Age. MSc Thesis in Nutrition Science. The University of Jordan, Amman, Jordan, 1996.
57	Ola Mohammad Azzam Younis. The Effect of Nutrition Intervention on the Prevention of Iron Deficiency Anemia in a Sample of Pregnant Women in Amman. MSc Thesis in Nutrition Science. The University of Jordan, Amman, Jordan, 1996.
58	Lina Zuhair Rushdi Al-Juneidi. The Nutritional Quality of Some Locally Marketed Cereal and Milk-Based Infant Foods. MSc Thesis in Nutrition Science. The University of Jordan, Amman, Jordan, 1995.
59	Manal Ghalib Qadri. Nutrition Education for a Group of Overweight and Obese Girls and its Effect on Body Weight. MSc Thesis in Nutrition Science. The University of Jordan, Amman, Jordan, 1995.
60	Majdoleen Abdel Fattah Dameh. Study of the Nutritional Value of Black Cumin Seeds ( <i>Nigella sativa</i> L.). MSc Thesis in Nutrition Science. The University of Jordan, Amman, Jordan, 1994.
61	Andera Jalil Ayoub Sweiss. A Study of Hemodialysis Patients and the Effect of Nutritional Extension on the Nutritional Status of a Selected Sample of Them in Jordan. MSc Thesis in Nutrition Science. The University of Jordan, Amman, Jordan, 1994.
62	Eid Afif Rushdi Hashlamoun. Influence of Supplementation of the Feed with <i>Lactobacillus acidophilus</i> Bacteria and Zinc Bacitracin on Egg Cholesterol and Layer Performance. MSc Thesis in Animal Production. The University of Jordan, Amman, Jordan, 1994.
63	Alia "Mohammad Barakat" Abu Rajab. Characterization of Different Types of Honey and Comparison of Their Effect on Blood Glucose Level in a Sample of Diabetic Patients and a Sample of Healthy Persons. MSc Thesis in Nutrition Science. The University of Jordan, Amman, Jordan, 1993.
64	Muez Rida Mohammad Shalbak. Assessment of the Nutritional Status of a Sample of Pregnant Women during the Third Trimester and Its Relationship with Pregnancy Outcome. MSc Thesis in Nutrition Science. The University of Jordan, Amman, Jordan, 1993.
65	Omar Ziad Abu-Sheikha. Evaluation of Sodium and Potassium Content of Low Sodium Diets Offered in Major Amman Hospitals. MSc Thesis in Nutrition Science. The University of Jordan, Amman, Jordan, 1993.
66	Ismail Mohammed Musleum Glycemic and Insulinemic Indices of Selected Local Food Items in Normal Subjects and Non-Insulin-Dependent Diabetes Mellitus Patients. MSc Thesis in Nutrition Science. The University of Jordan, Amman, Jordan, 1992.
67	Refaat Ahmad Al-Kurd. The Effect of Puffing on the Nutritive Value of the Proteins of Wheat, Chickpea and Their Mixtures. MSc Thesis in Nutrition Science. The University of Jordan, Amman, Jordan, 1991.
68	Huda Mustafa Al-Hourani. Effect of Nutrition Education of a Sample of Jordanian Diabetes Patients on Body Weight and Blood Glucose and Lipids. MSc Thesis in Nutrition Science. The University of Jordan, Amman, Jordan, 1991.
69	Tareq Shafiq Al-Farah. A Study on Food Acceptability and Plate Waste of a Sample of Diabetic Patients in Two Main

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Hospitals in Amman. MSc Thesis in Nutrition Science. The University of Jordan, Amman, Jordan, 1990.

### (2) Member (Internal/ External) of PhD Examination Committees:

No.	Student, PhD Dissertation Title, Specialization, Institution, and Year
01	Sara Hikmat Alrosan. Effect of Hydration on Inflammatory Biomarkers and Glycemic and Lipidemic Profiles Among a Group of Obese Young Jordanian Adults in Northern Jordan. PhD Dissertation in Human Nutrition and Dietetics. The University of Jordan, Amman, Jordan, 2025.
02	Mohammed Reyad Fareed Alzoubi. Effect of Omega-3 Fatty Acids Supplementation on Certain Pro-inflammatory Cytokines and the Metabolic Consequence of Intermittent Hypoxia in A Group of Obese Individuals with Obstructive Sleep Apnea in North Jordan. PhD Dissertation in Human Nutrition and Dietetics. The University of Jordan, Amman, Jordan, 2017.
03	Rula Abdulla Diranieh. Dairy, Calcium and Vitamin D Intakes During Last Month of Pregnancy, Maternal and Cord Blood Vitamin D Levels and Relationships with Birth weight. PhD Dissertation in Human Nutrition and Dietetics. The University of Jordan, Amman, Jordan, 2016.
04	Muna Jahed Abu Samra. A Study of Polyamines Levels in Breast Milk as Related to Maternal Intake and BMI for a Group of Women in Jordan. PhD Dissertation in Human Nutrition and Dietetics. The University of Jordan, Amman, Jordan, 2015.
05	Narmeen Jamal Al-Awwad. Developing of Probiotic Humus and Studying the Effect of the Product on Blood Lipids in Rats. PhD Dissertation in Nutrition and Food Technology. The University of Jordan, Amman, Jordan, 2012.
06	Mariam Mufleh Al-Raheem Kawafha. The Relationship between Malnutrition and Academic Achievement among Primary School Children in Northern Jordan. PhD Dissertation in Nursing. The University of Jordan, Amman, Jordan, 2010.
07	Mo'ez Al-Islam Ezzat Faris. Nutraceutical Effect of Lentils ( <i>Lens culinaris</i> . L) in Fisher 344 Rats with Azoxymethane-Induced Colorectal Cancer. PhD Dissertation in Nutrition and Food Technology. The University of Jordan, Amman, Jordan, 2009.
08	Ahmad M. Sandokah. Effect of Different Levels of Coffee Bean Roasting and Addition of Cardamom to Arabic Coffee on Blood Lipids in Healthy Male Volunteers. PhD Dissertation in Nutrition Science. The University of Jordan, Amman, Jordan, 2001.
09	Refaat A. Al Kurd. Effect of Cigarette Smoke on Anemia, the Iron and Ascorbic Acid Status, Body Weight, and Energy Intake in Guinea Pigs. PhD Dissertation in Nutrition Science. The University of Jordan, Amman, Jordan, 2001.

### RESEARCH ACTIVITIES: ACCOMPLISHED AND ONGOING RESEARCH WORK PLANS

No.	Research Activity
01	The nutritional status of women in the Northern Badia of Jordan. (The Higher Council for Science and Technology- Jordan).
02	Effect of olive oil, corn oil, sheep tallow and fermented olives on serum lipid levels and their Impact on gut microbiota in hamsters fed cholesterol-supplemented diets. (Deanship of Scientific Research, The University of Jordan).
03	Preparation of gluten-free foods and studying the response of celiac patients (Deanship of Scientific Research- The University of Jordan).
04	Studies of the effects of plant fibers on blood lipids and some vitamin and mineral element bioavailability (Deanship of Scientific Research- The University of Jordan).
05	Studies of the metabolic effects of wheat bran in rats (Deanship of Scientific Research- The University of Jordan).
06	Studies of the effects of different dietary fats on blood lipids and lipoproteins in diabetes mellitus (Deanship of Scientific Research- The University of Jordan).
07	Nutrition and dietetics transition in Jordan.
08	Heavy metal pollution of selected imported and locally made foods.
09	Status of dietetics and food services in main hospitals in Jordan.

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10	Growth indices and metabolic markers in early infancy- the role of breastfeeding.			
11	Nutritional characterization of vegetarians in Jordan.			
12	Selected nutritional and metabolic markers in athletes.			
13	Nutritional, dietetic, and epidemiologic studies of selected chronic noncommunicable diseases and conditions in Jordan [Human and animal studies]:			
	Overweight and obesity	Metabolically healthy obesity	Metabolically unhealthy normal weight	
	Metabolically unhealthy obesity	Metabolically healthy normal weight	Cardiometabolic disorders	
	Metabolically healthy overweight	Metabolically unhealthy overweight		
	Metabolic syndrome	Cardiovascular disease		
	Diabetes mellitus type 1	Dyslipidemia		
	Diabetes mellitus type 2	Hypertension		
	Hypercholesterolemia	Hypothyroidism		
	Polycystic ovary syndrome	Migraine and headache		
	Gouty arthritis	Breast cancer		
	Autism and related disorders	Celiac disease		
	Colorectal cancer	Food addiction		
	Irritable bowel syndrome	Eating disorders in diabetes		
	Physical activity/ sports in disease	KAP in health and disease		
14	Nutritional, nutraceuticals, and functional properties of selected traditional foods and medicinal plants or products in Jordan [Human and animal studies]:			
	Chitosan	Cinnamon bark	Black cumin seeds	Selenium yeast extract
	Olive oil	Fermented green olives	Milk thistle seed oil	Gluten-free breads
	Green tea	Sheep tallow	Oak root tannins	Chromium picolinate
	Black tea	Lentils	Broad beans	Chickpeas
	Cocoa			Sunflower seed oil
15	Gut microbiome and cardiometabolism: the link with metabolic syndrome.			
16	Fish heavy metals and cardiometabolism: the link with metabolic syndrome.			
17	Food addiction in obesity.			
18	Ketogenic and high-fat diets and obesity management.			
19	Protective role of molecular hydrogen in cancer radiotherapy.			
20	Human fatty acids' recommendations: controversies and updates.			
21	Cardiovascular complications of diabetes: the link through protein glycation.			
22	Diet therapy of cardiometabolic risks.			
23	Animal models in type 1 and 2 diabetes mellitus research.			
24	Precision Nutrition in Cardiometabolic Health.			

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#### CONFERENCES, WORKSHOPS, CONSULTATIONS, TRAINING COURSES, AND COMMUNITY PROFESSIONAL SERVICES

No.	Conferences, Workshops, Consultations, Training Courses, and Community Professional Services
01	Abu Al Haija DM., <b>Ahmad M.N.</b> Circulating irisin and visceral adiposity index as predictors of cardiometabolic syndrome in normal weight, obese, and obese with type 2 diabetes mellitus Jordanian adults. The 46 <sup>th</sup> ESPEN Congress on Nutrition and Metabolism. Milan, Italy. 7-10 September 2024.
02	<b>Ahmad MN.</b> An Update of Medical Nutrition Therapy in Inborn Errors of Metabolic Disorders. A Keynote Lecture. Clinical Nutrition Update: In inborn Errors of Metabolic Disorders Workshop. The University of Jordan, in cooperation with Sierra Healthcare, Saudi Arabia. Amman Rotana Tower, Amman, Jordan. March 3 <sup>rd</sup> , 2022.
03	Al-Thnaibat OM, <b>Ahmad MN.</b> Recent Approaches in the Dietary Management of Maple Syrup Urine Disease. A Keynote Lecture. Clinical Nutrition Update: In inborn Errors of Metabolic Disorders Workshop. The University of Jordan, in cooperation with Sierra Healthcare, Saudi Arabia. Amman Rotana Tower, Amman, Jordan. March 3 <sup>rd</sup> , 2022.
04	<b>Ahmad MN.</b> Chair of the main session in the workshop on Food Security and Protected Agriculture in Jordan. Mutah University, in cooperation with the Jordan Society for Scientific Research, Entrepreneurship, and Creativity and the Association of Agricultural Research Institutions in the Middle East and North Africa (AARINENA). Mutah University, Mutah, Jordan, 18 August 2021.
05	<b>Ahmad MN.</b> Writing Scientific Research Proposals: A Concise Guide. General Training Course. Center of Consultations and Training, The University of Jordan, Amman, Jordan, 8-12 August 2021.
06	<b>Ahmad MN.</b> Chair of the main session in the workshop on Food Loss, Waste, and Food Security in Jordan. Mutah University, in cooperation with Scientific Research and Innovation Support Fund/ Jordan Ministry of Higher Education and Scientific Research, Jordan, Mutah University, Mutah, Jordan, 28 July 2021.
07	<b>Ahmad MN.</b> The 6 <sup>th</sup> Congress of the Jordanian Society of Endocrinology, Diabetes and Metabolism (JSED). June 3-5. 2021. Amman, Jordan.
08	<b>Ahmad MN.</b> Chair of the Session on Developing of New Food Products in the Third National Conference on Food and Drug Industry (Food and Drug Security). Mutah University and Jordanian Food and Drug Administration. Mutah University, Mutah, Jordan, 26-27 May 2021.
09	<b>Ahmad MN.</b> Panelist for Research Proposals. Qatar National Research Fund (QNRF), UREP 28 <sup>th</sup> Cycle Research Plan. Qatar National Priorities Research Program (NPRP), 2 April 2021.
10	<b>Ahmad MN.</b> Head of the Scientific Committee of the Second Conference on Heritage and Traditional Foods organized by The Gate: Hotels Management and Conferences. Amman, 15-16 April 2020.
11	<b>Ahmad MN.</b> Panelist for Research Proposals. Qatar National Research Fund (QNRF), 12 <sup>th</sup> Cycle of Qatar National Priorities Research Program (NPRP), 27 April 2019.
12	<b>Ahmad MN.</b> Panelist for Research Proposals. Qatar National Research Fund (QNRF), 13 <sup>th</sup> Cycle of Qatar National Priorities Research Program (NPRP), 4 April 2020.
13	<b>Ahmad MN.</b> WHO Adviser. Inter-Country Meeting for the Nutrition Focal Points. EMRO, Cairo, Egypt, 22-24 Jan 2019. World Health Organization.
14	<b>Ahmad MN.</b> Panelist for Research Proposals. Qatar National Research Fund (QNRF), 11 <sup>th</sup> Cycle of the National Priorities Research Program (NPRP), 12-13 Sep 2018, Doha, Qatar.
15	Al-Zeidaneen SA, <b>Ahmad MN</b> , Al-Ebuos AD. Predicting power of fasting blood glucose as a risk factor of metabolic syndrome among recently diagnosed breast cancer Jordanian women. The 4 <sup>th</sup> Glycobiology World Congress. Sep 17-19, 2018, Rome, Italy.
16	<b>Ahmad MN.</b> Panelist for Research Proposals. Scientific Research Support Fund, Jordan Ministry of Higher Education, 14 Dec 2017, Amman, Jordan.
17	<b>Ahmad MN.</b> Representative of the University of Jordan. Workshop on Jordan Food Security Information Systems Review and Validation of Findings. Chair of the Nutrition section. 5 <sup>th</sup> Sep 2016. Jordan Ministry of Agriculture and UN Food and

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	Agriculture Organization, Amman, Jordan.
18	AL-Zeidaneen SA, <b>Ahmad MN</b> , Al-Ebuos AD. Risks of malnutrition among breast cancer women as related to their dietary patterns in Jordan. The 7 <sup>th</sup> Conference on Scientific Research in Jordan. 14 <sup>th</sup> Nov 2015. Jordan Society for Scientific Research, Entrepreneurship, and Creativity and Middle East University, Amman, Jordan.
19	Obeidat AY, <b>Ahmad MN</b> , Haddad FH. Serum leptin levels as a predictor of metabolic syndrome in an adult Jordanian group. The 4 <sup>th</sup> Congress of the Jordanian Society of Endocrinology, Diabetes and Metabolism (JSED) and the 3 <sup>rd</sup> Joint JSED-American Association of Clinical Endocrinologists (JSED-AACE) Congress and the 11 <sup>th</sup> Pan Arab Congress of Endocrinology and Diabetes (PACED-11) and the 3 <sup>rd</sup> Seminar of the International Society for Pediatric and Adolescent Diabetes (ISPAD). 13-16 May 2014. Amman, Jordan.
20	Abu-Taleb RA, Al-Domi HA, <b>Ahmad MN</b> . Evaluation of serum estrogen, ghrelin and leptin levels and their relationship to body composition in a group of female students at the University of Jordan aged 18-25 years old. The 7 <sup>th</sup> Jordanian Conference in Agriculture. 8-10 Oct 2012. Jordan University of Science and Technology, Irbid, Jordan.
21	<b>Ahmad MN</b> , Al-Qadiri H. Nutritional and health value of probiotic labneh. A Special Training Course, 25 <sup>th</sup> June- 25 <sup>th</sup> July 2012. Center of Consultations, the University of Jordan, Amman, Jordan.
22	<b>Ahmad MN</b> . Member of the Organizing and the Scientific Committees. Conference on Updates in Nutritional Management for Diabetics and Elderly. 23-24 Nov 2011. The University of Jordan, Amman, Jordan.
23	Al-Jada DN, <b>Ahmad MN</b> . Comparative effects of dietary fats differing in degree of unsaturation on serum leptin and PPAR $\gamma$ activation in fructose-induced insulin resistance in rats. Conference on Updates in Nutritional Management for Diabetics and Elderly. 23-24 Nov 2011. The University of Jordan, Amman, Jordan.
24	<b>Ahmad MN</b> . Representative of the University of Jordan. Technical Consultation on Scaling Up Nutrition in the Eastern Mediterranean Region. 2-3 Nov 2011. WHO? Jordan.
25	<b>Ahmad MN</b> . Member of the Organizing and the Scientific Committees. The 4 <sup>th</sup> Arab Conference on Nutrition. 5-7 April 2011. The University of Jordan, Amman, Jordan.
26	<b>Ahmad MN</b> . Chair of the Organizing and the Scientific Committees. Seminar on the DSM Food Specialties: Integrative Solutions in the Food Industry. 1 <sup>st</sup> Dec 2010. The University of Jordan in Collaboration with the Netherland Embassy in Jordan, the Dutch State Mines (DSM) Food Specialties, Netherland and International Tulip Trading Establishment, Jordan.
27	<b>Ahmad MN</b> . Representative of The University of Jordan. First Regional Scientific Conference on Nutrition, Disabilities and Mental Health. 12-13 Oct 2010. Amman Arab University in coordination with WHO Eastern Mediterranean Regional Office, Jordan.
28	<b>Ahmad MN</b> . Coordinator of the Training Team. A Special Training Course in Food Processing. 3-16 August 2010. Center of Consultations, The University of Jordan, Amman.
29	Amr AS, <b>Ahmad MN</b> . Project for Production of Nutrient-Fortified Biscuits for School Students. Consultation, 8 <sup>th</sup> August 2010. Ministry of Education, Amman, Jordan.
30	Al-Odat AZ, <b>Ahmad MN</b> , Haddad FH. Metabolic syndrome in Jordanian men and women with special reference to anthropometric indices of central obesity: proposal to use waist-to-height ratio. The 3 <sup>rd</sup> Congress of the Jordanian Society of Endocrinology, Diabetes and Metabolism (JSED)/ the 2 <sup>nd</sup> Joint JSED-American Association of Clinical Endocrinologists (JSED-AACE) Congress/ the 9 <sup>th</sup> Pan Arab Congress of Endocrinology and Diabetes (PACED-9)/ International Society for Pediatric and Adolescent Diabetes (ISPAD) Postgraduate Seminar. 3-7 May 2010. Amman, Jordan.
31	<b>Ahmad MN</b> . Attendance and discussion. Intercountry Meeting to Launch the Regional Framework on Diet, Physical Activity and Health: 1) Workshop to Develop National Plans to Promote Physical Activity, 2) Workshop on Obesity Control and Prevention. WHO Eastern Mediterranean Regional Office in Collaboration with Jordan Ministry of Health. 8-11 March 2010. Amman, Jordan.
32	<b>Ahmad MN</b> . Attendance and discussion. Conference Series on Research of the Jordan University Theses and Dissertations. 2010-2014. Deanship of Scientific Research. The University of Jordan, Amman, Jordan.
33	<b>Ahmad MN</b> . Healthy eating in Ramadan. A Short Essay. Al-Ghad Newspaper. August 2010. Amman, Jordan.

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34	<b>Ahmad MN.</b> Guide to healthy eating. Educational Lectures. The Swedish Organization for Individual Relief. August 2010. Amman, Jordan.
35	<b>Ahmad MN.</b> Attendance and discussion. Seminar on Graduate Studies: Reality and Ambition. 10 May 2009. Faculty of Graduate Studies, University of Jordan, Amman, Jordan.
36	<b>Ahmad MN.</b> Takruri HR. Human Nutrition and Dietetics. Training Course, 2-13 August 2009. Center of Consultations, The University of Jordan, Amman, Jordan.
37	<b>Ahmad MN.</b> Coordinator of the Committee for Chemical, Biochemical and Microbiological Analysis of Fresh and Prepared Foods in the Nutrition Section of Jordan University Hospital. April 2009-Sep 2012. Center of Consultations, University of Jordan. Amman, Jordan.
38	<b>Ahmad MN.</b> Committee for Laboratory Evaluation of Foods and Meals in the Department of Restaurants and Cafeterias, 2002-2009, The University of Jordan. Amman, Jordan.
39	<b>Ahmad MN.</b> Consultation. Nutrition and Food Competitive Exam to Cover Vacancies in Jordan. Civil Service Bureau, Amman, Jordan (2009-2011).
40	<b>Ahmad MN.</b> Member of the National Team for Olive Oil Research. Jordan Ministry of Agriculture, Amman, Jordan.
41	<b>Ahmad MN.</b> Consultation. Study Project: The Construction and Equipping of Experimental Animal Research Laboratories. 2008-2010. The University of Jordan, Amman, Jordan.
42	<b>Ahmad MN.</b> Consultation. Study Project: Supervision of the Experimental Animal Research Laboratories. 2010. The University of Jordan, Amman, Jordan.
43	<b>Ahmad MN.</b> Healthy diet. Jordan School Health Workshop for Teachers: Focusing Resources on Effective School Health (FRESH) Initiative. 2-3 Dec 2008. UNESCO, Amman, Jordan.
44	<b>Ahmad MN.</b> Member of the Training Team. A Special Training Course in Clinical Nutrition for the Dietitians of Jordan University Hospital. 18-19 June 2008. The University of Jordan, Amman, Jordan.
45	<b>Ahmad MN,</b> Al-Hadid AA. Dietary practices and nutritional status and their relation to symptom severity of a group of autistic subjects in Jordan. The 3 <sup>rd</sup> Arab Conference on Nutrition. 4-6 Dec 2007. Abu- Dhabi, United Arab Emirates.
46	<b>Ahmad MN.</b> Member of the Committee for Establishing an Agricultural Observatory Unit. Jordan Chamber of Agriculture and Industry. The University of Jordan, Amman, Jordan.
47	Abdoh MJ, <b>Ahmad MN.</b> The Effect of date palm fruit ( <i>Phoenix dactylifera</i> L.) on serum lipid and lipoprotein concentrations in rats fed cholesterol- supplemented diet. The 6 <sup>th</sup> Jordanian Conference in Agriculture. The University of Jordan 9-12 April 2007, Jordan.
48	Al-Hadid AA, <b>Ahmad MN.</b> Dietary practices and nutritional status and their relation to symptom severity of a group of autistic subjects in Jordan. The 6 <sup>th</sup> Jordanian Conference in Agriculture. 9-12 April 2007. The University of Jordan, Amman, Jordan.
49	Takruri WH, <b>Ahmad MN,</b> Takruri HR. Effect of soaking and fermenting wheat bran on the bioavailability of iron and zinc in rats. The 6 <sup>th</sup> Jordanian Conference in Agriculture 9-12 April 2007. The University of Jordan, Amman, Jordan.
50	<b>Ahmad MN.</b> Member of the Committee of the Study and Arbitration Draft General Framework of the Platform for Vocational Education. Special Workshop on Study and Arbitration Draft General Framework for School Curricula. 10 <sup>th</sup> August 2006. Curricula and Textbooks Directorate, Jordan Ministry of Education, Amman, Jordan.
51	Takruri HR, Tukan SK, <b>Ahmad MN.</b> Edible and medicinal plants used by the community of Northern Badia of Jordan. The 2 <sup>nd</sup> Syrian- Egyptian Conference on Agriculture and Food in the Arab World. 25-28 April 2005. Baath University, Homs, Syria.
52	<b>Ahmad MN,</b> Qasem MA. Effect of black cumin seeds ( <i>Nigella sativa</i> L.) on serum glucose levels and body weight in streptozotocin-induced diabetic rats. The 2 <sup>nd</sup> Syrian- Egyptian Conference on Agriculture and Food in the Arab World. 25-28 April 2005. Baath University, Homs, Syria.
53	Takruri HR, Tukan SK, <b>Ahmad MN.</b> Some food habits and traditional food of the community of Northern Badia of Jordan. 5 <sup>th</sup> Jordanian Conference in Agriculture. 2005. Al- Balqa Applied University, Salt, Jordan.

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54	<b>Ahmad MN</b> , Amr RA. Association between plasma leptin levels and anthropometric indices of overweight and obesity in a group of Jordanian Women. The 2 <sup>nd</sup> Arab Conference on Obesity and Physical Activity in Arab Countries. 2005. Manama, Bahrain.
55	Khatib MA, <b>Ahmad MN</b> . Comparison of the effect of breast-feeding and bottle-feeding on plasma lipids and lipoproteins in a group of infants in Jordan. The 2 <sup>nd</sup> Arab Conference on Nutrition. 7-9 Dec 2004. Manama, Bahrain.
56	<b>Ahmad MN</b> . Chair of the Committee of Arbitration the General Framework of the Platform for Vocational Education. Dec 2003- Feb 2004. The Development of Knowledge-Based Economy Curricula- Project. Directorate of Curricula and Textbooks, Jordan Ministry of Education, Amman, Jordan.
57	<b>Ahmad MN</b> , Darawsheh MA. Anthropometric indicators of overweight and obesity and dietary habits of a sample of schoolchildren aged 6-12 years in Jordan The.1 <sup>st</sup> Arab Conference on Nutrition. 25-27 Sep 2001. Manama, Bahrain.
58	<b>Ahmad MN</b> . Member of the Organizing Committee. The 1 <sup>st</sup> Jordanian Conference on Food and Nutrition. The University of Jordan, 11-12/7/2001, Amman, Jordan.
59	Idris JI, <b>Ahmad MN</b> , Adam I. Association between migraine and certain Nutritional factors and the effect of diet on the alleviation of symptoms of the disease in a group of Jordanian patients. The 1 <sup>st</sup> Jordanian Conference on Food and Nutrition. The University of Jordan, 11-12/7/2001, Amman, Jordan.
60	Shaheen TA, <b>Ahmad MN</b> , Tukan SK. Evaluation of diets served in two main hospitals in Amman. The 1 <sup>st</sup> Jordanian Conference on Food and Nutrition. The University of Jordan, 11-12/7/2001, Amman, Jordan.
61	<b>Ahmad MN</b> . Influence of different cooking methods of chickpea on blood lipids in rats fed cholesterol-supplemented diets. The Scientific Day of the Department of Nutrition and Food Technology. 15 <sup>th</sup> May 2001. The University of Jordan, Amman, Jordan.
62	<b>Ahmad MN</b> . Influence of different cooking methods of lentils on blood lipids in rats fed cholesterol-supplemented diets. The Scientific Day of the Department of Nutrition and Food Technology. 15 <sup>th</sup> May 2001. The University of Jordan, Amman, Jordan.
63	<b>Ahmad MN</b> . Member of the Committee for Steering and Supervision of the Authoring of Secondary School Textbooks (Al-Tawjiji/ High School). Nutrition for nursing. 1 <sup>st</sup> Edition, 1996 (ISBN-111-961205-6). The General Directorate for Curricula, Jordan Ministry of Education, Amman, Jordan.
64	<b>Ahmad MN</b> . Member of the Committee for Steering and Supervision of the Authoring of Secondary School Textbooks (Al-Tawjiji/ High School). Introductory pharmacology for Nursing. 1 <sup>st</sup> Edition, 1995 (ISBN-111-971206-3). The General Directorate for Curricula, Jordan Ministry of Education, Amman, Jordan.
65	<b>Ahmad MN</b> . Member of the Committee for Study of the Academic Special Accreditation for Food and Nutrition Programme/ Applied Science Private University. 16 <sup>th</sup> Sep 1995- 14 <sup>th</sup> March 1996. Higher Education Accreditation Commission, Jordan Ministry of Higher Education and Scientific Research, Amman, Jordan.
66	<b>Ahmad MN</b> . Attendance and discussion. Workshop on Micronutrient Deficiencies in the Arab Middle East Countries. 27-29 June 1995. Foundation Committee of the Arab Nutrition Society, UAE in Collaboration with FAO-RNEA, Cairo. Amman, Jordan.
67	<b>Ahmad MN</b> . Examiner for Secondary School Textbooks (Al-Tawjiji/ High School). Nutrition and health for nursing, 1994. The General Directorate for Curricula, Jordan Ministry of Education, Jordan.
68	<b>Ahmad MN</b> . A Training Course in Community Medicine/ Clinical Nutrition for Residents in Family Medicine, the 3 <sup>rd</sup> Year. Jordan Ministry of Health and Center for Consultation and Technical Services, The University of Jordan, 9 May- 4 June 1992. Amman, Jordan.
69	<b>Ahmad MN</b> . A Training Course in Community Medicine/ Clinical Nutrition for Residents in Family Medicine, the 2 <sup>nd</sup> Year. Jordan Ministry of Health and Center for Consultation and Technical Services, The University of Jordan, 11 April- 6 May 1992. Amman, Jordan.
70	<b>Ahmad MN</b> . Clinical nutrition. A Training Course in Food and Nutrition Education for Employees Specializing in Food Technology, Food Services and Community Nutrition. Jordan UNICEF Office and Princess Tharwat College. April-August 1992. Amman, Jordan.

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### PROFESSOR MOUSA NUMAN AHMAD, HUMAN NUTRITION AND DIETETICS- CLINICAL/ BIOCHEMISTRY/ CARDIOMETABOLISM, THE UNIVERSITY OF JORDAN, AMMAN, JORDAN

71	<b>Ahmad MN.</b> Nutritional and dietetic aspects of obesity and diabetes. A Training Course in Health Education for Nutritionists and Nurses. Ministry of Health. 20-23 Sep 1992. Amman, Jordan.
72	<b>Ahmad MN.</b> Criteria of the healthful diet. A Training Course in Health Education for Nutritionists and Nurses. Ministry of Health. 1-6 June 1991. Amman, Jordan.
73	<b>Ahmad MN.</b> Health benefits of food groups. A Training Course in Food Safety and Hygiene for Employees Specializing in Food Preparation in Restaurants, Hotels and Hospitals. Center for Consultation and Technical Services, The University of Jordan. 2-23 June 1990. Amman, Jordan.
74	<b>Ahmad MN.</b> Cholesterol and cardiovascular disease. <i>The Vet</i> , 8:35-38, 1992.
75	<b>Ahmad MN.</b> Attendance. Introduction to the State of the Environment. The National Program for Environmental Awareness and Media Seminar. Jordan Society for the Prevention of Environmental Pollution and German Friedrich Naumann Foundation. 29-30 May 1991. Amman, Jordan.
76	<b>Ahmad MN.</b> Olive oil and cardiovascular disease. <i>The Cultural Journal</i> , 25:234-241, 1991.
77	<b>Khatib FA, Ahmad MN.</b> Effects of dietary saturated, monounsaturated, and polyunsaturated fats on plasma lipids and lipoproteins in diabetic rats. 7 <sup>th</sup> Jordan Medical Conference and the 26 <sup>th</sup> Arab Medical Conference. Jordan Medical Association. 23-25 May 1990, Jordan.
78	<b>Ahmad MN.</b> Attendance. The 6 <sup>th</sup> Arab Conference and the 3 <sup>rd</sup> Jordan Conference on Biological Sciences. Arab Union of Biologists and Jordan Society of Biological Sciences. 24-28 Oct 1990. Amman, Jordan.
79	<b>Ahmad MN.</b> Attendance. Seminar on Honey: Food and Medicine. Faculty of Agriculture, the University of Jordan, and Jordan Beekeepers Society. 30 <sup>th</sup> Oct 1990, Jordan.
80	<b>Ahmad MN.</b> Criteria of the healthy diet: relation to the diet of heart disease. Seminar on the National Program for the Prevention of Heart Disease. 19 <sup>th</sup> Nov 1990. The Higher Committee for the Prevention of Heart Disease, Jordan Ministry of Health Amman, Jordan.
81	<b>Ahmad MN, Takruri HR.</b> Effect of dietary wheat bran on serum glucose, body weight, food intake and food efficiency in rats. The 2 <sup>nd</sup> Jordan Conference of Biological Sciences. Jordan Society of Biological Sciences. 3-4 May 1990. Amman, Jordan.
82	<b>Takruri HR, Ahmad MN.</b> Long-term effects of dietary wheat bran on $\beta$ -carotene bioavailability in rats. The 2 <sup>nd</sup> Jordan Conference of Biological Sciences. Jordan Society of Biological Sciences. 3-4 May 1990. Amman, Jordan.
83	<b>Ahmad MN.</b> Olive oil in human nutrition: some characteristics and health benefits. <i>Agricultural Engineer</i> , 39:17-22, 1990.
84	<b>Ahmad MN.</b> Several educational lectures in human nutrition and dietetics for housekeepers. Jordan UNICEF Office. Princess Tharwat College, 15 <sup>th</sup> Sep- 15 <sup>th</sup> Dec 1989. Amman, Jordan.
85	<b>Ahmad MN.</b> The role of the dietitian in the health care service. Symposium on the Status of Dietetics and Food Services in the Arab Middle East. 2-3 Sep 1989. The University of Jordan in coordination with the American University of Beirut and FAO, Amman, Jordan.
86	<b>Takruri HR, Tukan SK, Ahmad MN.</b> The status of dietetics and food services in main hospitals in Jordan. Symposium on the Status of Dietetics and Food Services in the Arab Middle East. 2-3 Sep 1989. The University of Jordan in coordination with the American University of Beirut and FAO, Amman, Jordan.
87	<b>Ahmad MN.</b> Member of the Organizing Committee for the Technical Consultation on Traditional Foods in the Near Middle East. 1989. FAO and Department of Nutrition and Food Technology, The University of Jordan. 4-7 Sep 1989. Amman, Jordan.
88	<b>Ahmad MN.</b> Member of the University of Jordan Consultation Committee. Technical Consultation on Traditional Foods in the Near Middle East. FAO and Department of Nutrition and Food Technology, the University of Jordan. 4-7 Sep 1989. Amman, Jordan.
89	<b>Ahmad MN.</b> Attendance. The 1 <sup>st</sup> Jordan Conference of Biological Sciences. Jordan Society of Biological Sciences. 14 <sup>th</sup> April 1988. Amman, Jordan.
90	<b>Ahmad MN.</b> Attendance. Seminar on milk and its products: production, processing, and marketing. Department of Nutrition and Food Technology, The University of Jordan. 26-27 Nov 1986. Amman, Jordan.

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91	<b>Ahmad MN</b> , Leeds AR. Evening primrose oil administration in normal man: the effect on erythrocyte (Na - K) – ATPase and renal function. The 13 <sup>th</sup> International Congress on Nutrition. The British Nutrition Society and The International Union of Nutritional Sciences. 18-23 August 1985. Brighton, UK.
92	<b>Ahmad MN</b> , Leeds AR. Evening primrose oil administration in normal man: the effect on erythrocyte (Na - K) – ATPase and renal function. The 2 <sup>nd</sup> International Congress on Essential Fatty Acids, Prostaglandins, and leukotrienes. The British Zoological Society. 24-27 March 1985. London, UK.
93	<b>Ahmad MN</b> , Leeds AR. Membrane phospholipid fatty acids: relation with (Na <sup>+</sup> - K <sup>+</sup> ) - ATPase in normal human erythrocytes. The 400 <sup>th</sup> meeting of the Nutrition Society, 13-14 <sup>th</sup> July 1984, University of Southampton, UK.
94	<b>Ahmad MN</b> , Leeds AR. Erythrocyte (Na - K) – ATPase in normal man: relationship with indices of body composition, energy expenditure and racial origin. The 399 <sup>th</sup> Meeting of the Nutrition Society, 15 <sup>th</sup> May 1984. London, UK.
95	<b>Ahmad MN</b> . Technical Consultations. Center for Consultation and Technical Services. The University of Jordan, Amman, Jordan, 1986- Present.
96	<b>Ahmad MN</b> . Technical Consultations. UNCEF, Amman, Jordan, 1986- Present.
97	<b>Ahmad MN</b> . Technical Consultations. Jordan Ministry of Agriculture, Amman, Jordan, 1986- Present.
98	<b>Ahmad MN</b> . Technical Consultations. Jordan Ministry of Health, Amman, Jordan, 1986- Present.
99	<b>Ahmad MN</b> . Technical Consultations. Jordan Ministry of Education, Amman, Jordan, 1986- Present.
100	<b>Ahmad MN</b> . Technical Consultations. Jordan Ministry of Agriculture, Amman, Jordan, 1986- Present.
101	<b>Ahmad MN</b> . Technical Consultations. Jordan ministry of Industry and Trades: Institute of Metrology, Specifications and Standards, Amman, Jordan, 1986- Present.

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## PROFESSOR MOUSA NUMAN AHMAD, HUMAN NUTRITION AND DIETETICS- CLINICAL/ BIOCHEMISTRY/ CARDIOMETABOLISM, THE UNIVERSITY OF JORDAN, AMMAN, JORDAN

### SPECIALIZED ACADEMIC AND SCIENTIFIC EXPERIENCES

#### (1) MEMBER OF ORGANIZING/ SCIENTIFIC PANELS/ COMMITTEES FOR CONFERENCES/ WORKSHOPS/ SEMINARS

01. Member of the Scientific Committee. Smart Agriculture and Adaptation to Climate Change for Sustainable Global Food Security. Scientific collaborations between the University of Jordan and each of the :Food and Agriculture Organization of the United Nations (FAO), Amman, Jordan; Global Water Partnership-Mediterranean (GWP-Med), Athens, Greece; Middle East Water Forum (MEWF), German Office, Germany; Higher Council for Science and Technology (HCST), Amman, Jordan; Association of Agricultural Research Institutions in the Near East and North Africa (AARINENA), Amman, Jordan. Expected date: August 2024, Athens, Greece.
02. Conference on Updates in Nutritional Management for Diabetics and Elderly. 23-24 Nov 2011. The University of Jordan, Amman, Jordan.
03. Chair of the main session in the workshop on Food Security and Protected Agriculture in Jordan. Mutah University, in cooperation with the Jordan Society for Scientific Research, Entrepreneurship, and Creativity and the Association of Agricultural Research Institutions in the Middle East and North Africa (AARINENA). Mutah University, Mutah, Jordan, 18 August 2021.
04. Chair of the main session in the workshop on Food Loss and Waste and Food Security in Jordan. Mutah University, in cooperation with Scientific Research and Innovation Support Fund/ Jordan Ministry of Higher Education and Scientific Research, Jordan, Mutah University, Mutah, Jordan, 28 July 2021.
05. Chair of the Session on Developing New Food Products. The Third National Conference on Food and Drug Industry (Food and Drug Security). Mutah University, in cooperation with Jordan Food and Drug Administration. Mutah University, Mutah, Jordan, 26-27 May 2021.
06. Head of the Scientific Committee. The Second Conference on Heritage and Traditional Foods organized by The Gate: Hotels Management and Conferences. Amman, Jordan, 15-16 April 2020.
07. Chair of the Nutrition section. Workshop on Jordan Food Security Information Systems Review and Validation of Findings. 5<sup>th</sup> Sep 2016. Jordan Ministry of Agriculture and UN Food and Agriculture Organization, Amman, Jordan.
08. Member of the Organizing and Scientific Committees. Conference on Updates in Nutritional Management for Diabetics and Elderly. 23-24 Nov 2011. The University of Jordan, Amman, Jordan.
09. Member of the Organizing and Scientific Committees. The 4<sup>th</sup> Arab Conference on Nutrition. 5-7 April 2011. The University of Jordan, Amman, Jordan.
10. Chair of the Organizing and Scientific Committees. Seminar on the DSM Food Specialties: Integrative Solutions in the Food Industry. 1<sup>st</sup> Dec 2010. The University of Jordan in Collaboration with the Netherland Embassy in Jordan, the Dutch State Mines (DSM) Food Specialties, Netherland and International Tulip Trading Establishment, Jordan.
11. Training Team Coordinator. A Special Training Course in Food Processing. 3-16 August 2010. Center of Consultations, The University of Jordan, Amman.
12. Training Course Organizer. A Special Training Course in Human Nutrition and Dietetics. 2-13 August 2009. Center of Consultations, The University of Jordan, Amman, Jordan.
13. Member of the Study Committee. A Special Workshop on the Study and Arbitration Draft the General Framework of Platform for Vocational Education and School Curricula. 10<sup>th</sup> August 2006. Curricula and Textbooks Directorate, Ministry of Education, Amman, Jordan.
14. Chair of the Study Committee. A Special Workshop on the Study and Arbitration Draft the General Framework of Platform for Vocational Education and School Curricula. Dec 2003- Feb 2004. The Development of Knowledge-Based Economy Curricula-Project. Directorate of Curricula and Textbooks, Jordan Ministry of Education, Amman, Jordan.
15. Member of the Organizing and Scientific Committees. The 1<sup>st</sup> Jordanian Conference on Food and Nutrition. The University of Jordan, 11-12/7/2001, Amman, Jordan.

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### **PROFESSOR MOUSA NUMAN AHMAD, HUMAN NUTRITION AND DIETETICS- CLINICAL/ BIOCHEMISTRY/ CARDIOMETABOLISM, THE UNIVERSITY OF JORDAN, AMMAN, JORDAN**

16. Member of the Committee for Steering and Supervision of the Authoring of Secondary School Textbooks (Al-Tawjihi/ High School). Nutrition for nursing. 1<sup>st</sup> Edition, 1996 (ISBN-111-961205-6). The General Directorate for Curricula, Jordan Ministry of Education, Amman, Jordan.
17. Member of the Committee for Steering and Supervision of the Authoring of Secondary School Textbooks (Al-Tawjihi/ High School). Introductory pharmacology for Nursing. 1<sup>st</sup> Edition, 1995 (ISBN-111-971206-3). The General Directorate for Curricula, Jordan Ministry of Education, Amman, Jordan.
18. Member of the Organizing Committee for the Technical Consultation on Traditional Foods in the Near Middle East. 1989. FAO and Department of Nutrition and Food Technology, The University of Jordan. 4-7 Sep1989. Amman, Jordan.

### **(2) MEMBER OF THE ACADEMIC ACCREDITATION OF JORDANIAN UNIVERSITIES**

Academic Accreditation for the Food, Nutrition and Dietetics Programs in Jordanian Universities, Higher Education Accreditation Commission, Jordan Ministry of Higher Education and Scientific Research, Amman, Jordan.

### **(3) CHAIR/ MEMBER FOR GRADUATE COMPREHENSIVE/ PROFICIENCY EXAMINATION COMMITTEES**

01. MSc Comprehensive Examinations: Human Nutrition and Dietetics, Department of Nutrition and Food Technology, The University of Jordan, 2004-2012. **(25 cycles/ Committees)**.
02. PhD Proficiency Examinations: Human Nutrition and Dietetics, Department of Nutrition and Food Technology, The University of Jordan, 1998-Present. **(50 cycles/ Committees)**.

### **(4) MEMBER OF THE NUTRITION AND HEALTH PROFESSIONS LICENSING COMMITTEE**

Medical and Health Professions Licensing Committee - Jordanian Ministry of Health - Human Nutrition and Dietetics Committee.

### **(5) REVIEWER FOR ACADEMIC PROMOTIONS AND APPOINTMENTS**

01. Human Nutrition and Dietetics, The University of Jordan, Amman, Jordan:
  - (a) Departmental Level: Department of Nutrition and Food Technology.
  - (b) Faculty Level: Faculty of Agriculture.
02. Nutrition and Food, Applied Science Private University, Amman, Jordan:
  - (a) Departmental Level: Department of Nutrition and Food.
  - (b) Faculty Level: Faculty of Allied Medical Sciences.
  - (c) University Level: Applied Science Private University- Amman, Jordan.
03. Department of Food and Nutrition Sciences, Faculty of Food and Agriculture, King Saud University, Riyadh, Kingdom of Saudi Arabia.
04. Department of Food Science and Nutrition, Faculty of Agriculture, Jerash University, Jerash, Jordan.

### **(6) PANELIST AND REVIEWER FOR RESEARCH PROPOSALS**

01. Scientific Research Support Fund, Jordan Ministry of Higher Education, Amman, Jordan.
02. Qatar National Research Fund (QNRF), ARG 2<sup>nd</sup> Cycle Research, Qatar National Priorities Research Program (NPRP), Doha, Qatar, 2024.
03. Qatar National Research Fund (QNRF), UREP 28<sup>th</sup> Research Plan Cycle. Qatar National Priorities Research Program (NPRP), Doha, Qatar, 2021.
04. Qatar National Research Fund (QNRF), 13<sup>th</sup> Cycle of the National Priorities Research Program (NPRP), Doha, Qatar, 2020.
05. Qatar National Research Fund (QNRF), 12<sup>th</sup> Cycle of the National Priorities Research Program (NPRP), Doha, Qatar, 2019.
06. Qatar National Research Fund (QNRF), 11<sup>th</sup> Cycle of the National Priorities Research Program (NPRP), Doha, Qatar, 2018.

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### (7) EDITOR-IN-CHIEF

01. Jordan Journal of Agricultural Sciences [ISSN Print: 1815-8625; ISSN Online: 2707-6415]

### (8) MEMBER OF JOURNALS' EDITORIAL BOARD

01. Functional Foods in Health and Disease [ISSN Print: 2378-7007; ISSN Online: 2160-3855]  
02. American Journal of Food Science and Health [ISSN Print: 2381-7216; ISSN Online: 2381-7224]  
03. International Journal of Humanities and Social Sciences [ISSN Print: 2319-393X ; ISSN Online: 2319-3948]  
04. Current Research in Food Technology and Nutritional Sciences

### (9) REVIEWER: JOURNALS

01. Dirasat: Biological and Medical Sciences  
02. Jordan Journal for Agricultural Sciences  
03. Mutah Journal for Studies and Research  
04. Jerash Journal for Studies and Research  
05. Malaysian Journal of Nutrition  
06. Arab Gulf Journal of Scientific Research  
07. Saudi Society Journal for Food and Nutrition Sciences  
08. American Journal of Animal and Veterinary Sciences  
09. Lipids  
10. International Journal of Bioassays  
11. Functional Foods in Health and Disease  
12. Merit Research Journal of Medicine and Medical Sciences  
13. International Research Journal of Public and Environmental Health  
14. BMC Cardiovascular  
15. Progress in Nutrition  
16. Journal of the Gulf and Arabian Peninsula Studies  
17. Revista Nutrición Hospitalaria  
18. Current Vascular Pharmacology  
19. Journal of Pharmacy and Nutrition Sciences  
20. Journal of the American College of Nutrition  
21. Advances in Nutrition  
22. Journal of Pharmaceutical Research International  
23. International Journal of Public and Environmental Health  
24. British Journal of Medicine and Medical Sciences  
25. European Journal of Medicinal Plants  
26. Frontiers in Cardiovascular Medicine  
27. Current Research in Nutrition and Food Science  
28. International Journal of Endocrinology and Metabolism- Hormones  
29. Frontiers in Nutrition  
30. Frontiers in Neurology  
31. Academia *Letters*  
32. Asian Food Science Journal  
33. Academic Research Journal of Biotechnology  
34. Frontiers in Genetics- Epigenomics and Epigenetics  
35. BMC Cardiovascular Disorders

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36. Public Health Nutrition
37. Frontiers in Endocrinology- Diabetes: Molecular Mechanisms
38. Healthcare Journal
39. Frontiers in Pharmacology- Ethno pharmacology
40. International Journal of Current Research and Review
41. Spanish Journal of Human Nutrition & Dietetics
42. Eastern Mediterranean Health Journal
43. Clinical Nutrition Open Science
44. The Open Biomarkers Journal
45. Journal of Sport and Health Research
46. Current Cardiology Reviews
47. The Open Psychology Journal
48. Advancement in Medicinal Plant Research
49. Anti-Inflammatory & Anti-Allergy Agents in Medicinal Chemistry
50. Journal of Advances in Medical and Pharmaceutical Sciences
51. Qeios
52. Methods

### (10) MEMBER OF SCIENTIFIC AND ACADEMIC COUNCILS

01. Council of Deans, The University of Jordan.
02. Council of Deans Applied Science Private University, Jordan.
03. Scientific Research Council, The University of Jordan.
04. Council of Marine Science Station, The University of Jordan.
05. College of Agriculture Council, The University of Jordan.
06. College of Allied Medical Sciences Council, Applied Science Private University, Jordan.
07. Department of Nutrition and Food Technology Council, The University of Jordan.
08. Department of Nutrition and Food Council Applied Science Private University, Jordan.
09. Department of Nutrition and Food Technology Council, Jordan University of Science and Technology, Jordan.

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#### PUBLICATIONS:

1. Obeidat, A.A.; **Ahmad, M.N.**; Ghabashi, M.A.; Alazze, A.Y.; Habib, S.M.; Abu Al- , D.; Azzeh, F.S. Developmental trends of metabolic syndrome in the past two decades: A narrative review. *Journal of Clinical Medicine*. 2025; 14(7): 2402. DOI: <https://doi.org/10.3390/jcm14072402>
2. **Ahmad M.N.** Editorial. Narrative literature reviews in scientific research: pros and cons. *Jordan Journal of Agricultural Sciences* 2025; 21 (1): 1-4. DOI: <https://doi.org/10.35516/jjas.v21i1.4143>
3. Abu Al Haija DM., **Ahmad M.N.** Circulating IRISIN and visceral adiposity index as predictors of cardiometabolic syndrome in normal weight, obese, and obese with type 2 diabetes mellitus Jordanian adults. *Clinical Nutrition ESPEN*. 2024; 63: 1116-1117. DOI: [10.1016/j.clnesp.2024.07.436](https://doi.org/10.1016/j.clnesp.2024.07.436)
4. **Ahmad M.N.**, Abu Al Haija DM. Circulating irisin and its connection with indices of body composition in aerobic and anaerobic endurance professional athletes: A case-control study. *Health, Sport, Rehabilitation*. 2024; 10 (1): 27-38. DOI: <https://doi.org/10.58962/HSR.2024.10.1.27-38>
5. Tamimi L, Zakaria ZZ, Hailat M, **Ahmad MN**, Qinna NA, Hammad MF, Abu Dayyih W. Test of insulin resistance in nondiabetic and streptozotocin-induced diabetic rats using glycosylated hemoglobin test and other interventions. *Journal of Advanced Pharmaceutical Technology and Research*. 2024; 15 (1): 1-7. DOI: [10.4103/JAPTR.JAPTR\\_343\\_23](https://doi.org/10.4103/JAPTR.JAPTR_343_23)
6. **Ahmad MN**, Thnaibat OM. Can physical exercise help people with irritable bowel syndrome? How substantial is the evidence? *Health, Sport, Rehabilitation*. 2023; 9 (4): 94-110. DOI: [10.58962/HSR.2023.9.4.94-110](https://doi.org/10.58962/HSR.2023.9.4.94-110)
7. Awamleh AA, **Ahmad MN**, Mehyar GF. Development of fortified biscuit with acid and sweet whey proteins and its effects on body weight, indices of body composition and antioxidant capacity in rats. *Jordan Journal of Agricultural Sciences* 2023; 19 (4): 365-380. DOI: <https://doi.org/10.35516/jjas.v19i4.760>
8. **Ahmad MN**, Abu Al Haija DM. Serum irisin concentration and its association with muscle and fat mass in aerobic and anaerobic endurance athlete men and women. *Trends in Sport Sciences*. 2023; 30 (2): 47-55. DOI: [10.23829/TSS.2023.30.2-2](https://doi.org/10.23829/TSS.2023.30.2-2)
9. Zakaria ZZ, Tamimi L, Hailat M, **Ahmad MN**, Qinna NA, Ghanim B, Saad MJ, Al-Dmour N, Abu Dayyih W. Ameliorative effect of selenium yeast in combination with pioglitazone on diabetes outcomes in streptozotocin-induced diabetic rats. *Journal of Population Therapeutics and Clinical Pharmacology*. 2022; 29 (4): 202-210. DOI: [10.47750/jptcp.2022.1003](https://doi.org/10.47750/jptcp.2022.1003)
10. Amr AS, **Ahmad MN**. Production and quality evaluation of Arabic bread from different gluten-free flours. *Jordan Journal of Agricultural Sciences* 2022; 18 (4): 451-464. DOI: [10.35516/jjas.v18i4.131](https://doi.org/10.35516/jjas.v18i4.131)
11. **Ahmad MN**. An Update of Medical Nutrition Therapy in Inborn Errors of Metabolic Disorders. A Keynote Lecture. Clinical Nutrition Update: In inborn Errors of Metabolic Disorders Workshop. The University of Jordan, in cooperation with Sierra Healthcare, Saudi Arabia. Amman Rotana Tower, Amman, Jordan. 3 March 2022.
12. Al-Thnaibat OM, **Ahmad MN**. Recent Approaches in the Dietary Management of Maple Syrup Urine Disease. A Keynote Lecture. Clinical Nutrition Update: In inborn Errors of Metabolic Disorders Workshop. The University of Jordan, in cooperation with Sierra Healthcare, Saudi Arabia. Amman Rotana Tower, Amman, Jordan. 3 March 2022.
13. Shammout RZ, **Ahmad MN**. Current prospects of Rome criteria for the diagnosis of irritable bowel syndrome. *Jordan Journal of Agricultural Sciences* 2022; 18 (1): 59-71. DOI: <https://doi.org/10.35516/jjas.v18i1.105>
14. Al-Zeidaneen SA, **Ahmad MN**, Al-Ebuos AD, Al Saudi RM. Evaluating the health and social risk factors among breast cancer women in Jordan. *Forum of Clinical Oncology* 2021; 12 (2) HeSMO•AoP•2020•1-6
15. Tamimi LN, **Ahmad MN**, Qinna NA. Fructose-induced insulin resistance: prospective biochemical mechanisms. *Jordan Journal of Agricultural Sciences* 2021; 17 (4): 433-445. DOI: <https://doi.org/10.35516/jjas.v17i4.96>
16. Zakaria ZZ, **Ahmad MN**, Qinna NA. Animal models in type 2 diabetes mellitus research: pros and cons. *Jordan Journal of Agricultural Sciences* 2021; 17 (4): 417-432. DOI: <https://doi.org/10.35516/jjas.v17i4.95>
17. **Ahmad MN**. Human nutrition and dietetics: understanding the profession and development actions in Jordan. *Jordan Journal of Agricultural Sciences* 2021; 17 (3S): 101-113. DOI: <https://doi.org/10.35516/jjas.v17i3.74>
18. **Ahmad MN**. Editorial. Introduction to the JJAS special issue “celebrating the country's centenary”: The development of sciences and technology of agriculture, food, and nutrition in Jordan. *Jordan Journal of Agricultural Sciences* 2021; 17 (3S): 97-99. DOI: <https://doi.org/10.35516/jjas.v17i3.73>

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19. Ahmad MN, Zawatieh A. Current prospects of metabolically healthy obesity. *Obesity Medicine* 2021; 25(5):100361. DOI: <https://doi.org/10.1016/j.obmed.2021.100361>
20. Al-Zeidaneen SA, Ahmad MN, Al-Ebuos AD, Al Saudi RM. Interactive role of breast cancer on dyslipidemia and hypertension metabolic risk according to treatment exposure and menopausal status. *Forum of Clinical Oncology*. 2021; 12 (1): 39-46. DOI: [10.2478/fco-2019-0018](https://doi.org/10.2478/fco-2019-0018)
21. Ahmad MN, Mehyar GF, Othman GA. Nutritional, functional, and microbiological characteristics of Jordanian fermented green Nabali Baladi olives. *Grasas Aceites* 2021; 72 (1): e396. DOI: <https://doi.org/10.3989/gya.1258192>
22. Abdelhadi NN, Ahmad MN. Fatty acids' recommendations: controversies and updates. *Current Nutrition and Food Science* 2021; 17 (3): 288-292. DOI: [10.2174/157340131666200807203806](https://doi.org/10.2174/157340131666200807203806)
23. Ahmad MN. Editorial: JJAS Celebrates the Centenary of the Jordanian State. *Jordan Journal of Agricultural Sciences* 2021; 17 (2): 57-58. DOI: <https://doi.org/10.35516/jjas.v17i2.68>
24. Abuawad Z, Ahmad MN, Slezak J, Lahham A. Protective role of molecular hydrogen in cancer radiotherapy: an update. *International Journal of Current Research and Review* 2021; 13 (6): 77-84. DOI: [10.31782/IJCR.2021.13625](https://doi.org/10.31782/IJCR.2021.13625)
25. Al-Badarein BO, Ahmad MN. Body weight, insulin resistance, and inflammatory biomarkers in rats fed normal-fat, high-fat, and ketogenic diets supplemented with vitamin D. *Jordan Journal of Agricultural Sciences* 2021; 17 (1): 1-16. DOI: <https://doi.org/10.35516/jjas.v17i1.64>
26. Amr AS, Ahmad MN, Zahra JA, Abdulla MA. HPLC/MS-MS identification of oak quercous aegilops root tannins. *Journal of Chemistry* 2021; 2021(8882050):10 pages. DOI: [10.1155/2021/8882050](https://doi.org/10.1155/2021/8882050)
27. Farah AI, Ahmad MN, Al-Qirim TM. The antioxidant and prooxidant impacts of varying levels of  $\alpha$ -lipoic acid on biomarkers of myoglobin oxidation *in vitro*. *Jordan Journal of Agricultural Sciences* 2020; 16 (4): 83-93. DOI: <https://doi.org/10.35516/jjas.v16i4.63>
28. Ahmad MN, Othman GA. Dietary fat, and cholesterol interactively alter serum lipids and gut microbiota in Wistar rats. *Indian Journal of Nutrition and Dietetics* 2020; 57 (4): 387-407. DOI: [10.21048/IJND.2020.57.4.25502](https://doi.org/10.21048/IJND.2020.57.4.25502)
29. Ahmad MN, Farah AI, Al-Qirim TM. The cardiovascular complications of diabetes: a striking link through protein glycation. *Romanian Journal of Internal Medicine = Revue Roumaine de Médecine Interne* 2020; 58 (4): 188-198. DOI: [10.2478/rjim-2020-0021](https://doi.org/10.2478/rjim-2020-0021)
30. Amr AS, Ahmad MN, Abdulla MA. Oak (Quercus aegilops L.) root bark tannins astringency, antioxidant potential and use as functional tea. *Jordan Journal of Agricultural Sciences* 2020; 16 (2): 27-38. DOI: <https://doi.org/10.35516/jjas.v16i2.57>
31. Ahmad MN, Farah AI, Al-Qirim TM. Examining the role of alpha-lipoic acid and epigallocatechin-c-gallate in inhibiting sugar-induced myoglobin glycation: Scientific gaps in current knowledge? *Nature and Science* 2020; 18 (6): 17-25. DOI: [10.7537/marsnsj180620.04](https://doi.org/10.7537/marsnsj180620.04)
32. Ahmad MN, Abdallah NK. Fish and cardiometabolic concerns: A link through lead and mercury. *American International Journal of Contemporary Research* 2019; 9 (4): 64-73. DOI: [10.30845/aijcr.v9n4p7](https://doi.org/10.30845/aijcr.v9n4p7)
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