

Dr. Zehra Parveen
Assistant Professor
Human Nutrition & Dietetics

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Specialization:

Food and Nutrition / Clinical Nutrition

Education:

Ph.D. (2018), Food Science & Technology, University of Karachi, Karachi Pakistan

MSc (2006), Food & Nutrition, RLAK College of Home Economics, University of Karachi, Pakistan.

B.Sc. (2004), Food & Nutrition, RLAK College of Home Economics, University of Karachi, Pakistan

Registered Dietitian/Nutritionist, RDN, (PNDS), Pakistan (2017 onwards)

Experience:

Dec 2022-to date - Assistant Professor- National University of Medical Sciences, Rawalpindi

Jan 2021-Dec2022 - Visiting Lecturer - Pakistan Institute of Medical Sciences, School of Nursing.

Aug 2011-Feb 2012 – Dietitian - National Institute of Child Health, Karachi

Jan 2008-Dec 2010 – Nutritionist - Attia Clinic, Karachi.

Dec 2006-Nov 2007 - Trainee Dietitian - Aga Khan University Hospital

Research Interests:

- Clinical & Therapeutic Nutrition
- Public Health Nutrition
- Maternal and Pediatric Nutrition
- Micronutrient Deficiencies
- Nutraceuticals/Functional Food
- Non-Communicable Diseases (Obesity, Cardiovascular Diseases, Diabetes)

Publications:

1. Parveen Z., Ali A., Ali T.M., Hasnain A. Association of dietary patterns with anthropometric, lifestyle and socio-economic factors among women of selected communities from Karachi, Pakistan. *Journal of the Pakistan Medical Association*. (JPMA 66: 1249; 2016).
2. Iqbal S, Intikhab A, Zafar S, Akram S, Farooq U, Abid J, Parveen Z, Ahmad AMR. A Syatematic Review of Human Trials on Mycoprotein – Way towards a Sustainable Ecosystem. *Cellular and Molecular Biology*. 2022, 68(12): 5-11
3. Ahmad AMR, Intikhab A, Zafar S, Farooq U, Shah HBS, Akram S, Abid J, Parveen Z, Iqbal S. Spirulina, an FDA-Approved Functional Food: Worth the Hype? *Cellular and Molecular Biology* 2023, 69(1): 137-144