

Ms. Zahra Fatima

Lecturer

Human Nutrition & Dietetics

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Specialization:

Food and Nutrition / Clinical Nutrition

Education:

M.Phil. (2023) Human Nutrition and Dietetics, The University of Lahore, Lahore.

B.SC. (Hons.) 2020 Human Nutrition and Dietetics, University of Agriculture Faisalabad.

Experience:

Dec 2025-to date - Lecturer- National University of Medical Sciences, Rawalpindi

Feb 2025-Dec2025 - Lecturer – Iqra University Chak Shahzad Campus Islamabad.

Nov 2022-Jun 2024 – Dietitian – Sehat Medical Complex, Lake City Lahore

Research Interests:

- Nutrition and Inflammatory Biomarkers in Bone Health
- Metabolic health
- Frailty in Older Adults

Publications:

1. Gondal, T. A., Saba, A., Akhtar, S., Imran, M., Noreen, S., Tufail, T., Nawaz, R., Khalid, Z., Fatima, Z., Khalid, N., Nasir, L., Abid, S. F., & Abid, M. (2021). Utilization of soy pulp (okara) for the preparation of yeast leavened pan bread and their physicochemical and sensorial evaluation. *Bioscience Research*, 18(4), 3057– 3064.