

Tara Khursheed

Lecturer

Human Nutrition & Dietetics

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Specialization:

Human Nutrition & Dietetics/Clinical Nutrition

Education:

- Ph.D. Human Nutrition & Dietetics, University of Lahore, (In progress), Lahore, Pakistan
- M.Phil. Human Nutrition & Dietetics, University of Lahore, (2018), **(Gold Medalist)**, Lahore, Pakistan.
- B.Ed. (Teacher Education), Allama Iqbal Open University, (2018), Lahore, Pakistan
- B.Sc. (Hons.), Cardiac Perfusion Technology–University of Health Sciences (UHS), (2013), **(Silver Medalist)** Lahore, Pakistan.
- Punjab Emergency Service Rescue 1122 certification on community basic life support & fire safety orientation course (2013), Lahore, Pakistan.

Experience:

- 2022 - to date – Lecturer - National University of Medical Sciences, Rawalpindi 2019- 2022 – Senior Lecturer -The University of Lahore, Lahore, Pakistan.
- Feb 2019 – July 2019- Clinical Nutritionist - Fatima Memorial Hospital (FMH) Lahore, Pakistan.

Research Interests:

- Clinical and therapeutic Nutrition
- Maternal and Pediatric nutrition
- Nutraceutical/Functional foods
- Community/Public Health Nutrition
- Macro and micronutrient Deficiencies
- Non-Communicable Diseases (Cardiovascular Diseases, Rheumatoid Arthritis, Cancers, Diabetes, Hyperlipidemia)

Selected Publications:

1. **Khursheed, T.**, Imran, M., Khalil, A. A., Malik, M., Raza, A., Naz, S., ... & Hassan, F. U. (2021). Determination of proximate composition and antioxidant potential of aloe vera gel with the development and sensory evaluation of aloe vera based drinks. *Asian Journal of Allied Health Sciences (AJAHS)*, 14-20.
2. **Khursheed, T.**, Kaleem, M., & Hanif, A. (2020). Frequency of Contrast Induced Nephropathy After Coronary Angiographic Procedure. *Asian Journal of Allied Health Sciences (AJAHS)*, 12-17.
3. **Khursheed, T.**, Bashrat, S., Jaffar, M., & Tahir, H. Nutritional Rehabilitation Care of Refeeding Syndrome with Anorexia Nervosa. *Clin Case Rep Int.* 2022; 6, 1289.
4. Batool, M., **Khursheed, T.**, Shahid, T., & Al Mostafa, M. Y. (2021). Varietal Comparison of Proximate Composition and Mineral Profiling of Pakistan Native Barberry Powder: Proximate Composition and Mineral Profiling of Barberry Powder. *Pakistan Biomedical Journal*, 4(1).
5. Zaniab, R., Basharat, S., **Khursheed, T.**, Gulzar, Z., Shaheer, M., Fatima, S., & Shah, Z. A. (2022). Determination of Proximate Composition of N. Sativa L. Seeds and its Effective Role in Improving Lipid Profile among Hyperlipidemic Women. *Pakistan Journal of Medical & Health Sciences*, 16(05), 1352-1352.
6. Jaffar, H. M., Basharat, S., **Khursheed, T.**, Iftikhar, F., Masood, S., & Islam, Z. (2020). Rehabilitation Care of Women with PCOS: A Case Study. *Case Report*, 10, 1403.
7. Mujahid, M., Imran, M., Khalil, A. A., **Khursheed, T.**, Hassan, F. U., Khalid, S., & Nazeer, Z. (2021). Evaluation of Proximate composition of powdered turmeric rhizomes and effect of turmeric rhizome's extracts on sensory attributes of cookies. *Asian Journal of Allied Health Sciences (AJAHS)*, 60-62.
8. Naz, S., Bashir, S., Khalid, S., Khalid, S., **Khursheed, T.**, Tariq, L., & Ghaffar, M. (2021). Association between occurrence of acute diarrhea in children with socio-economic status and poor knowledge regarding the hygiene and breastfeeding. *Asian Journal of Allied Health Sciences (AJAHS)*, 39-43.
9. Mushtaq, Z., Aslam, M., Imran, M., Abdelgawad, M. A., Saeed, F., **Khursheed, T.**, ... & Al JBawi, E. (2023). Polymethoxyflavones: an updated review on pharmacological properties and underlying molecular mechanisms. *International Journal of Food Properties*, 26(1), 866-893.
10. Perveen, S., Anwar, M. J., Ismail, T., Hameed, A., Naqvi, S. S., **Khursheed, T.**, Mahomoodally, M. F., ... & Al JBawi, E. (2023). Utilization of biomaterials to develop the biodegradable food packaging. *International Journal of Food Properties*, 26(1), 1122-1139.