

**Dr. Abdul Momin Rizwan Ahmad**

**Assistant Professor  
Human Nutrition & Dietetics**



Phone: +92 (300) 533 22 53

Email: [abdul.momin@numspak.edu.pk](mailto:abdul.momin@numspak.edu.pk)

**Specialization:**

Clinical Nutrition/Public Health Nutrition

**Education:**

B.Ed. (Teacher Education), Allama Iqbal Open University, (2021), Islamabad, Pakistan

Ph.D. Food & Nutrition, University of Veterinary & Animal Sciences, (2020), Lahore, Pakistan

Fellow, Royal Society for Public Health, FRSPH, (2020), UK.

Principles & Practices of Clinical Research, PPCR, (2020), USA

Clinical Research Certified Professional, CRCP, (2015), Pakistan

Registered Dietitian/Nutritionist, RDN, (2014), Pakistan

Certified Food Safety Manager, CFSM, (2014), Pakistan

MS Public Health (Nutrition), Quaid-i-Azam University, (2013), Islamabad, Pakistan

B.Sc. (Hons.), PMAS – Arid Agriculture University, (2011), Rawalpindi, Pakistan

**Experience:**

2021 - to date – National University of Medical Sciences, Rawalpindi

2020 - to date – Ali Medical Hospital, F-8, Islamabad

2017 - 2021 – The University of Lahore, Islamabad Campus

2013 - 2017 Institute of Health & Management Sciences, affiliated with Shaheed Zulfiqar Ali Bhutto Medical University, Islamabad

**Research Interests:**

- Clinical Nutrition (Development of Fortified Foods for various Medical Conditions)
- Public Health Nutrition (Nutritional Status Assessment and Interventions for Infants, Children, Mothers, Adolescents, Adults & Elderly)
- Micronutrient Deficiencies (Iron Deficiency)
- Non-Communicable Diseases (Cardiovascular Diseases, Cancers, Diabetes, Obesity)

## **Publications:**

1. Ahmad AMR, Ahmed W, Anis RA, Iqbal S, ul Haq I, Rashid S. Co-administration of Inulin & Iron Fortificants improves Iron Deficiency Biomarkers in Female Sprague Dawley Rats. *Food Science & Nutrition*. 2021. (Accepted). (Impact Factor = 1.797)
2. Ahmad AMR, Ahmed W, Iqbal S, Javed M, Rashid S, ul Haq I. Prebiotics and iron bioavailability? Unveiling the hidden association-A review. *Trends in Food Science & Technology*. 2021; 110(4): 584-90. (Impact Factor = 11.077)
3. Anees M, Atta-ur-Rehman AMR, Ahmad SB, Siddique MH, Farooq U, Sultan A, et al. Persistent Inadequacies in Infant and Young Child Feeding Practices and Their Determinants. *Journal of Food and Nutrition Research*. 2020; 8(7): 347-54. (Impact Factor = 0.756)
4. Majeed S, Ahmed AMR, Naeem F, Naz S. Knowledge, Attitude and Practices of Mothers Regarding Exclusive Breastfeeding in Infants Admitted in PIMS, Islamabad. 2020; 3(2): 32-40.
5. Ahmad AMR, Ahmed W, Iqbal S, Mushtaq MH, Anis RA. Iron and prebiotic fortified flour improves the immune function of iron deficient women of childbearing age. *Pakistan Journal of Pharmaceutical Sciences*. 2020; 33(1): 253-61. (Impact Factor = 0.562)
6. Ahmad AMR, Ahmed W, Iqbal S, Mushtaq MH, Anis RA. Synergistic effect of galacto oligosaccharides and iron fortificants on serum iron, ferritin, transferrin and total iron binding capacity levels in anemic rats. *Pakistan Journal of Pharmaceutical Sciences*. 2019; 32(5): 1213-21. (Impact Factor = 0.562)
7. Ahmad AMR, Ronis KA. Nutritional Status of Pakistan's Elderly Population: A Comparative Review with Low to Middle Income Countries. *Pakistan Journal of Public Health*. 2015;5(2):22-5.
8. Ahmad AMR, Ronis KA. A Public Health Nutritional Assessment of Elderly in Islamabad: A mixed method Study. *A Public Health Nutritional Assessment of Elderly in Islamabad: A mixed method Study*. 2013; 3(4): 2-5.
9. Anjum N, Maqsood S, Masud T, Ahmad A, Sohail A, Momin A. *Lactobacillus acidophilus*: characterization of the species and application in food production. *Critical reviews in food science and nutrition*. 2014; 54(9): 1241-51. (Impact Factor = 7.862)

**(Total Impact Factor = 22.616)**