

Curriculum Vitae

Name: Dr. Nasiruddin Khan
Degree: Human Nutrition (PhD)
Job title: Associate Professor
Nationality: Indian
Date of birth: 01/07/1978



Present Address: College of Applied and Health Sciences

Department of Food Science and Human Nutrition, A' Sharqiyah University,

PO Box 42, Postal Code 400, Ibra, Sultanate of Oman

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EDUCATION

2005- 2010 Ph.D. from Faculty of Pharmacy, Department of Nutrition and Food Science, University of Barcelona, Spain.

2009- 2010 Master in Nutrition and Metabolism from University of Barcelona, Spain.

2002- 2004 Master in Science (Biotechnology), from Bundelkhand University, Jhansi, India.

2000- 2002 Master in Science (Inorganic Chemistry), from Aligarh Muslim University, Aligarh, India.

1998- 2000 B.Sc. Chemistry (Hons.) from Aligarh Muslim University, Aligarh, India.

TEACHING AND RESEARCH EXPERIENCE

February 2020-till present: Associate Professor (PhD), Human Nutrition, (HoD) Department of Health Sciences, College of Applied and Health Sciences, A' Sharqiyah University, Sultanate of Oman.

January 2016- January 2020: Assistant Professor (PhD), Human Nutrition, College of Applied and Health Sciences, A' Sharqiyah University, Sultanate of Oman.

December 2011-December 2015: Assistant Professor (PhD), King Saud University, Kingdom of Saudi Arabia.

Courses Taught

Human Nutrition, Medical Nutrition Therapy, Community Nutrition, Dietetic counseling, Assessment of Nutritional status, Institutional Food System Management, Nutrition in lifecycle, Nutrition and metabolism, Research skills in science, Emerging issues in Human nutrition and Food Science, Cultural foods.

Internship Trainings

August 2009- December 2009: Distance training “The effect of cocoa metabolites on production of reactive oxygen species (ROS) and gene expression (HO-1, Nrf2) *in vitro*” at *Cardiovascular Division, King’s College London*.

October 2007- November 2007: Distance training to learn Transmigration Technique (Monocytes and Lymphocytes) at *University of Ulm, Stuttgart, Germany*.

January 2004 – July 2004: Worked on synthesis and screening of antimicrobial peptides at Institute of *Genomics and Integrative Biology (IGIB), New Delhi, India*.

July 2003 – September 2003: Worked for a project entitled “Antimicrobial Activity of clove oil and its possible role in the treatment of urogenital infection” from the *Dept. of Biotechnology, Aligarh Muslim University, Aligarh, India*.

FELLOWSHIP: Predoctoral fellowship “Formacion de Profesorado Universitario (FPU) from the Ministry of Education and Science, Spain (2005-2010).

RESEARCH INTERESTS

- Food consumption pattern and lifestyle behavior
 - Dietary nutrients, supplement and health
 - Cocoa/chocolate metabolites, Atherosclerosis, CVD
 - Diabetes, obesity, metabolic syndrome
 - Maternal and child health.
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Research Grants as Principal Investigator (PI)

Responsible as **PI** in the following “The National Plan for Science, Technology and Innovation (NPST)” projects at King Saud University.

- 1. Project Title:** Premature biological aging in Saudi adults with Type 2 diabetes and the influence of endotoxemia. Technology Sector: Medicine and Health.
Project ID: 12-MED2565-02; Duration: 2014-2016.
 - 2. Project Title:** A study of dietary intervention for moderating fat intake in Saudi subjects with metabolic diseases. Technology Sector: Medical and Health.
Project ID: 11-MED1907-02; Duration: 2011-2013.
 - 3. Project Title:** The association of Sex Hormone–Binding Globulin (SHBG) with Pre-diabetes, features of Metabolic Syndrome and Dietary intake in Saudi children.
Duration: One year (2015)
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Editorial Board Membership

1- Editorial Board Member for International Journal of Diabetes & Clinical Diagnosis.
Joined on Dec 23, 2016,

https://www.graphyonline.com/journal/editorial_board_by_scope.php?journalid=IJDCD

2- Editorial Board Member for EC Nutrition Journal on Feb 21, 2017.

www.ecronicon.com/nutrition-editorial-panel.php

4- Peer-reviewer

- a. Gene
 - b. Nutrition journal
 - c. Libertas Academica journals
 - d. Journal of Toxicology
 - e. Journal of Taibah University Medical Sciences
 - f. BMC Public Health, Journal of Nutrition and Metabolism
 - g. Journal of King Saud University – Science
 - h. Nutrition and Food Science: Emerald Publishing
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Membership of Professional Bodies

- American Society for Nutrition (ASN), Regular Member (2021- to present)
- Nutrition Society of India, Lifetime member (2021- to present)

RESEARCH PUBLICATIONS

1. Sex-Specific Cut-Offs of Seven Adiposity Indicators and Their Performance in Predicting Metabolic Syndrome in Arab Adults.

Alfawaz, Hanan A., **Nasiruddin Khan**, Mohammed G. A. Ansari, Malak N. K. Khattak, Gamal M. Saadawy, and Nasser M. Al-Daghri. 2023. *Journal of Clinical Medicine* 12, no. 23: 7280. <https://doi.org/10.3390/jcm12237280>

2. Vitamin D Knowledge and Awareness Is Associated with Physical Activity among Adults: A Cross-Sectional Survey.

Al-Daghri, N.M.; Alfawaz, H.A.; **Khan, N.**; Saadawy, G.M.; Sabico, S. *Int. J. Environ. Res. Public Health* 2023, 20, 1601. <https://doi.org/10.3390/ijerph20021601>

3. Association of Vitamin D Knowledge, Behavior and Attitude with BMI Status among Arab Adults.

Al-Daghri NM, Alfawaz H, **Khan N**, Al-Saleh Y, Aljohani NJ, Aldisi D, Alkhaldi G, Alqarni AM, Almasoudi HO, Alshehri LA, Alanzi RM, Khattak MNK, Elsaid MA, Alokail MS. *International Journal of Environmental Research and Public Health*. 2022; 19(17):11107. <https://doi.org/10.3390/ijerph191711107>

4. Gut-Derived Endotoxin and Telomere Length Attrition in Adults with and without Type 2 Diabetes.

Al-Daghri, N.M.; Abdi, S.; Sabico, S.; Alnaami, A.M.; Wani, K.A.; Ansari, M.G.A.; Khattak, M.N.K.; **Khan, N.**; Tripathi, G.; Chrousos, G.P.; et al. *Biomolecules* 2021, 11, 1693. <https://doi.org/10.3390/biom11111693>

5. Dietary Intake and Supplement Use Among Saudi Residents during COVID-19 Lockdown.

Alfawaz, H.A.; **Khan, N.**; Aljumah, G.A.; Hussain, S.D.; Al-Daghri, N.M. *Int. J. Environ. Res. Public Health* 2021, 18(12), 6435; <https://doi.org/10.3390/ijerph18126435>

6. Difference on the prevalence, patterns and awareness of soft drink consumption among male and female Arab students.

Alfawaz H, **Khan N**, Alqahtani S, Ansari MGA, Khattak MNK, Aljumah MA, Al-Daghri NM. *J Public Health (Oxf)*. 2020 Oct 24;fdaa177. doi:10.1093/pubmed/fdaa177.

7. Prevalence, Predictors, and Awareness of Coffee Consumption and Its Trend among Saudi Female Students.

Hanan A. Alfawaz, **Nasiruddin Khan**, Sobhy M. Yakout, Malak N. K. Khattak, Amani A. Alsaikhan, Areej A. Almousa, Taghreed A. Alsuwailem, Taghreed M. Almjlad, Nada A. Alamri, Sahar G. Alshammari and Nasser M. Al-Daghri. *Int. J. Environ. Res. Public Health* 2020, 17(19), 7020. <https://doi.org/10.3390/ijerph17197020>

8. Awareness and Knowledge Regarding the Consumption of Dietary Fiber and Its Relation to Self-Reported Health Status in an Adult Arab Population: A Cross-Sectional Study.

Hanan Alfawaz [†], **Nasiruddin Khan**[†], Haya Alhuthayli, Kaiser Wani, Muneerah A. Aljumah, Malak Nawaz Khan Khattak, Saad A. Alghanim and Nasser M. Al-Daghri. *Int. J. Environ. Res. Public Health* 2020, 17(12), doi.org/10.3390/ijerph17124226

9. The Prevalence and Awareness Concerning Dietary Supplement Use among Saudi Adolescents.

Hanan Alfawaz, **Nasiruddin Khan**, Alwateen Almarshad, KaiserWani, Muneerah A. Aljumah, Malak Nawaz Khan Khattak and Nasser M. Al-Daghri. *Int. J. Environ. Res. Public Health* 2020, 17 (10), 3515; doi:10.3390/ijerph17103515.

10. Caffeinated beverages and energy drink: pattern, awareness and health side effects among Omani university students.

Nasiruddin Khan. *Biomedical Research* 2019; 30 (1): 113-121.
DOI:10.35841/biomedicalresearch.30-19-014

11. Use of Vitamin D Supplements in Middle East Countries: The Need of the Hour.
Nasiruddin Khan and Shakira Khatoun. *EC Nutrition* 13.9 (2018): 596-599.

12. Prevalence of Dietary Supplement Use and Associated Factors among Female College Students in Saudi Arabia.

Hanan Alfawaz; **Nasiruddin Khan**; Aziza Alfaifi; Fatima Shahrani; Huda Tameem; Seetah Al-Otaibi; Weaam Abudigin; Mohammad Al-Shayaa; Saad Al-Ghanim; Nasser Al-Daghri. *BMC Womens Health*. 2017 Nov 22;17(1):116. doi: 10.1186/s12905-017-0475-y.

13. Factors associated with dietary supplement use in Saudi pregnant women.

Hanan A Alfawaz, **Nasiruddin Khan**, Najlaa AlOteabi, Syed D. Hussain, and Nasser M. Al-Daghri. *Reprod Health*. 2017; 14: 104. doi: 10.1186/s12978-017-0357-7.

14. Attitudes and Behavior Towards Sunlight Exposure and Knowledge About Vitamin D Among Omani Female University Students.

Nasiruddin Khan, Sajid Hussain, Shahana Bashar, Sikander Hasan, Eunice Anne Gonzaga Palis, Saud Iqbal. *EC Nutrition* 8.2 (2017): 35-42.

15. Sun Exposure, Skin Color and Vitamin D Status in Arab Children and Adults.

Al-Daghri NM, Al-Saleh Y, **Khan N**, Sabico S, Aljohani N, Alfawaz H, Alsulaimani M, Al-Othman AM, Alokail MS. *J Steroid Biochem Mol Biol*. 2016 May 12.

16. Gender-specific associations of serum sex hormone-binding globulin with features of metabolic syndrome in children.

Al-Daghri NM, **Khan N**, Sabico S, Al-Attas OS, Alokail MS, Kumar S. *Diabetol Metab Syndr*. 2016 Mar 8;8:22.

17. Postprandial Effect of a High-Fat Meal on Endotoxemia in Arab Women with and without Insulin-Resistance-Related Diseases.

Al-Disi DA, Al-Daghri NM, **Khan N**, Alfadda AA, Sallam RM, Alsaif M, Sabico S, Tripathi G, McTernan PG. *Nutrients*. 2015 Aug 4;7(8):6375-89.

18. Vitamin D status in Saudi school children based on knowledge.

Al-Saleh Y, Al-Daghri NM, **Khan N**, Alfawaz H, Al-Othman AM, Alokail MS, Chrousos GP. *BMC Pediatr*. 2015 May 6;15(1):53.

19. Vitamin D Supplementation and Serum Levels of Magnesium and Selenium in Type 2 Diabetes Mellitus Patients: Gender Dimorphic Changes.

Nasser M. Al-Daghri, Khalid M. Alkharfy, **Nasiruddin Khan**, Hanan A. Alfawaz, Abdulrahman S. Al-Ajlan, Sobhy M. Yakout, and Majed S. Alokail. *Int. J. Vitam. Nutr. Res.*, 84 (1 – 2), 2014, 27 – 34.

20. The use of natural and derived sources of flavonoids and antioxidants in Saudi Arabia.

Nasiruddin Khan, Nasser M Al-Daghri, Abdulrahman S Al-Ajlan and Majed S Alokail. *Integr Food Nutr Metab*, 2014,1(2): 100-106.

21. Gender-dependent associations between socioeconomic status and metabolic syndrome: a cross-sectional study in the adult Saudi population.

Al-Daghri NM, Alkharfy KM, Al-Attas OS, **Khan N**, Alfawaz HA, Alghanim SA, Al-Yousef MA, Al-Ajlan AS, Alokail MS. *BMC Cardiovasc Disord*. 2014 Apr 14;14(1):51.

22. Association of VDR-gene variants with factors related to the metabolic syndrome, type 2 diabetes and vitamin D deficiency.

Al-Daghri NM, Al-Attas OS, Alkharfy KM, **Khan N**, Mohammed AK, Vinodson B, Ansari MG, Alenad A, Alokail MS. *Gene*. 2014.

23. Cocoa polyphenols and inflammatory markers of cardiovascular disease.

Khan N, Khymenets O, Urpí-Sardà M, Tulipani S, Garcia-Aloy M, Monagas M, Mora-Cubillos X, Llorach R, Andres-Lacueva C. *Nutrients*. 2014 Feb 21;6(2):844-80.

24. Association of dietary fatty acids intake with pro-coagulation and inflammation in Saudi Adults.

Omar S Al-Attas, Nasser M Al-Daghri, Majed S Alokail, Khalid M Alkharfy, **Nasiruddin Khan**, Hanan A Alfawaz, Ibrahim A Aiswaidan, Abdulrahman S Al-Ajlan, George P Chrousos. *Asia Pac J Clin Nutr*. 2014;23(1):55-64.

25. Selected Dietary Nutrients and the Prevalence of Metabolic Syndrome in Adult Males and Females in Saudi Arabia: A Pilot Study.

Nasser M. Al-Daghri, **Nasiruddin Khan**, Khalid M. Alkharfy, Omar S. Al-Attas, Majed S. Alokail, Hanan A. Alfawaz, Abdulaziz Alothman and Paul M. Vanhoutte. *Nutrients* **2013**, 5, 4587-4604.

26. Assessment of selected nutrients intake and adipocytokines profile among Saudi children and adults.

Al-Daghri NM, Al-Othman A, Alkharfy KM, Alokail MS, **Khan N**, Alfawaz HA, Aiswaidan IA, Chrousos GP. *Endocr J*. 2012 59(12):1057-63

27. Regular consumption of cocoa powder with milk increases HDL cholesterol and reduces oxidized LDL levels in subjects at high-risk of cardiovascular disease.

Khan N, Monagas M, Andres-Lacueva C, Casas R, Urpí-Sardà M, Lamuela RM, Estruch R. *Nutr Metab Cardiovasc Dis*. 2012 Dec;22(12):1046-53.

28. Targeted and metabolomic study of biomarkers of cocoa powder consumption. Effects on inflammatory biomarkers in patients at high risk of cardiovascular disease.

Nasiruddin Khan; Maria Monagas, Rafael Llorach, Mireia Urpi-Sarda, Montse Rabassa, Ramon Estruch, Cristina Andres-lacueva. *AgroFood industry hi-tech - May/June 2010 - vol 21, n 3.*

29. Distribution of epicatechin metabolites in lymphoid tissues and testes of young rats with a cocoa-enriched diet.

Urpi-Sarda M, Ramiro-Puig E, **Khan N**, Ramos-Romero S, Llorach R, Castell M, Gonzalez-Manzano S, Santos-Buelga C, Andres-Lacueva C. *Br J Nutr.* 2010; 26:1-5.

30. Effect of milk on the urinary excretion of microbial phenolic acids after cocoa powder consumption in humans.

Urpi-Sarda, M., Llorach, R., **Khan, N.**, Monagas, M., Rotches-Ribalta, M., Lamuela-Raventos, R., Estruch, R., Tinahones, F. J., & Andres-Lacueva, C. (2010). *Journal of agricultural and food chemistry*, 58(8), 4706–4711. <https://doi.org/10.1021/jf904440h>

31. Effect of cocoa powder on the modulation of inflammatory biomarkers in patients at high risk of cardiovascular disease.

Monagas M, **Khan N**, Andres-Lacueva C, Casas R, Urpí-Sardà M, Llorach R, Lamuela-Raventós RM, Estruch R. *Am J Clin Nutr.* 2009; 90(5):1144-50.

32. Dihydroxylated phenolic acids derived from microbial metabolism reduce lipopolysaccharide-stimulated cytokine secretion by human peripheral blood mononuclear cells.

Monagas M, **Khan N**, Andrés-Lacueva C, Urpí-Sardá M, Vázquez-Agell M, Lamuela-Raventós RM, Estruch R. *Br J Nutr.* 2009;102(2):201-6

33. Targeted metabolic profiling of phenolics in urine and plasma after regular consumption of cocoa by liquid chromatography-tandem mass spectrometry.

Urpi-Sarda M, Monagas M, **Khan N**, Llorach R, Lamuela-Raventós RM, Jáuregui O, Estruch R, Izquierdo-Pulido M, Andrés-Lacueva C. *J Chromatogr A.* 2009, 23; 1216(43):7258-67.

34. Epicatechin, procyanidins, and phenolic microbial metabolites after cocoa intake in humans and rats.

Urpi-Sarda M, Monagas M, **Khan N**, Lamuela-Raventos RM, Santos-Buelga C, Sacanella E, Castell M, Permanyer J, Andres-Lacueva C. *Anal Bioanal Chem.* 2009; 394(6):1545-56

35. Flavanol and flavonol contents of cocoa powder products: influence of the manufacturing process.

Andres-Lacueva C, Monagas M, **Khan N**, Izquierdo-Pulido M, Urpi-Sarda M, Permanyer J, Lamuela-Raventós RM. *J Agric Food Chem*. 2008;14;56(9):3111-7.

36. Solution equilibria of the motif-forming region upstream of the B-cell lymphoma-2 P1 promoter.

Khan N, Aviñó A, Tauler R, González C, Eritja R, Gargallo R. *Biochimie*. 2007 Dec;89(12):1562-72.

BOOK CHAPTERS

1. Health Effects of Dark Chocolate: Nasiruddin Khan

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<https://doi.org/10.9734/bpi/mono/978-81-19217-36-6/CH5>

2. Nasiruddin Khan, Rafael Llorach, Mireia Urpi-Sarda, Raul Zamora-Ros, Antonio Cherubini, Cristina Andres-Lacueva, Approaching Dietary Components and Immune Function (Nutrition and Health, 2010, Part 5, 397-420, DOI: 10.1007/978-1-60761-061-8_23): **Resveratrol and Bioactive Flavonoids in Immune function. 2010.** Watson, Ronald R.; Zibadi, Sherma; Preedy, Victor R. (Eds.) ISBN: 978-1-60761-060-1. Springer Ed.

3. Andres-Lacueva, C.; Medina-Rejon, A.; Llorach, R.; Urpi-Sarda, M.; **Khan, N.**; Chiva, G.; Zamora-Ros, R.; Rotches-Ribalta, M.; Lamuela-Raventós, RM. **Phenolic compounds, Chemistry and occurrence in fruits and vegetables. Fruit and vegetable phytochemicals: Chemistry, nutritional value and stability.** Blackwell. 2009 (UNITED KINGDOM) ISBN: 978-0-8138-0320-3.

4. Nasiruddin Khan, Maria Monagas, Mireia Urpi-sarda, Rafael Llorach, Cristina Andres Lacueva. **Contribution of bioactive foods and their emerging role in immunomodulation, inflammation and arthritis.** *ELSEVIER (2011)*

5. Nasiruddin Khan, Nathalie M. Nicod. Biomarkers of cocoa consumption. *Springer Verlag Italia Srl (2011).*

6. Mireia Urpi-Sarda, Rafael Llorach, Maria Monagas, **Nasiruddin Khan**, Maria Rotches-Ribalta, Elena Roura, Rosa Lamuela-Raventós, Ramón Estruch and Cristina Andres-Lacueva. Effect of cocoa powder in the prevention of cardiovascular disease: Biological, consumption

and inflammatory biomarkers. A metabolomic approach. (E-Book) *Transworld Research Network, Recent Advances in Pharmaceutical Sciences, 2011.*

INTERNATIONAL CONFERENCES

Oral presentation:

1. Adiposity Indicators and Their Role in Predicting Metabolic Syndrome in Arab Adults.
2nd International conference on Clinical Nutrition & Dietary Lifestyle, Virtual Conference, 22-23 Feb 2024, India.
2. “Coffee Consumption: Predictors, Prevalence, Awareness, and Trend among Saudi University Students”
ICSNF 2021: XV. International Conference on Science of Nutrition and Food, September 27-28, 2021, Istanbul-Turkey.
3. Use and Health Effects of Caffeinated Beverages in Omani Student. **ICFSN 2019: International Conference on Food Security and Nutrition Mumbai, India, February 7 - 8, 2019.**
4. Epicatechin Metabolites and Its Effect on ROS Production in Bovine Aortic Endothelial Cells. **CFSNFT 2016: 18th International Conference on Food Science, Nutrition and Food Technology. Dubai, UAE, September 21-22, 2016.**
5. Dietary Modification and Its Effects in Overweight or Obese Saudi Women with or without Type 2 Diabetes Mellitus. **ICAFNS 2015: XIII International Conference on Agricultural, Food and Nutritional Sciences, Dubai, UAE, January 30-31, 2015.**
6. Vitamin D Status in Saudi School Children Based on Knowledge. **The 2nd Saudi Osteoporosis Society International Conference (March 12-13, 2014, Marriott Hotel, Riyadh, KSA)**

Posters:

- 1- Selected dietary nutrients and the prevalence of metabolic syndrome in adult males and females in Saudi Arabia.

IUNS 20th International Congress of Nutrition, 15-20th September 2013 – Granada, Spain.

- 2- Effect of cocoa-enriched diet on the accumulation of epicatechin metabolites in lymphoid tissues and testes of young rats.

ICPH 4th International Conference on Polyphenols and Health, 7-11 December, 2009, Yorkshire, Harrogate (UK).

- 3- Daily intake of cocoa with milk have marked effect on biomarkers of atherosclerosis.

15th Annual Scandinavian Atherosclerosis conference, 22- 25 April, 2009, Copenhagen, Denmark.

- 4- Anti-inflammatory properties of phenolic acids derived from microbial metabolism.

24th international conference on polyphenols, 8-11 July, 2008, Salamanca, Spain.

- 5- Dihydroxylated phenolic acids derived from microbial metabolism of cocoa procyanidins reduce lipopolysaccharide-stimulated cytokine secretion by human peripheral blood mononuclear cells.

XII Food Studies Meeting on Health and Chemistry: Healthy Ingredients, 26-27th November, 2008, Barcelona, Spain.

Meetings, Seminar and Exhibition Attended:

1. National Conference: Participation in “**6th Conference on Food Quality and Safety, June 11-14 2023, Oman.**
2. Seminar Expert Tour Agilent, about Productivity of GC, GC/MS and about New GC Triple Quadrupole Agilent 7000A. **21 January, 2009, Barcelona, Spain.**
International Food and Beverages Exhibition. **10-13 March, 2008, Barcelona, Spain.**

3. Seminar: New version of Data Analysis with SPSS Version 16. **21 February, 2008, Barcelona, Spain.**
 4. Seminar: World Tour 2007 Agilent Technologies “modern techniques of MS for the analysis of phenolic metabolites in biological samples”. **18 April, 2007, Barcelona, Spain.**
 5. Seminar: “Comocaixa” about factors influencing longevity, prospects of Metabolism, Evolutionary Biology and Ontogeny. **18 October, 2007, Barcelona, Spain.**
 6. Seminar Waters “Recent advances in the identification of metabolites and metabonomics”, about metabonomics and interpretation of data. New methods for determination of metabolites. **6 July, 2006, Barcelona, Spain.**
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