

Alireza Jahan-mihan

1 UNF Dr. Jacksonville, Fl, USA, 32224-7699
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EDUCATION

2004 – 2011

Ph.D., Department of Nutritional Sciences, University of Toronto, Toronto, Canada

Thesis: Nutritionally adequate protein sources in diets during gestation, lactation and weaning influence food intake and the risk of characteristics of metabolic syndrome in offspring of Wistar rats.

Supervisor: Dr. G. Harvey Anderson

2005 – 2007

Upgrading Dietetic Courses and Practicum, School of Nutrition, Ryerson University; Humber River Regional Hospital; and Campbell's Soup Co., Toronto, Canada

1996 – 1999

M.Sc., Department of Nutritional Sciences, Shiraz University of Medical Sciences, Shiraz, Iran

Thesis: The role of dietary recommendations in the total well-being of gastrointestinal cancer patients.

Supervisor: Dr. Z. Mazloom

1989 – 1993

B.Sc., Department of Nutritional Sciences, Isfahan University of Medical Sciences, Isfahan, Iran

PUBLICATIONS, PEER-REVIEWED

Jahan-mihan A, The effect of proteins in maternal diet on fetal and early post-natal development of food intake regulation in hypothalamus (an editorial article) (*accepted, Jacobs Journal of Physiology*)

Jahan-mihan A, The role of maternal dietary proteins in development of characteristics of metabolic syndrome in offspring: A Comprehensive Review (submitted, first revision)

Rodriguez J., Ed. Christie C, **Jahan-mihan A.**, 200 Surefire Ways to Eat Well and Feel Better. *Four Winds Press. 2014 (Book chapter)*

Jahan-mihan A, Szeto IMY, Luhovyy BL, Huot PSP, Anderson GH. Soy protein and casein based nutritionally complete diets fed during gestation and lactation differ in effects on characteristics of metabolic syndrome in male offspring of Wistar rat. *Br J Nutr* 2011, Jun 29:1-11.

Jahan-mihan A, Luhovyy BL, El Khury D, Anderson GH. Dietary proteins as determinants of metabolic and physiologic functions of the gastrointestinal tract. *Nutrients* 2011, 3(5):574-603.

Jahan-mihan A, Smith C, Anderson GH. Soy protein and casein based weaning diets differ in effects on food Intake and blood glucose regulation in male Wistar rats. *Nutr Res* 2011, 31(3):237-45.

Jahan-mihan A, Smith C, Anderson GH. The effect of nutritionally adequate protein sources in maternal diets on development of intake regulatory system in male offspring of Wistar rats. *Am J Physiol Regul Integr Comp Physiol* 2011, 300(5):R1175-84.

Jahan-mihan A, Smith C, Anderson GH. Soy protein-based compared with casein-based diets fed during pregnancy and lactation increase food intake and characteristics of metabolic syndrome less in female than male rat offspring. *Nutr Res.* 2011;31(8):644-51.

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Szeto IMY, Payne M, **Jahan-mihan A**. Effect of gestational vitamin intake on body weight and macronutrient selection in rat offspring. *J Dev Orig Health Dis* 2010, 1:386-395.

Szeto IMY, Huot PSP, Reza-Lopez SA, **Jahan-mihan A**, Anderson GH. The effect of high multivitamin diet during pregnancy on food intake and glucose metabolism in Wistar rat offspring fed low-vitamin diets post-weaning. *J Dev Orig Health Dis*, doi: 10.1017/S2040174411000523.

Huot PSP, Szeto IMY, Reza-López SA, Poon AN, Lay A, **Jahan-Mihan A**, Ma DWL, Anderson GH. Components of the metabolic syndrome induced by high multivitamin gestation diet persist and are transmitted to subsequent female F2 generation when weaned to a low vitamin diet. (in progress)

PUBLICATIONS, NON-PEER-REVIEWED

Jahan-mihan A. Dietary Recommendations for Hyperlipidemic Patients (booklet) 1994, Shiraz University of Medical Sciences

REFEREED ABSTRACT PUBLICATIONS

Jahan-mihan A, The role of dietary proteins in maternal diet in risk of development of glucose intolerance and diabetes mellitus in offspring: Global Diabetologists Annual Meeting (submitted)

Jahan-mihan A, Anderson GH. Protein source during pregnancy influences body weight, glucose metabolism and blood pressure in offspring of rats. *Obesity* 2009, 17 (Suppl 2): S89.

Jahan-mihan A, Luhovyy B, Anderson GH. The source of protein in nutritionally adequate gestational diet affects blood pressure in the offspring of rats. *J Appl Physiol Nutr Metab* 2008, 3 (33): 618.

Jahan-mihan A, Luhovyy B, Duan J, Anderson GH. Protein source in a nutritionally adequate diet during pregnancy influences food intake regulation, body weight and blood pressure in offspring of rats. *Obesity* 2008, 16 (Suppl 1): S190.

Reza-Lopez SA, Huot PSP, **Jahan-mihan A**, Szeto IM, Okubo N, Ma DWL, Anderson GH. High multi-vitamin intake during the first pregnancy alters the phenotype of the second litter male offspring. *J Appl Physiol Nutr Metab* 2008, 3 (33): 631.

Payne M, Luhovyy B, Szeto IM, **Jahan-mihan A**, Duan J, Anderson GH. Fetal programming of food selection and regulation by serotonergic system by maternal diet in rats. *J Appl Physiol Nutr Metab* 2008, 3 (33): 631.

Jahan-mihan A, Anderson GH. The protein composition of the weaning diet alters satiety response to the protein preloads. *Obesity*, 15 (9): A120.

CONFERENCE PRESENTATIONS, ORAL

Jahan-mihan A, Anderson GH. Protein source during pregnancy and lactation influences BW, glucose metabolism and blood pressure in offspring of rat. The Obesity Society Annual Scientific Meeting. 2009. Washington, DC, USA.

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Jahan-mihan A, Anderson GH. Effect of protein source in the maternal diet of rats on food intake and characteristics of the metabolic syndrome in the offspring. Endocrine and Diabetes Research Group, Annual meeting 2009. University of Toronto, Department of Physiology, Toronto, Canada.

Jahan-mihan A, Anderson GH. Protein source in a nutritionally adequate diet consumed during pregnancy and weaning affects food intake regulation and metabolism in the offspring of rats. First Canadian Obesity Student Meeting, 2008 Quebec, Canada.

Jahan-mihan A, Luhovyy B, Anderson GH. The source of protein in a nutritionally adequate gestational diet affects blood Pressure in the offspring of rats. Joint CSNS & CSCN Meeting, 2008. Toronto, Canada.

Jahan-mihan A, Anderson GH. Protein source in a nutritionally adequate diet consumed during pregnancy and influence blood pressure and metabolism in the offspring of rats. Endocrine and Diabetes Research Group, Annual meeting, 2008. University of Toronto, Department of Physiology, Toronto, Canada.

CONFERENCE PRESENTATIONS, POSTER

Jahan-mihan A, Luhovyy B, Duan J, Anderson GH. Protein source in a nutritionally adequate diet during pregnancy influences food intake regulation, body weight and blood pressure in offspring of rats. The Obesity Society Annual Scientific Meeting. 2008, Phoenix, AZ, USA.

Jahan-mihan A, Anderson GH. The protein composition of the weaning diet alters satiety response to protein preloads in rats. The Obesity Society's Annual Scientific Meeting. 2007, New Orleans, LA, USA.

INVITED LECTURES

Jahan-mihan. A. A new Concept in Physiological and Nutritional Characteristics of Dietary Proteins. Dept Biology, University of North Florida, 2014, Jacksonville, FL, USA

Jahan-mihan. A. Nutrition and cancer. Canadian Cancer Society, 2011, Toronto, Canada

Jahan-mihan. A. Nutrition, an overview. Faculty of Physical Education and Health, University of Toronto, 2011, Toronto, Canada

Jahan-mihan. A. Dietary proteins in health and diseases. Canadian Iranian Society of Food and Nutrition Scientists, 2010. Toronto, Canada

Jahan-mihan. A. Nutrition in health and diseases. Radio lecture series, 2007 – 2008. Toronto, Canada

Jahan-mihan. A. Nutrition and obesity. Community of Biochemists and Microbiologists, 2007. Toronto, Canada

Jahan-mihan. A. Regulation of health claims in Canada. Canadian Iranian Society of Food and Nutrition Scientists, 2006. Toronto, Canada

EDITORIAL BOARDS' MEMBER:

- Scholarena Journal of Nutrition and Food (SAJNF)

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- Jacobs Journal of Physiology
- Journal of Nutrition and Health Sciences
- Austin Journal of Obesity and Metabolic Syndrome
- Austin Journal of Nutrition and Food Sciences
- International Journal of Agricultural Sciences and Food Technology
- Journal of Clinical Nutrition and Dietetics
- Biological Sciences

REVIEWER:

- Journal of Nutrition
- Nutrition Research
- Austin Journal of Obesity and Metabolic Syndrome
- Austin Journal of Nutrition and Food Sciences

AWARDS AND GRANTS

- The Us Grant. University of North Florida. 2014.
- The Us Grant. University of North Florida. 2013.
- Faculty Development Scholarship Grant. University of North Florida. 2013.
- The Christine Gagnon Memorial Travel award, Canadian Society for Nutritional Sciences (CSNS). 2008.
- Canadian Obesity Network. Travel award, 2006.
- Iran Standard and Industrial Research Institute (ISIRI) Award, Selected as the Best Provincial Quality Control supervisor in food industry. 1997.

RESEARCH EXPERIENCE

2013– present:

Principal Investigator (PI): Department of Nutrition and Dietetics, University of North Florida.
Lead the following studies as PI:

- “The Effect of Devazepide (CCK Receptor Blocker) on Food Intake after Whey and GMP Preloads in Wistar rats.” IACUC # 14-001. Funded by “US” grant. (*Data analysis, preparing manuscript*)

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- “The Effect of Characteristics of Proteins Consumed During Pregnancy, Lactation and Weaning on Food Intake and Characteristics of Metabolic Syndrome in Dams and Offspring of Wistar Rats.” IACUC # 13-017. Funded by “US” grant. (*In progress*)
- “The Interactive Effect of Source of Protein and Exercise on Body Weight, Body Composition, Food Intake and Food Intake Regulatory System in Obese Female Wistar Rats.” IACUC # 14-009. Co PI: Dr. Peter Magyari. In collaboration with Dr. Scott Powers (University of Florida). Funded by Brooks College of Health, University of North Florida. (*In progress*)
- “The Effect of Source of Protein on Short-term Food Intake in Normal Weight and Obese Children”. IRB# 517129-1. Co PI: Dr. Corrine Labyak. (*In progress: Completing the files and searching for collaborators in school boards*)
- “The Effect of Moderate- and Vigorous-Intensity Physical Activity on Food Intake Regulatory System and Glucose Metabolism in Young Normal Weight and Obese Male Subjects”. IRB# 557901-1. CoPIs: Dr. Peter Magyari and Dr. Sherry Pinkstaff. Funded by UNF: Faculty Development Grant. (*In progress: screening and recruiting subjects*)
- Supervising UNF graduate and undergraduate students and also international interns from France, Brazil and Turkey in the field of nutrition research

2015:

Member of Organizing Committee: “9th Global Diabetologists Annual Meeting and Medicare Expo 2016” Jun 6-8, 2016, Dallas, USA.

- Organizing the conference and developing symposia on new research topics.

2013-present:

Scientific Advisory Panel, Florida Dairy Farmers: Served “Florida Dairy Farmers” as a member of Scientific Advisory Panel.

2013– present:

Chair of Research Committee: Department of Nutrition and Dietetics, University of North Florida.

- Lead the committee to create guidelines and strategically plans a comprehensive system to support the Department’s research agenda.

2013-present:

Member of Research Committee: Brooks College of Health, University of North Florida.

- Serve the committee to further develop research in college level.

2008 – 2011

Research Associate, Department of Nutritional Sciences, University of Toronto

- Completed doctoral research in the field of dietary proteins and fetal programming from conceptualization and design to data analysis and manuscript preparation.
- Developed expertise in the field of dietary proteins and fetal programming.

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2008

Research Dietitian, Pulse Study. Dr. G.H. Anderson's lab, Department of Nutritional Sciences, University of Toronto

- Conducted initial nutritional assessment as part of the study recruitment process and followed up with subjects during the study by completing diet history (including food frequency list and 24 hour food recall) and providing dietary recommendations.

1996 – 1999

Research Leader, Department of Nutritional Sciences, Shiraz University of Medical Sciences

- Conducted a clinical research in the field of nutrition and gastrointestinal tract cancers.

1993 – 1994

Research Dietitian, Hemodialysis Research Program, Shiraz University of Medical Sciences

- Cooperated in recruitment process.
- Contributed to the development of a nutritional education video for patients under hemodialysis.

1992 – 1993

Research Assistant, Myocardial Infarction Research Centre at Isfahan University of Medical Sciences

- Cooperated in recruitment process
- Contributed to the development of illustrated nutritional questionnaire and education materials.

TEACHING EXPERIENCE

Graduate courses:

HUN 6916: Advanced Concepts in Nutrition

HUN 6285: Nutrition and Metabolism I

HUN 6331: Nutrition and Metabolism II

Undergraduate courses:

DIE 3213: Clinical Nutrition Therapy I

DIE 3246: Clinical Nutrition Therapy II

HUN 2201: Basic Principles of Human Nutrition

PROFESSIONAL EXPERIENCE

2013- Present

Asst Professor: University of North Florida (UNF), FL, USA

- Teaching undergraduate and graduate Nutrition and Dietetics courses (Medical Nutrition Therapy I and II, Advanced Concepts in Nutrition, Metabolism and Nutrition I and II).
- Research in the field of Nutrition and Dietetics.
- Publish research findings in major peer-reviewed professional journals.
- Participate in the department and university-wide events or projects.
- Serve in various academic or administrative committees such as Search and Screen Committees, and Accreditation Review Committee.

2011 – 2013

Clinical Dietitian, LANARK Heights long-term care, Kitchener, ON

- Provided optimal nutritional care to residents through nutritional assessment, development, and implementation of care plans and through the education of patients and caregivers.
- Collaborated with other health care team members through care conferences and other channels.

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- Supervised dietetic interns.

2008 – 2010

Clinical Dietitian (Part-time), Collingwood Nursing Home, ON

- Provided optimal nutritional care to residents through nutritional assessment, development and implementation of care plans and through the education of patients and caregivers.
- Collaborated with other health care team members through care conferences and other channels.

2002 – 2004

Quality Control Supervisor, Universal Foods Co, Toronto, ON

- Monitored incoming products including juices, jams, and pickles and supervised a food laboratory.
- Provided nutritional information about the products to customers.

2001 – 2002

Clinical Dietitian, Self-employed, Nutrition and Diet Clinic, Shiraz, Iran

- Provided nutritional assessment, development and implementation of care plans
- Developed nutritional education materials in a simple format.
- Supervised dietetic interns.

2000 – 2001

R&D Manager, Taktaz Foods Co, Shiraz, Iran

- Designed production lines for jams and pickles
- Developed new quality control and laboratory monitoring systems based on HACCP and GMP.
- Contributed to the development of new products
- Supervised a team of 15 employees including 4 experts and 11 technicians.

1996-1997, 1998-2000

Technical Director & Quality Control Manager, Limondis Foods Co, Shiraz, Iran

- Contributed to the development of new quality control and laboratory systems based on ISO and HACCP standards.
- Established technical committee that included quality control and production departments, and a factory manager.
- Supervised a team of 25 staff including 2 experts and 9 specialized technicians.

1997 – 1998

Production Expert, Dashte Morghab Foods Co (1&1), Shiraz, Iran

- Supervised jams, pickles and juices production lines

1993 – 1995

Clinical Dietitian, Nemazee General Hospital, Shiraz, Iran

- Instructed dietetic internship and supervised dietetic interns.
- Developed nutrition education materials including videos, booklets and pamphlets.
- Established nutritional *on the job* and *off the job* training for health care team members.
- Established "Nutrition Committee" including managers, departments supervisors, dietitians and accountant.
- Co-supervised food service and nutrition wards.
- Cooperated with research groups as research dietitian in the fields of CHD and hemodialysis.

ADMINISTRATIVE EXPERIENCE:

2015-present:

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Member of Faculty Affairs Committee: Provides faculty with mechanisms and procedures, independent of the collective bargaining process, for the development and implementation of recommendations in areas of faculty concern.

2015-present:

Member of Department of Nutrition's Search Committee: Serve committee to identify and evaluate candidates for two tenure positions in Associate Professor level.

CERTIFICATIONS AND TRAININGS

2013

Certified on-line Instructor and Course Developer, University of North Florida

1993 – Present

Registered Dietitian, Member of Academy of Nutrition and Dietetics, First Coast Academy of Nutrition and Dietetics, and College of Dietitians of Ontario (CDO).

2007

Dietetic Practicum, Humber River Hospital & Campbell's Soup Co, Toronto.

2006

Regulation of Food Safety & Composition (NFS 1212H), University of Toronto, Department of Nutritional Sciences, Toronto.

1996

Structure and Documentation of Quality Management ISO 9000, TUV.

1996

Quality Management Auditor ISO 10011, TUV

MEMBERSHIP IN PROFESSIONAL SOCIETIES

2005 – present The Obesity Society: ID# 19550

2006 – present Canadian Obesity Network: ID # 1243

2006 – present Dietitians of Canada (DC): ID#

2007 – present College of Dietitians of Ontario (CDO); ID#

2013 – present Institute of Food Technologists (IFT): ID# 00768758

2014 – present Academy of Nutrition and Dietetics: ID#86045553

2015 – present First Coast Academy of Nutrition and Dietetics: ID # 27627366

2015 – present Obesity Action Coalition: ID# 70364817