

Mohammad M. H. Abdullah, MSc., PhD.

Assistant Professor, Department of Food Science and Nutrition
College of Life Sciences, Kuwait University
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Degrees/Qualifications

Doctor of Philosophy, Department of Human Nutritional Sciences, University of Manitoba, Canada.
Supervised by Prof. Peter J H Jones. PhD Thesis "*Genetic Heterogeneity in the Impact of Dairy Product Consumption on Cholesterol Metabolism in Humans*" 2010-2015

Master of Science, Department of Human Nutritional Sciences, University of Manitoba, Canada.
Supervised by Prof. Mohammed H Moghadasian. MSc Thesis "*Investigating the Therapeutic Potential of Dietary Conjugated Linoleic Acid (CLA) and Telmisartan Co-Administration in Metabolic Syndrome in the Sprague-Dawley Rat*" 2004-2006

Bachelor of Science, Department of Biological Sciences, Kuwait University, State of Kuwait. BSc
Senior Thesis "*Anti-microbial Activities of Plant Extracts: A Screening Study*" 1997-2002

Research Interests

Nutritional genomics (nutrigenomics and nutrigenetics), including the genetic makeup in relation to responses of cholesterol metabolism to dairy product intakes; dietary cholesterol and fatty acids; cardiometabolic diseases; functional foods and nutraceuticals; public health; and nutrition economics, including assessment of the monetary value of healthy dietary behaviors

Research and Professional Experience

2016-present	Assistant Professor, Department of Food Science and Nutrition, College of Life Sciences, Kuwait University, State of Kuwait
2016-2018	Research Associate, Richardson Centre for Functional Foods and Nutraceuticals, University of Manitoba
2015	Nutrition Research Consultant, Pulse Canada.
2015	Nutrition Research Consultant, Solazyme Inc.
2015	Student Research Assistant, Department of Agribusiness & Agricultural Economics, Faculty of Agricultural and Food Sciences, University of Manitoba
2014-2015	Teaching Assistant (HNSC/FOOD 4540), Department of Human Nutritional Sciences, Faculty of Human Ecology, University of Manitoba
2014	Nutrition Research Consultant, Kellogg Canada Inc.
2004-2012	Teaching Assistant on Scholarship, Department of Family Sciences, College for Women, Kuwait University

2003-2004	Teaching Assistant, Department of Family Sciences, College for Women, Kuwait University
2003	Teaching Assistant, Department of Biological Sciences, Faculty of Science, Kuwait University

Memberships

2013-present	American Society for Nutrition
2006-present	Canadian Nutrition Society
2012-2014	Human Nutritional Sciences Graduate Students Association, University of Manitoba
2006-present	Obesity Canada – Obésité Canada
2004-2006	Centre on Aging, University of Manitoba

Academic Merits

2015	Nestle Nutrition Graduate Student Award, Canadian Nutrition Society, 3 rd Place
2015	Christine Gagnon Memorial Travel Award, Canadian Nutrition Society
2015	American Society for Nutrition's Clinical Emerging Leader Award, Winner
2013-2016	Human Ecology Travel Award
2013-2014	Bruce McDonald Award in Clinical Nutrition, University of Manitoba
2013, 2015	Faculty of Graduate Studies Travel Award, University of Manitoba
2011-2015	NSERC-CREATE Food Advancement through Science and Training (FAST) scholarship, University of Manitoba and Université Laval
2004-2012	Kuwait University's Scholarship for Graduate Studies
2001-2002	Department of Biological Sciences' Honor List of Distinguished Students, Kuwait University
2000-2001	National Union of Kuwait Students' Award for Distinguished Students
2000-2002	Faculty of Science Dean's Honor List, Kuwait University
2000-2001	Kuwait University's Honor List

Teaching Profile

FSN088 Portfolio Review; CLS104 Biology; FSN110 Introduction to Human Nutrition and Food Science; CLS130 Ethics and Practices; FSN202/302 Biochemistry; FSN303 Human Nutrition; FSN320 Public Health Nutrition; FSN323 Community Nutrition; FSN325 Physiological & Biochemical Aspects of Human Nutrition; FSN327 Nutrition Related Diseases; FSN345 Cultural, Social, and Global Nutrition Issues; FSN429 Diet Therapy II; FSN494 Seminar: Current Issues in Food and Nutrition; FSN499 Capstone Project

Publication Peer-Reviewed Articles

1. **Abdullah MMH**, Hughes J, Grafenauer S. Healthcare Cost Savings Associated with Increased Whole Grain Consumption among Australian Adults. *Nutrients* 2021, 13, 1855.
2. **Abdullah MMH**, Vazquez-Vidal I, Baer DJ, House JD, Jones PJH, Desmarchelier C. Common Genetic Variations Involved in the Inter-Individual Variability of Circulating Cholesterol

Concentrations in Response to Diets. Narrative Review of Recent Evidence. *Nutrients* 2021, 13, 695.

3. Jones JPH, **Abdullah MMH**, Wood D, Jones PJH. Economic modeling for improved prediction of saving estimates in healthcare costs from consumption of healthy foods: The Mediterranean style diet case study. *Food & Nutr Res* 2019;63: 3418 - <http://dx.doi.org/10.29219/fnr.v63.3418>
4. **Abdullah MMH**, Eck PK, Couture P, Lamarche B, Jones P. The combination of single nucleotide polymorphisms rs6720173 (*ABCG5*), rs3808607 (*CYP7A1*), and rs760241 (*DHCR7*) is associated with differing serum cholesterol responses to dairy consumption. *Appl Physiol Nutr Metab*. 2018; 43(10):1090-1093.
5. **Abdullah MMH**, Jew S, Jones PJH. Author's Reply: Impact on health and healthcare costs if monounsaturated fatty acids were substituted for conventional dietary oils in the United States. *Nutr Rev*. 2017;75(8):669-70.
6. **Abdullah MMH**, Marinangeli CPF, Jones PJH, Carlberg JG. Canadian potential healthcare and societal cost savings from consumption of pulses: a cost-of-illness analysis. *Nutrients* 2017;9(7):793. doi:10.3390/nu9070793
7. **Abdullah MMH**, Jew S, Jones PJH. Scoping review of health benefits and evaluation of healthcare cost savings if monounsaturated fatty acid rich oils were substituted for conventional dietary oil intakes in the United States. *Nutr Rev*. 2017;75(3):163-74.
8. **Abdullah MMH**, Cyr A, Lépine MC, Eck PK, Couture P, Lamarche B, Jones P. Common variants in cholesterol synthesis- and transport-related genes associate with circulating cholesterol responses to intakes of conventional dairy products in healthy individuals. *J Nutr*. 2016;146(5):1008-16.
9. **Abdullah MMH**, Gyles CL, Marinangeli CPF, Carlberg JG, Jones PJH. Dietary fibre intakes and reduction in functional constipation rates among Canadian adults: a cost-of-illness analysis. *Food & Nutr Res* 2015;59: 28646 - <http://dx.doi.org/10.3402/fnr.v59.28646>
10. **Abdullah MMH**, Gyles CL, Marinangeli CPF, Carlberg JG, Jones PJH. Cost-of-illness analysis reveals potential healthcare savings with reductions in type 2 diabetes and cardiovascular disease following recommended intakes of dietary fiber in Canada. *Front. Pharmacol*. 2015;6:167. doi:10.3389/fphar.2015.00167
11. **Abdullah MMH**, Jones PJH, and Eck PK. Nutrigenetics of cholesterol metabolism: observational and dietary intervention studies in the postgenomic era. *Nutr Rev*. 2015;73(8):523-43.
12. **Abdullah MMH**, Jones JPH, Jones PJH. Economic benefits of the Mediterranean-style diet consumption in Canada and the United States. *Food & Nutr Res* 2015;59: 27541 - <http://dx.doi.org/10.3402/fnr.v59.27541>.
13. **Abdullah MM**, Cyr A, Lépine MC, Labonté ME, Couture P, Jones P, Lamarche B. Recommended dairy product intake modulates circulating fatty acid profile in healthy adults: a multi-centre cross-over study. *Br J Nutr*. 2015;113:435-444.
14. Labonté ME, Cyr A, **Abdullah MM**, Lépine MC, Vohl MC, Jones P, Couture P, Lamarche B. Dairy product consumption has no impact on biomarkers of inflammation among men and women with low-grade systemic inflammation. *J Nutr*. 2014;144:1760-67.
15. **Abdullah MM**, Riediger NN, Chen Q, Zhao Z, Azordegan N, Xu Z, Fischer G, Othman RA, Pierce GN, Tappia PS, Zou J, Moghadasian MH. Effects of long-term consumption of a high-fructose diet on conventional cardiovascular risk factors in Sprague-Dawley rats. *Mol Cell Biochem*. 2009;327(1-2):247-56.
16. **Abdullah MM**, Xu Z, Pierce GN, Moghadasian MH. The effects of simultaneous administration of dietary conjugated linoleic acid and telmisartan on cardiovascular risks in rats. *Lipids*. 2007;42(9):855-64.

Abstracts Published

1. **Abdullah M**, Jew S, & Jones P. Socioeconomic Analysis Reveals Significant Healthcare Cost Savings from Intakes of Monounsaturated Fatty Acid in the United States [abstract]. In: Health Economics, Management & Policy Abstracts; 2016 Jun 20-23; Athens, Greece: 15th Annual International Conference on Health Economics, Management & Policy; 201. Abstract 1.
2. **Abdullah M**, Eck P, Couture P, Lamarche B, and Jones P. Genotype sets of common single nucleotide polymorphisms in cholesterol related genes associate with the effect of dairy intake on circulating cholesterol concentrations. *Appl. Physiol. Nutr. Metab.* 2016;41(5):S1-S45, 10.1139/apnm-2016-0099.
3. **Abdullah M**, Eck P, Couture P, Lamarche B, and Jones P. Impact of the recommended level of dairy consumption in Canada on cholesterol metabolism: mechanistic studies using stable isotope tracer and surrogate marker techniques. *Appl. Physiol. Nutr. Metab.* 2015;40:503.
4. **Abdullah M**, Eck P, Couture P, Lamarche B, and Jones P. Common rs3808607 polymorphism in the cholesterol 7 alpha-hydroxylase (*CYP7A1*) gene determines the degree of responsiveness of circulating cholesterol concentrations to dairy consumption. *FASEB J.* Apr 2015;29:751.1.
5. **Abdullah M**, Cyr A, Labonté ME, Lépine MC, Couture P, Eck P, Lamarche B, Jones P. The impact of dairy consumption on circulating cholesterol levels is modulated by common single nucleotide polymorphisms in cholesterol synthesis- and transport-related genes (1038.4). *FASEB J.* Apr 2014;28(1):Supplement 1038.4.
6. **Abdullah M**, Cyr A, Charest A, Couture P, Lamarche B, Jones P. Association of Low-Density Lipoprotein Receptor (LDLR) Single Nucleotide Polymorphism rs688 and the Response of Circulating Cholesterol Levels to Dairy Intake in Healthy Adults in Canada. *J Nutrigenet Nutrigenomics* 2013;6:199-253.
7. **Abdullah M.M.H.**, Cyr A, Couture P, Lamarche B, and Jones P.J.H. Impact of the recommended dairy intake on fatty acid profile in healthy adults from two Canadian locations. *Appl. Physiol. Nutr. Metab.* 2013;38:441.
8. **Abdullah M**, Cyr A, Couture P, Jones P, and Lamarche B. Recommended Dairy Intake: Impact on Lipid Profile and Surrogate Markers of Cholesterol Homeostasis in Healthy Adults from Two Canadian Cities. *FASEB J.* Apr 2013;27:857.12.
9. Cyr A, **Abdullah M**, Richard C, Jones P, Couture P, Lamarche B. Impact of Dairy Products Consumption on Blood Pressure in Healthy Subjects with Low Grade Inflammation. *CMR e J.* 2012;5(1):407.
10. Riediger ND, Chen Q, **Abdullah M**, Kroeker A, Lanoo CA, Othman R, Xu Z, Zou J, Azordegan N, Moghadasian MH. High intakes of fructose are associated with alterations in liver fatty acid composition in rats. *FASEB J.* 2008;22:449.7.
11. Xu Z, **Abdullah M**, Zhao Z, Riediger N, Le K, Othman R, Moghadasian M. Alterations in hepatic lipid-related gene expression by long-term treatment with conjugated linoleic acid, telmisartan, or their combination in rats. *Appl. Physiol. Nutr. Metab.* 2008;33(3):640.
12. Moghadasian M, **Abdullah M**, Riediger N, Le K, Lannoo C, Kroeker A, Azordegan N. Consumption of a High Fructose Diet Alters Liver Lipid Composition and Morphology in Rats. *Atherosclerosis (Supplements) (Component)* 2008;9(1):25.
13. Moghadasian MH, **Abdullah M**, Xu Z, Othman R, Riediger N, Le K. Metabolic effects of long-term consumption of a high fat, high fructose diet in rats. *FASEB J.* 2007;21:847:18.

14. **Abdullah MM**, Xu Z, Fitz E, Othman R, Moghadasian MH. Co-administration of conjugated linoleic acid and telmisartan reduces cardiovascular risk factors in rats fed a high-fructose, high-fat diet. *Appl. Physiol. Nutr. Metab.* 2006;31:331.

Invited Presentations

1. **Abdullah MM** (2018). *Dairy Ingredients for Functional Foods and Nutraceuticals*. International Association of Milk Control Agencies 82nd Annual Meeting, Fairmont Hotel, Winnipeg, MB, Canada. July 25, 2018.
2. **Abdullah MM** (2016). *Socioeconomic Analysis Reveals Significant Healthcare Cost Savings from Intakes of Monounsaturated Fatty Acid in the United States*. The 15th Annual International Conference on Health Economics, Management & Policy, Titania Hotel, Athens, Greece. Jun 21, 2016.
3. **Abdullah MM** (2015). *Impact of the Recommended Level of Dairy Consumption in Canada on Cholesterol Metabolism*. Lipid Nutrition and Metabolism in Human Health, 2015 Canadian Nutrition Society Post-Conference Workshop, St. John's College, University of Manitoba, Winnipeg, MB, Canada. Jun 01, 2015.
4. **Abdullah MM** (2015). *Impact of the Recommended Level of Dairy Consumption in Canada on Cholesterol Metabolism*. 2015 Canadian Nutrition Society Annual Conference, Winnipeg Convention Centre, Winnipeg, MB, Canada. May 29, 2015.
5. **Abdullah MM** (2015). *Common rs3808607 polymorphism in the cholesterol 7 alpha-hydroxylase (CYP7A1) gene determines the degree of responsiveness of circulating cholesterol concentrations to dairy consumption*. Experimental Biology 2015, Boston Convention and Exhibition Center, Boston, MA, USA. Mar 28, 2015.
6. **Abdullah MM** (2014). *The impact of dairy consumption on circulating cholesterol levels is modulated by common single nucleotide polymorphisms in cholesterol synthesis- and transport-related genes*. The 5th Annual Functional Foods and Natural Health Products Graduate Student Symposium, Winnipeg, MB, Canada. May 22, 2014.
7. **Abdullah MM** (2013). *Recommended Dairy Intake: Impact on Lipid Profile and Surrogate Markers of Cholesterol Homeostasis in Healthy Adults from Two Canadian Cities*. The 4th Annual Functional Foods and Natural Health Products Graduate Student Symposium, Winnipeg, MB, Canada. Mar 22, 2013.
8. **Abdullah MM** (2012). *Healthy Components in Dairy: A Review of Recent Evidence*. The 33rd Western Nutrition Conference, Winnipeg, MB, Canada. Sep 20, 2012.

Posters Presented

1. **Mohammad M. H. Abdullah**, Jason Jones, Dallas Wood, Peter Jones. Nutrition economics: Saving estimates in healthcare costs from consumption of healthy-style diets. *Kuwait University Scientific Poster Day*. 2020/2021.
2. **Mohammad M.H. Abdullah**, Peter Eck, Patrick Couture, Benoît Lamarche, Peter Jones. Common Variants in Cholesterol Related Genes Associate with the Effect of Dairy Intake on Serum Cholesterol Concentrations in Healthy Adults. *Kuwait University Scientific Poster Day*. Mar 13, 2019.
3. **Mohammad M.H. Abdullah**, Peter Eck, Patrick Couture, Benoît Lamarche, Peter Jones. Common Variants in Cholesterol-Related Genes Associate with the Effect of Dairy Intake on Serum

Cholesterol Concentrations in Healthy Adults. *The 2nd Annual Northern Great Plains Lipids Conference*. School of Medicine & Health Sciences, University of North Dakota, Grand Forks, ND, USA. Jun 11-12, 2016.

4. **Mohammad M.H. Abdullah**, Peter Eck, Patrick Couture, Benoît Lamarche, Peter Jones. Common Variants in Cholesterol-Related Genes Associate with the Effect of Dairy Intake on Serum Cholesterol Concentrations in Healthy Adults. *2016 CNS Annual Conference*, Hilton Lac-Leamy Gatineau-Ottawa Hotel, Ottawa, ON, Canada. May 5-7, 2016.
5. **Mohammad M.H. Abdullah**, Peter Eck, Patrick Couture, Benoît Lamarche, Peter Jones. Common rs3808607 polymorphism in the cholesterol 7 alpha-hydroxylase (*CYP7A1*) gene determines the degree of responsiveness of circulating cholesterol concentrations to dairy consumption. *Experimental Biology 2015*, Boston Convention and Exhibition Center, Boston, MA, USA. Mar 28-Apr 1, 2015.
6. **Mohammad M.H. Abdullah**, Jason P.H. Jones, Peter J.H. Jones. Economic Benefits of Mediterranean-Style Diet Consumption: Estimation of Healthcare Savings in Canada. *The 11th Biennial International Society for the Study of Fatty Acids and Lipids (ISSFAL) Congress 2014*, Stockholm, Sweden. Jun 28-Jul 02, 2014.
7. **Mohammad M.H. Abdullah**, Audrey Cyr, Marie-Ève Labonté, Marie-Claude Lépine, Patrick Couture, Peter Eck, Benoît Lamarche, Peter Jones. The impact of dairy consumption on circulating cholesterol levels is modulated by common single nucleotide polymorphisms in cholesterol synthesis- and transport-related genes. *Experimental Biology 2014*, San Diego Convention Center, San Diego, CA, USA. Apr 26-30, 2014.
8. **Mohammad M.H. Abdullah**, Audrey Cyr, Marie-Ève Labonté, Amélie Charest, Patrick Couture, Benoît Lamarche and Peter J.H. Jones. Single Nucleotide Polymorphisms (SNPs) in Cholesterol-Related Genes Modulate the Response of Circulating Lipid Profile to Dairy Intake. *The 7th Congress of the International Society of Nutrigenetics and Nutrigenomics (ISNN)*, Québec City Convention Centre, Québec City, QC, Canada. Oct 5-8, 2013.
9. **Mohammad M.H. Abdullah**, Audrey Cyr, Patrick Couture, Benoît Lamarche and Peter J.H. Jones. Impact of the recommended dairy intake on fatty acid profile in healthy adults from two Canadian locations. *Canadian Nutrition Society (CNS – SCN) Annual Meeting 2013*, Loews Hôtel Le Concorde, Québec City, QC, Canada. May 30-Jun 2, 2013.
10. **Mohammad Abdullah**, Audrey Cyr, Patrick Couture, Peter Jones, Benoît Lamarche. Recommended Dairy Intake: Impact on Lipid Profile and Surrogate Markers of Cholesterol Homeostasis in Healthy Adults from Two Canadian Cities. *Experimental Biology 2013*, Boston Convention and Exhibition Centre, Boston, MA, USA. Apr 20-24, 2013.
11. Audrey Cyr, **Mohammad Abdullah**, Caroline Richard, Peter Jones, Patrick Couture, Benoît Lamarche. Impact of Dairy Products Consumption on Blood Pressure in Healthy Subjects with Low Grade Inflammation. *The 3rd International Congress on Abdominal Obesity*, Quebec City, QC, Canada. Jul 9-12, 2012.
12. **Mohammad M Abdullah**, Tess Pallister, Jehanne Mercy, Audrey Cyr, Benoît Lamarche, Petre Jones. The Impact of Recommended Dairy Intake on Circulating Fatty Acid Profile in Healthy Adults: Remarks from a Multi-Centre Study in Two Canadian Cities. *The 3rd Annual Functional Foods and Natural Health Products Graduate Student Symposium and FAST (Food Advancement through Science and Training) program*, U of M, Winnipeg, MB, Canada. Jun 4-6, 2012.
13. **Mohammad M Abdullah**, Zuyuan Xu, Evelyn Fitz, Rgia Othman, Mohammed H Moghadasian. Therapeutic Potential of Conjugated Linoleic Acid and Telmisartan Co-Administration in Metabolic Syndrome. *Student Health Research Forum*, U of M, Winnipeg, MB, Canada. Jun 2006.

14. **Mohammad M Abdullah**, Zuyuan Xu, Evelyn Fitz, Rgia Othman, Mohammed H Moghadasian. Therapeutic Potential of Conjugated Linoleic Acid and Telmisartan Co-Administration in Metabolic Syndrome. *The National Research Forum for Young Investigators in Circulatory and Respiratory Health*, Winnipeg, MB, Canada. May 2006.

Web Log Posts

1. Marinangeli C, **Abdullah M**, Carlberg J, Jones P. 2016: International "Year of Pulses". In: CMAJ Blogs 2016 Mar 11. Available: <http://cmajblogs.com/2016-international-year-of-pulses/#more-3011>

Conferences and Summer Schools Attended

- The International Association of Milk Control Agencies 82nd Annual Meeting. Fairmont Hotel, Winnipeg, Manitoba, Canada, July 23-25, 2018.
- The 3rd Nutrition and Health Conference, Nutrition for Non Communicable Diseases. Symphony Style Hotel, Kuwait, Mar 6-8, 2017.
- The 15th Annual International Conference on Health Economics, Management & Policy. Titania Hotel, Athens, Greece, Jun 21, 2016.
- The 2nd Annual Northern Great Plains Lipids Conference. School of Medicine & Health Sciences, University of North Dakota, Grand Forks, ND, USA. Jun 11-12, 2016.
- Canadian Nutrition Society (CNS – SCN) Annual Meeting 2015. Winnipeg Convention Centre, Winnipeg, Manitoba, Canada, May 29-30, 2015.
- Experimental Biology 2015. Boston Convention and Exhibition Center, Boston, MA, USA, Mar 28 - April 01, 2015.
- The 5th Annual FFNHP Graduate Student Symposium. St. John's College, Winnipeg, Manitoba, Canada, May 21-23, 2014.
- Experimental Biology 2014, San Diego Convention Center, San Diego, CA, USA. Apr 26-30, 2014.
- The 7th Congress of the International Society of Nutrigenetics and Nutrigenomics (ISNN). Québec City Convention Centre, Québec City, QC, Canada. Oct 5-8, 2013.
- Probiotics and Prebiotics: Understanding the Science and Opportunities. Richardson Centre for Functional Foods and Nutraceuticals (RCFFN), Winnipeg, Canada, Jun 17-18, 2013.
- Canadian Nutrition Society (CNS – SCN) Annual Meeting 2013. Loews Hôtel Le Concorde, Québec City, Québec, Canada, May 30-Jun 2, 2013.
- FAST 2nd Summer School "Functional Foods, Nutraceuticals and Natural Health Products: Beyond research...". Auditorium du Pavillon d'optique photonique, Université Laval, Québec City, Québec, Canada, May 27-29, 2013.
- The Dietitians of Canada MB Research Day "A Time to Network, Share, and Celebrate". Faculty of Human Ecology, U of M, Winnipeg, Manitoba, Canada, Apr 24, 2013.
- The 4th Annual FFNHP Graduate Student Symposium. Winnipeg, Manitoba, Canada, Mar 22, 2013.
- The 33rd Western Nutrition Conference. Fairmont Hotel, Winnipeg, Manitoba, Canada, Sep 19-20, 2012.
- Canadian Student Health Research Forum. Faculty of Medicine, U of M, Winnipeg, Manitoba, Canada, Jun 12-14, 2012.

- The 3rd Annual Functional Foods and Natural Health Products Graduate Student Symposium/FAST program. U of M, Winnipeg, Manitoba, Canada, Jun 2012.
- Manitoba Research Day 2012: A Time to Celebrate, Network, and Engage in Research. Faculty of Human Ecology, U of M, Winnipeg, Manitoba, Canada, Apr 2012.
- FAST (Food Advancement through Science and Training) 1st Summer School “Functional Foods, Nutraceuticals and Natural Health Product: Keys to a successful career”. INAF (Institute of Nutraceuticals and Functional Foods), Université Laval, Québec City, Québec, Canada, Jun 2-9, 2011.
- The 2nd Annual Functional Foods and Natural Health Products (FFNHP) Graduate Student Symposium. Faculty of Education, U of M, Winnipeg, Manitoba, Canada, Feb 2011.
- Canadian Diabetes Association (CDA)/Canadian Society of Endocrinology and Metabolism Professional Conference and Annual Meetings. Vancouver Convention and Exhibition Centre, Vancouver, British Columbia, Canada, Oct 2007.
- Dietitians of Canada (DC) Annual Conference – Scanning the Horizon. Hyatt Regency Hotel, Vancouver, British Columbia, Canada, Jun 2007.
- Canadian Society for Clinical Nutrition 6th Annual Scientific Meeting “Expanding Horizons in Clinical Nutrition”. Fort Garry Hotel, Winnipeg, Manitoba, Canada, May-Jun 2007.
- The 3rd Northern Light Summer Conference and the 9th Annual Canadian Light Source User’s Meeting. Saskatoon, Saskatchewan, Canada, Jun 2006.
- Student Health Research Forum. U of M, Winnipeg, Manitoba, Canada, Jun 2006.
- Canadian Society for Clinical Nutrition’s 5th Annual Scientific Meeting. Edmonton, Alberta, Canada, May 2006.
- The National Research Forum for Young Investigators in Circulatory and Respiratory Health. Winnipeg Convention Centre, Winnipeg, Manitoba, Canada, May 2006.
- Student Health Research Forum. University of Manitoba (U of M), Winnipeg, Manitoba, Canada, Jun 2005.
- The National Research Forum for Young Investigators in Circulatory and Respiratory Health. Winnipeg Convention Centre, Winnipeg, Manitoba, Canada, May 2005.
- The Canadian Lipoprotein Conference (CLC). Banff Park Lodge, Banff, Alberta, Canada, Oct 2004.

Workshops and Special Seminars Attended

- Ask the Expert: Post-ICU Nutrition Care for COVID-19 Survivors, CNS online seminar, June 25, 2020.
- Introduction to Systematic Reviews & Meta-Analyses: How to critically evaluate and assess your confidence in SRMA data (Part 2), CNS online seminar, June 23, 2020.
- Researcher Academy on Campus, unlock your research potential. Workshop, Ozge Sertdemir – Elsevier. Kuwait University, State of Kuwait, Apr 18, 2019.
- Balancing the grain/health dilemma, CNS online seminar, Nov 28, 2018.
- Using Social Media in Nutrition Practice and to Share Nutrition Knowledge, CNS online seminar, Apr 25, 2018.
- Challenges and Opportunities in Nutrition Research, CNS online seminar, Mar 28, 2018.
- Research Publication Workshop, Kuwait Foundation for Advancement of Sciences, Kuwait City, Oct 8-9, 2017.

- Nutrition, microbes, and human diseases: insights into pathogenesis and potential treatments, CNS online seminar, Dr. Eytan Wine and Dr. Karen Madsen, University of Alberta, Canada, Oct 20, 2016.
- Synergy in Education. Workshop, Dr. Amar Behbehani. College of Life Sciences, Kuwait University, State of Kuwait, Oct 17, 2016.
- Evidence Based Improvements in Nutrition Care for Hospital Patients, CNS online seminar, Dr. Heather Keller, University of Waterloo, Canada, Sep 29, 2016.
- Sell it: Engage Teams to Sell the Best Nutrition Care, CNS online seminar, Carlota Basualdo-Hammond and Dr. Leah Gramlich, Alberta Health Services, Canada, Sep 26, 2016.
- How to complete and submit a Discovery Grant application, NSERC online seminar, Sep 22, 2016.
- Making Sense of Popular Diets: An Overview and Evaluation of Paleo, Gluten-Free, and Dairy-Free Diets, CNS online seminar, Jennifer Sygo, Cleveland Clinic Canada, Toronto, Canada, Apr 27, 2016.
- Understanding the Different Perspectives of Sugar, CNS online seminar, Dr. John Sievenpiper and Dr. Mary L'Abbé, University of Toronto, Canada, Oct 14, 2015.
- Lipid Nutrition and Metabolism in Human Health, Canadian Nutrition Society (CNS – SCN) 2015 Post-Conference Workshop. St. John's College, University of Manitoba, Winnipeg, Manitoba, Canada, May 31-Jun 01, 2015.
- Trainees in Nutrition Symposium, Canadian Nutrition Society (CNS – SCN) 2015 Pre-Conference Workshop. Winnipeg Convention Centre, Winnipeg, Manitoba, Canada, May 28, 2015.
- Industry-Partnered Collaborative Research – The Journey from the Idea to the Grant. Online seminar, Dr. Yves Pouliot, Université Laval, Institute of Nutraceuticals and Functional Foods (INAF), Canada, Feb 2015.
- Designing Clinical Research Studies of Food Products. Online seminar, Dr. Susan Raatz, USDA Grand Forks Human Nutrition Research Center, Nov 2014.
- Stress Management Workshop, Kimberly Kiley. University Centre, U of M, Winnipeg, Canada, Nov 2014.
- Copyright & Your Thesis. Workshop, Juliette Nadeau (Copyright Officer). University Centre, U of M, Winnipeg, Canada, Oct 2014.
- Nutritional Metabolomics. Online seminar, Dr. Michel Aliani, Department of Human Nutritional Sciences, U of M, Winnipeg, Canada, Aug 2014.
- Entrepreneurship workshop and tour. Paterson Global Foods Institute (PGI), Red River College, Winnipeg, Canada, Aug 2014.
- Meat. Seminar, Dr. Vaclav Smil, Department of Human Nutritional Sciences, U of M, Winnipeg, Canada, Jan 2014.
- Canadian Ginseng: An initiative for the study of quality and health efficacy. Seminar, Dr. Dan Brown, Department of Human Nutritional Sciences, U of M, Winnipeg, Canada, Oct 2013.
- Career-planning workshop. University Centre, U of M, Winnipeg, Canada, May 2013.
- So you think you've invented something new... what now? Seminar, Dr. Darren Fast, Department of Human Nutritional Sciences, U of M, Winnipeg, Canada, Jan 2013.
- SciTools - Free Web-based Design and Analysis Software. Seminar, Jeremy Pritchard, RCFFN, Winnipeg, Canada, Dec 2012.
- The Power of Next Generation Polymerases and Sequencing Technologies: Improving Diagnostic Data Accuracy and Reproducibility. Seminar, Jeffrey Seitz, RCFFN, Winnipeg, Canada, Dec 2012.

- Putting Your Best Food Forward: The Role of the Richardson Centre for Functional Foods and Nutraceuticals. Seminar, Dr. Peter Jones, U of M, Winnipeg, Canada, Nov 2012.
- Sodium Intake Reduction: The Challenge for the Food Processing Industry. Online seminar, Dr. Steve Labrie, Department of Food and Nutritional Sciences, Université Laval, Institute of Nutraceuticals and Functional Foods (INAF), Canada, Nov 2012.
- The Power of We: Overcoming Obstacles to Make a Difference. Inspiration talk, Spencer West, U of M, Winnipeg, Canada, Nov 2012.
- C.V. or Resume Workshop. U of M, Winnipeg, Canada, Nov 2012.
- Frying Oil Use in China and Food Science and Engineering Research at Jiangnan University. Seminar, Dr. Liuping Fan, Department of Human Nutritional Sciences, U of M, Winnipeg, Canada, Oct 2012.
- Is Cooking Dead? The Role of Food and Nutrition Literacy in Health Promotion. Seminar, Dr. Joyce Slater, Department of Human Nutritional Sciences, U of M, Winnipeg, Canada, Oct 2012.
- Health Impact of Variations in Nutrient Transporter Genes. Online seminar, Dr. Peter Eck, U of M, Winnipeg, Canada, Jul 2012.
- Statistical Analysis Software (SAS) Workshop. RCFFN, Winnipeg, Canada, May 2012.
- Job Search Success: Target Your Approach. U of M, Winnipeg, Canada, Apr 2012.
- Respectful Work and Learning Environment. RCFFN, Winnipeg, Canada, Nov 2011.
- *A Workshop in Research Ethics* "Centering the Human Subject in Research and Interpreting the Experience of Human Research Subjects". U of M, Winnipeg, Canada, May 2011.
- Manitoba International Polyphenol Workshop: Current Controversies in Polyphenols as Functional Food Ingredients. RCFFN, Winnipeg, Canada, May 2011.
- The International Nutrigenomics Workshop. RCFFN, Winnipeg, Canada, May 2011.
- Introduction to Spill Control. The hazard recognition and evaluation of consequences of potential spills, and the development of appropriate response procedures. St. Boniface General Hospital Research Centre (SBRC), Winnipeg, Canada, Nov 2004.
- The Development of Medicinal Bioactives for Diabesity and Cardiovascular Disease. Richardson Centre for Functional Foods and Nutraceuticals (RCFFN)/University of Manitoba (U of M), Winnipeg, Canada, Sep 2004.
- Testing and Grading for Learning. Center for Teaching Excellence. KU, State of Kuwait, May 2004.
- Questioning and Giving Feedback for Learning. Center for Teaching Excellence, KU, State of Kuwait, May 2004.
- Assignments for Learning. Center for Teaching Excellence, KU, State of Kuwait, May 2004.
- Teaching for Learning. Center for Teaching Excellence, Kuwait University (KU), State of Kuwait, May 2004.

Training Sessions and Online Modules Completed

- Generic Biosafety Training (online course and quiz). U of M, Winnipeg, Canada, Jun 2016.
- Academic Integrity tutorial (online course). U of M, Winnipeg, Canada, Sep 2015.
- Research Integrity Online Course: Natural and Physical Sciences. U of M, Winnipeg, Canada, Apr 2013.
- Manitoba Health Food Handler Training Certificate Level 1 (*Certificate Number 902679*). RCFFN, Winnipeg, Canada, Nov 2012.

- The Tri-Council Policy Statement: Ethical Conduct for Research involving Humans Course on Research Ethics (TCPS 2: CORE). U of M, Winnipeg, Canada, Oct 2011.
- The Personal Health Information Act (PHIA) and the Freedom of Information and Protection of Privacy Act (FIPPA) training program. University of Manitoba (U of M), Winnipeg, Canada, Apr 2011.
- Workplace Hazardous Materials Information System (WHMIS) and lab safety training session. Richardson Centre for Functional Foods and Nutraceuticals (RCFFN), Winnipeg, Canada, Nov 2010.
- Rat Wet Lab. U of M, Winnipeg, Canada, Jun 2005.
- Web CT Animal User Training Course. U of M, Winnipeg, Canada, Sep 2004.
- Mouse Wet Lab. University of Manitoba (U of M), Winnipeg, Canada, Aug 2004.

Volunteering Activities and Community Services

Apr 30, 2018	Nutrition during the Life Cycle, a public lecture (in Arabic language). Aldahar Middle School (Girls), Ahmadi governorate, State of Kuwait
Dec 07, 2016	Carcinogens in Food Products, a public lecture (in Arabic language). Laila Alghafaria High School (Girls), Mubarak Al-Kabeer governorate, State of Kuwait
Sep 2014-May 2015	Organizing committee, the 6 th Annual Functional Food and Natural Health Products (FFNHP) Graduate Student Symposium
Mar 21, 2015	Discover Agriculture in the City, RCFFN's booth, The Forks, Winnipeg, Canada
Sep 9-11, 2014	UMGSA Orientation Committee, U of M's University Centre
Mar 15, 2014	Discover Agriculture in the City, Department of Human Nutritional Sciences' and RCFFN's booths, The Forks
Sep 2013-May 2014	Organizing committee, the 5 th Annual Functional Food and Natural Health Products (FFNHP) Graduate Student Symposium
Mar 16, 2013	Discover Agriculture in the City, Department of Human Nutritional Sciences' booth, The Forks, Winnipeg, Canada
Mar 14, 2013	Department of Human Nutritional Sciences' Nutrition Month Activity (Homemade vs. Takeout at the nutritional level), U of M's University Centre
Aug 2012-Mar 2013	Organizing committee, RCFFN Short-term Training Programs
Aug 2012-Jun 2013	Organizing committee, Canadian Conference/Workshop on Probiotics and Prebiotics
Sep 2012-Mar 2013	Organizing committee, the 4 th Annual Functional Food and Natural Health Products (FFNHP) Graduate Student Symposium
Sep 2011-Jun 2012	Organizing committee, the 3 rd Annual Functional Food and Natural Health Products Graduate Student Symposium/FAST program
Jan-May 2011	Chair of organizing committee, the International Nutrigenomics Workshop and Manitoba International Polyphenol Workshop
May 2011	Richardson Centre for Functional Foods and Nutraceuticals (RCFFN) 5 th Anniversary week of celebration
Jul 2006	AG CENTENNIAL 2006 "Celebrating 100 years of Agriculture and the first 60 years of Home Economics", The University of Manitoba (U of M), Winnipeg, Canada