

Curriculum Vita

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Academic Qualifications

Doctorate degree: Dept. Foods and Nutrition, Purdue University, Indiana, USA, 1997
Master's degree: Dept. Foods and Nutrition, Peshawar University, Pakistan, 1982
Bachelor's degree: Dept. Foods and Nutrition, Peshawar University, Pakistan, 1979

Academic Profile

1. TEACHING

Post Graduate Courses:

1. FSN 1820513, Nutritional Biochemistry: Macronutrients
2. FSN 1820519, Maternal and Child Nutrition
3. FSN 1820591, Research Methodology

Undergraduate Courses:

1. FSN1820456, Food Service Management
2. FSN 1820440, Nutrition and Dietetics
3. FSN 1820429, Diet Therapy II
4. FSN 1820428, Diet Therapy I
5. FSN 1820426, Therapeutic Nutrition
6. FSN 1820424, Maternal and Child Nutrition
7. FSN 1820423, Nutrition Education
8. FSN 1820327, Nutrition Related Diseases
9. FSN 1820323, Community Nutrition
10. FSN 1820321, Nutrition of Population Subgroups
11. FSN 1820303, Anatomy and Physiology
12. FSN 1820204, Human Physiology
13. FSN 1820202, Nutrition throughout lifecycle
14. FSN 1820110, Introduction to Food Sci. and Human Nutrition
15. FSN 1820105, Personal Nutrition and Women's Health Issues
16. CLS 1800104, Biology

17. FSN 1820499, Capstone Project
18. FSN 1820495, Internship
19. FSN 1820491, Seminar: Current Issues in Food and Nutrition
20. FSN 1820088, Portfolio
21. CFW 1820130, Ethics and Practice
22. CFW 1520120, Humans and Their Environment

2. RESEARCH

➤ Full Length Peer-reviewed Papers

1. Jiwan S. Sidhu, **Tasleem A. Zafar**, Abdulwahab S. Almusallam. Effect of Substitution of Wheat Flour with Chickpea Flour on Their Physico-chemical Characteristics. Arab Gulf Journal of Scientific Research. May 2023. ISSN: 1985-9899; DOI 10.1108/AGJSR-09-2022-0178
2. Dalal Alkazemi, Nora Alsouri, **Tasleem A. Zafar**, Stan Kubow. Hypomagnesemia and the Metabolic Syndrome among Apparently Healthy Kuwaiti Adults: A Cross-Sectional Study. *Nutrients* 2022, 14, 5257. <https://doi.org/10.3390/nu14245257>
3. Abdulwahab S. Almusallam, **Tasleem A. Zafar**, Jiwan S. Sidhu. Oscillatory and Thermo Rheological Studies of Wheat and Chickpea Flour Blended Doughs for Producing Arabic Flat Bread. *Journal of Engg. Research Online First Article*. Published March 20, 2022. DOI:10.36909/jer.15023
4. **Tasleem A. Zafar** and Dalal Alkazemi (2021). Correlates of food intake and mealtime behaviour among Kuwaiti adolescents. *International Journal of Adolescent Medicine and Health*. <https://doi.org/10.1515/ijamh-2021-0005>
5. Alwosias E, Al-Ozairi E, **Tasleem A. Zafar**, Alkandari S (2021). Chia seed (*Salvia hispanica* L.) supplementation to the diet of adults with type-2 diabetes improved systolic blood pressure and HbA1c profile – a randomized controlled trial (2021). *Nutrition and Health*. 27(2):181-189, DOI: 10.1177/0260106020981819
6. Alrashidi N, **Tasleem A. Zafar**, Khan I (2021). High-amylose cornstarch variably affects food intake and body composition of rats when substituted to standard versus high-fat high-sugar diet. *Starch-Starke*. 73 (3-4), <http://doi.org/10.1002/star.202000036>
7. **Tasleem A. Zafar**, Allafi AR, Alkandari D, Al-Othman A (2021). Rheological characteristics of wheat-chickpea composite flour doughs and effect of Amla powder (*Phyllanthus emblica* L.) addition on the functional properties of bread. *Food Science and Technology International*. 27(3):264-275, doi: 10.1177/1082013220950068
8. Aldughpassi A, **Tasleem A. Zafar**, Sidhu JS, Al-Hassawi F, Abdullah MM, Al-Othman A (2020). Effect of psyllium husk, bran, and raw wheat germ addition on the

rheological characteristics of Arabic (Pita) bread dough. *International Journal of Food Science*. Volume 2020, Article ID 8867402, <https://doi.org/10.1155/2020/8867402>

9. **Tasleem A. Zafar**, Aldughpassi A, Al-Mussallam A, Al-Othman A (2020). Microstructure of whole wheat versus white flour and wheat-chickpea flour blends and dough: impact on the glycemic response of pan bread. *International Journal of Food Science*. Volume 2020 Article ID 8834960 | <https://doi.org/10.1155/2020/8834960>
10. Almansour FD, Allafi AR, **Tasleem A. Zafar**, Al-Haifi AR (2020). Consumer prevalence, attitude and dietary behavior of online food delivery application users in Kuwait. *Acta Biomedica*. 91(4), e2020178, DOI: 10.23750/abm.v91i4.8543
11. **Tasleem A. Zafar**, Allafi AR (2019). Dynamics of blood glucose concentration after a food determines subsequent energy consumption. *Progress in Nutrition*. 21(2): 382-390, DOI: 10.23751/pn.v21i2.7716
12. Ebrahim M, AlKazemi D, **Tasleem A. Zafar**, Kubow S (2019). Disordered eating attitudes correlate with body dissatisfaction among Kuwaiti male college students. *Journal of Eating Disorders*. 7:37. DOI: 10.1186/s40337-019-0265-z
13. **Tasleem A. Zafar** (2018). High amylose cornstarch preloads stabilized postprandial blood glucose but failed to reduce appetite or food intake in healthy women. *Appetite*. Vol 131(1): 1-6. <https://doi.org/10.1016/j.appet.2018.08.028>
14. Alkazemi D, **Tasleem A. Zafar**, Kubow, Ibrahim M (2018). Distorted weight perception correlates with disordered eating attitudes in Kuwaiti college women. *Int J Eat Disord*, 1-10. DOI: 10.1002/eat.22852.
15. Alkazemi DU, Zadeh MH, **Tasleem A. Zafar**, and Kubow SK (2018). The nutritional status of adult female patients with disabilities in Kuwait. *Journal of Taibah University Medical Sciences*, 13(3):238-246. DOI: 10.1016/j.jtumed.2018.01.002
16. Sidhu JS, **Tasleem A. Zafar** (2018). Bioactive compounds in banana fruits and their health benefits. *Food Quality and Safety*, 2, 183-188.
17. Hamad S, **Tasleem A. Zafar**, Sidhu J (2018). Parboiled rice metabolism differs in healthy and diabetic individuals with similar improvement in glycemic response. *Nutrition*. 47, 43-49. <https://doi.org/10.1016/j.nut.2017.09.010>
18. **Tasleem A. Zafar**, Kabir Y (2017). Chickpeas suppress postprandial blood glucose concentration, and appetite and reduce energy intake at the next meal. *J. Food Sci Technol*, 54:987-99; DOI 10.1007/s13197-016-2422-6.
19. **Tasleem A. Zafar**, Ghazaii C, Hassawi F, AlKhalafi F, AlRaees G (2015). Organoleptic and glycemic properties of chickpea-wheat composite breads. *J Food Sci. Technol*. 52(4):2256-63

20. **Tasleem A. Zafar**, Ghazaii C, AlRafaei A, Alrashidi N and AlMahmoud E (2013). Whey protein sweetened beverages reduce glycemic and appetite responses and food intake in young females. *Nutr. Res* 33: 303-310.
21. Kabir Y, **Tasleem A. Zafar**, Ghazaii C (2013). Relationship between perceived body image and recorded body mass index among Kuwaiti females university students. *Women & Health*, DOI: 10.1080/03630242.2013.831017.
22. **Tasleem A. Zafar**, Kabir Y, Ghazaii C (2011). Low glycemic index foods suppress glycemic response, appetite and food intake in young Kuwaiti females. *Kuwait J Sci Eng.* 38(1A):111-123.
23. Kabir Y, Khan M N I, **Tasleem A. Zafar** (2010). Nutritional status and micronutrient deficiency in adolescents of rural Bangladesh: comparison between boys and girls. *Bang J Med Sci.* 16 (02): 137-143.
24. Biebinger R, Zimmermann BM, Al-Hooti NS, **Tasleem A. Zafar**, et al. (2009). Efficacy of wheat-based biscuits fortified with microcapsules containing ferrous sulfate and potassium iodate or a new hydrogen-reduced elemental iron: a randomized, double blind, controlled trial in Kuwaiti women. *Br J Nutr.* 102 (9): 1362-9.
25. **Tasleem A. Zafar**, Martin B, Weaver CM. (2009). Resistant starches (RS2 and RS3) have variable effects on bone mineral status in rats. *The Open Nutr J*, 3: 17-22.
26. Wong CL, Mollard RC, **Tasleem A. Zafar**, Luhovy BL and Anderson GH (2009). The effects of pulse variety, processing and recipe on glycemic response, appetite and food intake in healthy young men. *J Am College Nutr*, 28(5) 543-52.
27. GH. Anderson, Tecimer S, Shah D, **Tasleem A. Zafar** (2004). Protein source, quantity and time of consumption as factors in determining the effect of protein on short-term food intake in young men. *J. Nutr.* 134:3011-3015.
28. **Tasleem A. Zafar**, Teegarden D, Ashendel C, Dunn MA and Weaver CM. (2004). Aluminum negatively impacts calcium utilization and bone in calcium deficient rats. *Nutr Res*, 24: 243-259.
29. **Tasleem A. Zafar**, Weaver CM, Yongdong Z, Martin B and Wastney, ME (2004) Non digestible oligosaccharides increase calcium absorption and suppress bone resorption in ovariectomized rats. *J Nutr.* 134: 399-402.
30. **Tasleem A. Zafar**, Weaver CM, Jones K, Moore II RD and Barnes S (2004). Inulin effects on soy bioavailability of isoflavone and their calcium absorption enhancing ability. *J Agric Food Chem.* 52:2827-2831.

31. **Tasleem A. Zafar** and Uppal A (2000). Aluminum intake and its toxic effects on health. *Inter J. Agric Biol.* Vol, 188-191. Online: 1814-9596
32. **Tasleem A. Zafar** (1999). Aluminum-26 and Gallium-67 metabolism in rats. *Scientific Khyber, Pakistan* Vol. 12 (2), 19-27.
33. **Tasleem A. Zafar** (1999). Effect of aluminum on intestinal Calbindin-D9K in rat. *Sarhad J. Agric. Pakistan* Vol. 15 (3), 227-230.
34. **Tasleem A. Zafar** (1999). Effect of aluminum on brain Calbindin-D28K in rats. *Sarhad J. Agric. Pakistan* Vol. 15 (4), 359-362.
35. **Tasleem A. Zafar** (1999). Calcium homeostasis and the calcium binding protein – Calbindin: A Review Paper. *Pak J Food Sci*, Vol. 9 (1-4), 35-38.
36. **Tasleem A. Zafar**, Weaver CM, Martin B, Flarend, F, Elmore D. (1997). Aluminum (²⁶Al) metabolism in rats. *Soc Exp Biol Med.* 216:81-85. <https://doi.org/10.3181/00379727-216-44159>
37. **Tasleem A. Zafar**, Weaver CM (1999). Effects of aluminum on calcium absorption, growth and bone calcium content. *Inter J. Agric Biol.* Vol 3, 138-141.
38. **Tasleem A. Zafar**, Amjad A. (1990). Food intake practices of people living in urban areas of Peshawar Pakistan: macro- and micronutrient analyses of the diets. *Pakistan J Agric. Faisalabad.* Vol 75: 55-64.
39. **Tasleem A. Zafar**, Habib N. (1987). Incidence of iron deficiency among teenage school going girls in N.W.F.P., Peshawar, Pakistan. *Pakistan J Agric. Faisalabad.* Vol 15: 32-36.

➤ **Book Chapters**

1. Banana fruit: Chemical Composition and Nutritional Value; In: *Banana Production, Processing and Nutritive Value.* Wiley Blackwell publishers, USA, 2020. <https://doi.org/10.1002/9781119528265.ch11>.
2. Indian Gooseberry (*Phyllanthus emblica*) – A Wonder Fruit; In: *Asian Berries: Health Benefits.* CRC Press, Taylor & Francis, Boca Raton, FL, USA, 2020. Chapter 17 pp. 343-362. Ebook ISBN: 9780429286476.
3. Role of Millets in Eradication of Malnutrition; In *Handbook of Fermented Foods and Beverages.* New India Publishing Agency, New Delhi, India. 2020.

4. Fruits of Indian Subcontinent and Their Health Benefits; In: Herbal Medicine in India - Indigenous Knowledge, Practice, Innovation and its Value. Springer publishers, USA.2019. <http://doi.org/10.1007/978-981-13-7248-3> Chapter 28.
5. Indian Herbal Medicine and their Functional Components in Cancer Therapy and Prevention; In: Functional Foods in Cancer Prevention and Therapy. Elsevier Science Publishers, USA. 2019. Chapter 10. Paperback ISBN: 9780128161517; eBook ISBN: 9780128165386
6. Avocado Production, Processing and Nutrition; In: Handbook of Vegetables and Vegetable Processing, 2nd edition, by Wiley-Blackwell, New York, USA. 2018. <https://doi.org/10.1002/9781119098935.ch22>.
7. Composition and Nutritional Properties of Mangoes. In: Handbook of Mango Fruit: Production, Postharvest Science, Processing Technology and Nutrition. 1st edition by Wiley-Blackwell Publishing Co., New York, USA. 2017. <https://doi.org/10.1002/9781119014362.ch11>
8. Functional Foods of the Indian Subcontinent; In: Nutritional and Health Benefits of Functional Foods. 1st edition, Published by IGI Global, USA. 2016. <https://doi.org/10.4018/978-1-5225-0591-4.ch016>
9. Super Fruits: Pomegranate, Wolfberry, Aronia (Chokeberry), Acai, Noni, and Amla; In: Handbook of Fruits and Fruit Processing. Second Edition, by Wiley-Blackwell Publishing Co., New York, USA. 2012. <https://doi.org/10.1002/9781118352533.ch35>
10. Avocado Production and processing; In: Handbook of Vegetables and Vegetable Processing. First Edition. Publisher Blackwell-Wiley, USA. 2011. <https://doi.org/10.1002/9780470958346.ch26>.

➤ **Textbook Editing**

“Nutrition Now”, 4th Ed. (2004): By Judith E. Brown. Wadsworth / Thomson Learning, Belmont CA 94002-3098. USA.