

Curriculum Vitae

Leila Khalili

March 07, 2023

GENERAL INFORMATION

University address: Department of Nutrition and Integrative Physiology
College of Health and Human Sciences
Florida State University
143 Honors Way, WJB suite 4014
Tallahassee, Florida 32306

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EDUCATION

PhD Student (Graduate Research Assistant)

Department of Nutrition and Integrative Physiology
Florida State University, Tallahassee, FL
2022-Current (Expected Graduation: 2026)
Major Professor: Dr. Gloria Salazar

Master of Science in Health Sciences in Nutrition

Tabriz University of Medical Sciences
Graduation: April 2018

Bachelor of Science in Nutrition Sciences

Tabriz University of Medical Sciences
Graduation: August 2012

CURRENT MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

Member of American Society for Nutrition (ASN) (Member ID No. 97748)
Member of UK Nutrition Society (Member ID No. 71259)

RESEARCH INTEREST

My research interests include studying the role of Nutrition in chronic diseases management (Overweight and Obesity, Insulin resistance and Diabetes, Cancer, Cardio-vascular diseases, etc.).

Moreover, I have sufficient skills to perform statistical analysis of interventional studies by SPSS and STATA and meta-analysis studies by STATA software.

PUBLICATIONS and PRESENTATIONS

Publications (* means corresponding author, † means equal contribution)

1. Centner AM[†], **Khalili L**[†], Ukhanov V, Kadyan S, Nagpal R, Salazar G*. The Role of Phytochemicals and Gut Microbiome in Atherosclerosis in Preclinical Mouse Models. *Nutrients*. 2023 Feb 28;15(5):1212. (DOI: [10.3390/nu15051212](https://doi.org/10.3390/nu15051212))
2. **Khalili L**[†], Centner AM[†], Salazar G*. Effects of Berries, Phytochemicals, and Probiotics on Atherosclerosis through Gut Microbiota Modification: A Meta-Analysis of Animal Studies. *International Journal of Molecular Sciences*. 2023 Jan;24(4): 3084. (DOI: [10.3390/ijms24043084](https://doi.org/10.3390/ijms24043084))
3. Mohammad Asghari-Jafarabadi, **Khalili L***. The Effect of Ginger (*Zingiber officinale*) on Improving Blood Lipids and Body Weight; A Systematic Review and Multivariate Meta-analysis of Clinical Trials. *Current Pharmaceutical Design*. 2022; 28(35): 2920. (DOI: [10.2174/1381612828666220926093847](https://doi.org/10.2174/1381612828666220926093847))
4. **Khalili L**, Nammi S*. The Effects of Curcumin Supplementation on Metabolic Biomarkers and Body Mass Index in Patients with Nonalcoholic Fatty Liver Disease: A Systematic Review and Meta-analysis of Randomized Controlled Trials. *Current Pharmaceutical Design*. 2022; 28(23): 1911. (DOI: [10.2174/1381612828666220328111141](https://doi.org/10.2174/1381612828666220328111141))
5. **Khalili L**, A-Elgadir TM, Mallick AK, El Enshasy HA, Sayyed RZ*. Nuts as a Part of Dietary Strategy to Improve Metabolic Biomarkers: A Narrative Review. *Frontiers in Nutrition*. 2022; 9: 881843. (DOI: [10.3389/fnut.2022.881843](https://doi.org/10.3389/fnut.2022.881843))
6. **Khalili L***, Valdes-Ramos R, Harbige LS*. Effect of n-3 (Omega-3) polyunsaturated fatty acid supplementation on metabolic and inflammatory biomarkers and body weight in patients with Type 2 Diabetes Mellitus: a systematic review and meta-analysis of RCTs. *Metabolites*. 2021 Nov;11(11):742. (DOI: [10.3390/metabo11110742](https://doi.org/10.3390/metabo11110742))
7. Asghari JafarAbadi M, Dehghani A, **Khalili L***, Barzegar A, Mesrizad M, Hassanalilou T. A meta-analysis of randomized controlled trials of the effect of probiotic food or supplement on glycemic response and body mass index in patients with type 2 diabetes, updating the evidence. *Current Diabetes Reviews*. 2021; 17(3): 356. (DOI: [10.2174/1573399816666200812151029](https://doi.org/10.2174/1573399816666200812151029))
8. Ebrahimi FS, Rad AH, Mosen M, Abbasalizadeh F, Tabrizi A, **Khalili L***. Effect of *L. acidophilus* and *B. lactis* on blood glucose in women with gestational diabetes mellitus: a randomized placebo-controlled trial. *Diabetology & Metabolic Syndrome*. 2019;11(1):75. (DOI: <http://dx.doi.org/10.1186/s13098-019-0471-5>)
9. Tabrizi A, **Khalili L**, Homayouni-Rad A, Pourjafar H, Dehghan P, Ansari F. Prebiotics, as Promising Functional Food to Patients with Psychological Disorders: A Review on Mood Disorders, Sleep, and Cognition. *NeuroQuantology*. 2019 Jun 28;17(6). (DOI: [10.14704/nq.2019.17.06.2189](https://doi.org/10.14704/nq.2019.17.06.2189))
10. Abbasi MM, Hassanalilou T, Khordadmehr M, Vardin AM, Kohlan AB, **Khalili L***. Effects of Cornus mas Fruit Hydro-Methanolic Extract on Liver Antioxidants and Histopathologic Changes Induced by Cisplatin in Rats. *Indian Journal of Clinical Biochemistry*. 2020; 35(2): 218. (DOI: [10.1007/s12291-018-0809-z](https://doi.org/10.1007/s12291-018-0809-z))

11. Hassanalilou T, Ghavamzadeh S, **Khalili L***. Curcumin and Gastric Cancer: A Review on Mechanisms of Action. *Journal of gastrointestinal cancer*. 2019 Jun 15;50(2):185-92. (DOI: [10.1007/s12029-018-00186-6](https://doi.org/10.1007/s12029-018-00186-6))
12. **Khalili L**, Alipour B, Asghari Jafar-Abadi M, Faraji I, Hassanalilou T, Mesgari Abbasi M, et al. The Effects of Lactobacillus casei on Glycemic Response, Serum Sirtuin1 and Fetuin-A Levels in Patients with Type 2 Diabetes Mellitus: A Randomized Controlled Trial. *Iranian biomedical journal*. 2019; 23(1): 68. (DOI: [10.29252/23.1.68](https://doi.org/10.29252/23.1.68))
13. Tohid Hassanalilou, **Khalili L***, Saeid Ghavamzadeh, Ali Shokri, Laleh Payahoo, Yaser Khaje Bishak. Role of vitamin D deficiency in systemic lupus erythematosus incidence and aggravation. *Autoimmunity Highlights*. 2018; 9:1. (DOI: [10.1007/s13317-017-0101-x](https://doi.org/10.1007/s13317-017-0101-x))
14. Homayouni-Rad A, Soroush A-R, **Khalili L**, Norouzi-Panahi L, Kasaie Z, Ejtahed H-S. Diabetes Management by Probiotics: Current Knowledge and Future Perspective. *International Journal for Vitamin and Nutrition Research*. 2017;1(1):1-13. (DOI: [10.1024/0300-9831/a000273](https://doi.org/10.1024/0300-9831/a000273))
15. Homayouni A, Sahhaf F, Hassanalilou T, Ejtahed H-S, Motayaghani N, Soroush A-R, Javadi M, Mortazavian A, **Khalili L***. The Future of Diabetes Management by Healthy Probiotic Microorganisms. *Current Diabetes Reviews*. 2017; 13, 582-589. (DOI: [10.2174/1573399812666161014112515](https://doi.org/10.2174/1573399812666161014112515))

Manuscripts Submitted

Leila Khalili*, Laurence S Harbige. Vitamin D and COVID-19: A systematic review and meta-analysis of observational studies. Submitted to *Frontiers in Nutrition*, 2023.

Manuscripts in preparation

1. Centner AM, Cullen A, Ukhano V, **Khalili L**, Stephanie Hill, Riley Deitado, Hyun Seok Hwang, Justin D. La Favor, Orlando Laitano, Michelle S. Parvatiyar, and Gloria Salazar*. The Interaction of Sex and SQSTM1 in the Effects of Smoking and Nicotine in Cardiovascular Function, Atherosclerosis and Inflammation. Under review in *Autophagy*
2. **Khalili L**, Ian Park, Ravinder Nagpal, Gloria Salazar*. Health benefits of Akkermansia muciniphila: a meta-analysis of mice studies
3. **Leila Khalili***, Laurence S Harbige. Cognitive Function and Omega-3 (n-3) Fatty Acids: A meta-analysis of the effects of Omega-3 fatty acid supplementation on cognitive function in healthy adults.

Book Chapters

1. **Khalili L**, Sayyed RZ. "Probiotics Suppress the Depression: A Look at the Possible Mechanisms of Action". In *Microbiome-Gut-Brain Axis*. 2022 (pp. 327-335). Springer, Singapore. (DOI: https://doi.org/10.1007/978-981-16-1626-6_15)
2. **Khalili L**, Eslamnezhad K, Barzegar A, Dehghani A, Zakeri N, Mehrabi E. "Role of Probiotics in Diabetes Control". In *Microbiome-Gut-Brain Axis*. 2022 (pp. 337-353). Springer, Singapore. (DOI: https://doi.org/10.1007/978-981-16-1626-6_16)
3. Nourizadeh R, Sepehri B, Abbasi A, Sayyed RZ, **Khalili L**. "Impact of Probiotics in Modulation of Gut Microbiome" In *Microbiome-Gut-Brain Axis*. 2022 (pp. 401-409). Springer, Singapore. (DOI: https://doi.org/10.1007/978-981-16-1626-6_20)

4. Maleki D, Rad AH, **Khalili L**, Alipour B. "Antioxidants and Natural Compounds". In Basic Principles and Clinical Significance of Oxidative Stress. 2015, InTech. (DOI: [10.5772/60809](https://doi.org/10.5772/60809))
5. **Khalili L**, Amini A. "Resistant Starch in Food Industry". In Polysaccharides.; 2015. p. 663-73, Springer. (DOI: https://doi.org/10.1007/978-3-319-16298-0_42)
6. Maleki D, Homayouni A, **Khalili L**, Golkhalkhali B. "Probiotics in cancer prevention, updating the evidence". In Probiotics, prebiotics, and synbiotics: bioactive foods in health promotion. 2015:781-91. (DOI:[10.1016/B978-0-12-802189-7.00059-9](https://doi.org/10.1016/B978-0-12-802189-7.00059-9))
7. Amini A, **Khalili L**, Keshtiban AK, Homayouni A. "Resistant starch as a bioactive compound in colorectal cancer prevention". In Probiotics, prebiotics, and synbiotics: bioactive foods in health promotion. 2016:773-80. (DOI:[10.1016/B978-0-12-802189-7.00058-7](https://doi.org/10.1016/B978-0-12-802189-7.00058-7))
8. Bastani P, Akbarzadeh F, Homayouni A, Javadi M, **Khalili L**. "Health benefits of probiotic consumption". In Microbes in Food and Health.; 2016. p. 163-83, Springer. (DOI:[10.1007/978-3-319-25277-3_9](https://doi.org/10.1007/978-3-319-25277-3_9))

Presentations

Oral presentations

1. Effects of Berries, Phytochemicals, and Probiotics on Atherosclerosis through Gut Microbiota Modification: A Meta-Analysis of Animal Studies. Research Showcase - FSU College of Health and Human Sciences, 3.3.2023 at Florida State University

Posters

1. Effects of Berries, Phytochemicals, and Probiotics on Atherosclerosis through Gut Microbiota Modification: A Meta-Analysis of Animal Studies. NUTRITION 2023, July 22-25, 2023, in Boston, MA.
2. Role of immune-improving nutrients in COVID-19 management. 5th International Conference on Health, Treatment and Health Promotion.
3. Effect of Probiotic and Conventional Yoghurt on Blood Glucose in Women with Gestational Diabetes Mellitus: A Randomized Placebo-Controlled Trial. 3rd International Conference on Clinical Nutrition in Iran.
4. Effect of *Lactobacillus casei* on weight management and glycemic control in patients with type2 diabetes. 3rd International and 15th Iranian Nutrition Congress.
5. Natural Food Antioxidants and Oxidative Stress. 3rd National Congress of Food Science and Technology of Iran.

Master's Thesis and Project

1. The effects of *Lactobacillus casei* on glycemic response, serum sirtuin1 and fetuin-A levels in patients with type 2 diabetes: A controlled clinical trial.
2. Effect of *L. acidophilus* and *B. lactis* on blood glucose in women with gestational diabetes mellitus: A randomized placebo-controlled trial
3. Effects of Cornus mas Fruit Hydro-Methanolic Extract on Liver Antioxidants and Histopathologic Changes Induced by Cisplatin in Rats

Honors and Awards

- 2014 Ranked 30 among 549 candidates (top 5%) of nationwide MA entrance examination.
- 2017 Winner of the *Ali Polad Scientific Award*.
- 2022 Endowment for Excellence Fellowships & Scholarships Fund. \$2,000.
- 2023 Winner of *Esther & Del Grosser* Scholarship from The Institute for Successful Longevity at Florida State university \$1000.

Link to profile in Google Scholar:

<https://scholar.google.com/citations?user=nk25MTQAAAAJ&hl=en>