

Curriculum Vitae

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MAHMOUDD MUSTAFA ALI ABULMEATY

PERSONAL DETAILS

Date of Birth	: 3/ 06/ 1980
Place of Birth	: Mit Ghamr, Dakahlia Governorate
Nationality , Gender	: Egyptian , male
Religion	: Moslem
Social Status	: Married
Marital Status	: Completed

EDUCATION & QUALIFICATIONS

October 2003	Zagazig University Faculty of Medicine M.B. B.CH.	Egypt Total grade excellent with Honors
November 2007	Zagazig University Faculty of Medicine. M.Sc.	Egypt Basic Medical Sciences (Physiology)
August 2008	Cairo University Faculty of Medicine. Professional certificate	Egypt Obesity management (children & adults)
January 2009	Zagazig University Faculty of Medicine. Professional certificate	Egypt Acupuncture
November 2009	American medical association Professional certificate	USA Office Management of Obesity
April 2011	Al Azhar University Faculty of Medicine for Girls Diploma degree	Egypt Endocrinology and Metabolism
July 2011	Faculty of ESPEN ESPEN Diploma	European Union Clinical Nutrition & Metabolism
March 2012	Zagazig University Faculty of Medicine M D	Egypt Medical Physiology
Sept. 2012	AICPD Diploma	Egypt Clinical Nutrition
November 2017	American College of Nutrition Fellowship	USA FACN

Position held	
March 2004	Intern at Zagazig University Hospitals
July 2005	Demonstrator of physiology, Faculty of Medicine, Zagazig University
April 2008	Assistant Lecturer in endocrine research unit of physiology department, Faculty of Medicine, Zagazig University.
July 2011	Clinical nutritionist in obesity management and research unit, faculty of medicine, Zagazig university.
April 2012	Lecturer in medical physiology department and obesity management and research unit, faculty of medicine, Zagazig university.
Sept 2012	Assistant Professor, clinical nutrition program and senior registrar, weight reduction clinic, department of community health sciences, Collage of Applied medical sciences, King Saud University
January 2018-now	Associate Professor of clinical nutrition and metabolism, clinical nutrition program and physician in primary care clinic and therapeutic nutrition clinic, department of community health sciences, Collage of Applied medical sciences, King Saud University

Scientific and field activities	
2006	Attended the 14 th Annual medical conference, "Family medicine-A national Strategy" Zagazig University, Faculty of Medicine.
2009	Attended the 16 th Annual medical conference, "sustainability of environmental development & health promotion" Zagazig University, Faculty of Medicine.
2009	Attended the 3 rd Annual conference "clinical nutrition & metabolism" Egyptian society of Parenteral & Entral Nutrition, at Ramsis Hilton hotel Cairo.
2010	Attended the 7 th Annual conference of the Egyptian Medical Association for the Study of Obesity, at Ramsis Hilton hotel Cairo.
2010	Attended the 4 th Annual conference "Food is a drug" Egyptian society of Parenteral & Entral Nutrition, at Meridian hotel Cairo.
2010	Attended the 4 th international conference of pathology department, "Egyptian outlines of HCV" Zagazig University, Faculty of Medicine.
2010	Attended the 10 th Annual conference of the diabetes and endocrinology unit faculty of medicine Zagazig university.
2011	Attended the 11 th Annual conference of the diabetes and endocrinology unit faculty of medicine Zagazig university.
2012	Attended the 1 st Annual conference of the Egyptian thyroid group faculty of medicine Zagazig university.
2012	Organizing the 1 st Annual conference of the specialized units "Role of specialized units in community service" faculty of medicine Zagazig university.
2012	Attended the 18 th Annual medical conference, "Patient safety" Zagazig University, Faculty of Medicine.
2012	Attended the 9 th Annual conference of the Egyptian Medical Association for the Study of Obesity, at Grand Nile Towers hotel Cairo.
2013	Attended the 2 nd scientific meeting of college of applied medical sciences, KSU, at Sheraton hotel Riyadh.
2013	Participated in the NPST workshop " towards distinguished outcomes for the national plan projects" , at KSU, building 26 (B).
2013	Participated in the CME/PD activity of health care development for elderly research chair, entitled " elderly health care: Japanese experience" , at King Khalid university hospitals.
2013	Attended the patient safety symposium and forum, at King Saud bin Abdulaziz University for Health Sciences Convention center
2013	Speaker in the Scientific Meeting (Providing Therapeutic Nutrition to Critical Cases in the ICU) Nutrition General Department Ministry of health, conducted at Royal hotel, Riyadh

2013	Speaker in the Scientific Meeting (Updates in enteral and parenteral nutrition for critical care patients) Nutrition General Department Ministry of health, conducted at golden tulip hotel Buraydah, Al Qassim
2013	Share in Diet & Nutrition Surveillance in Saudi Arabia; workshop, Saudi food and drug authority at Sheraton hotel Riyadh
2013	Speaker in the Scientific Meeting (Quality control in clinical nutrition departments) Nutrition General Department Ministry of health, conducted at grand plaza hotel, Riyadh
2013	Attended the workshop (methods of supplementation and detection of vitamin D in nutritional products), Saudi Food and Drug Authority, food sector conducted at Madareen Crown hotel, Riyadh
2014	Speaker in the training course (nutrition support of chronic diseases and metabolic syndrome) Nutrition General Department Ministry of health, conducted at white palace hotel, Riyadh
2014	Speaker in Inflammatory bowel disease scientific day (establishing an IBD Clinic), Gastroenterology and hepatology unit, faculty of medicine, Zagazig university, Zagazig, Egypt
2014	Speaker in the training course (nutrition support of ICU patient) Nutrition General Department, Ministry of health, conducted at white palace hotel, Riyadh.
2014	Attended the first Saudi Conference for Research Support conference, at King Abdulaziz city for science and technology, conference center Riyadh.
2014	Attended the 3 rd Saudi international nanotechnology conference, at King Abdulaziz city for science and technology, conference center, Riyadh
2015	Speaker in "critically ill patients: Nutrition day" at the Riyadh national hospital
2015	Speaker in a training course entitled "important essential nutritional skills at home medical care", home medical Department, Ministry of health, conducted at plaza inn hotel, Riyadh.
2015	Attended CME/PD activity entitled "Nutrition and health lecture series" at Marriott hotel Riyadh.
2015	Attended the 2 nd Saudi international conference on scientific publishing, at King Saud University, Riyadh
2015	Attended the international conference on countering diabetes in the Gulf Countries, at intercontinental hotel, Riyadh
2016	Speaker in a training course entitled "GIT nutrition", Nutrition General Department, Ministry of health, conducted at training and scholarships general department, ministry of health, Riyadh.
2016	2 poster presentations and case discussion in ESPEN Congress 2016, conducted at Bella Sky Center, Copenhagen, Denmark.
2017	Attended the International Congress in Health Informatics, at King Saud bin Abdulaziz University for Health Sciences Convention center
2017	Attended the 3 rd international Alzheimer's disease conference, conducted at King Abdulaziz city for science and technology, conference center, Riyadh
2017	Speaker and local organizer of ESPEN LLL Live courses in topics of nutritional assessment and enteral nutrition, Carawan Al Fahad Hotel, Riyadh.
2017	4 poster presentations in 39 th ESPEN Congress 2017, conducted at world forum conference Center, Hague, the Netherlands.
2017	Speaker in the world food day in King Salman hospital about the MNT of inflammatory bowel diseases
2017	Attended and session chairman in the first symposium of community health sciences department (women health), dentistry hall, King Saud University Medical City.
2017	Speaker a training course entitled updates entitled clinical nutrition in

	critical care new insights in King Abdulaziz Hospital -Jeddah.
2018	Speaker for the "Pediatric Medical Nutrition symposium" held at King Fahad Medical City.
2018	Speaker for the "Updates in clinical nutrition symposium" held at King Faisal Medical Complex, Taif.
2018	Speaker and course director of ESPEN LLL Live courses in topics of pediatric nutrition I, II, King Saud Bin Abdul-Aziz University for health sciences (National Guard Hospital), Riyadh.
2018	Speaker and course director of ESPEN LLL Live courses in topics of enteral nutrition and Parenteral nutrition, Madarim Carawan Hotel, Riyadh.
2018	3 poster presentations in 40 th ESPEN Congress 2018, conducted at Fera de Madrid Center, Madrid, Spain.
2019	Speaker and course local organizer of ESPEN LLL Live courses in topics of enteral nutrition, parenteral nutrition, ICU nutrition support, and sports nutrition, King Saud Bin Abdul-Aziz University for health sciences (National Guard Hospital), Riyadh.
2019	2 poster presentations in 41 th ESPEN Congress 2019, conducted at ICE Krakow, Poland.
2019	Speaker in two lectures for a training course entitled "Nutrition for Cancer patients", Nutrition General Department, Ministry of health, conducted at training and scholarships general department, ministry of health, Riyadh.
2019	Speaker and local organizer of four ESPEN LLL Live courses in topics of Nutrition support in GIT diseases, Nutrition support in perioperative period, Nutrition support in renal disease and obesity nutrition, Braira Al Nakheel Hotel, Riyadh.
2019	Session chairperson, member of organizing and scientific committees and speaker in workshop entitled "Indirect calorimetry", in the first international conference of the Saudi Society for clinical nutrition, Braira Al Nakheel Hotel, Riyadh.
2019	Organized and attended the workshop entitled " <i>Applications of TSE Phenomaster Systems In Nutriton, Metabolism, and Physiological Research</i> " of the Collaborative Programme between the Department of Community Health Sciences and TSE systems, Germany, in the sills development room, college of applied medical sciences, King Saud University
2019	Attended the workshop entitled "Psychobiology of appetite control: Homeostatic and hedonic pathways" by Professor. Graham Finlayson organized by the international scientific partnership program in deanship of scientific research, King Saud University.
2019	Organized and attended the workshop entitled "Role of psychology in multimodal life style intervention for obesity management" by Professor. Graham Finlayson organized by jointly by clinical nutrition program and the international scientific partnership program in deanship of scientific research, King Saud University.
2020	Speaker and local organizer of four ESPEN LLL Live courses in topics of Nutritional assessment, Metabolic syndrome, Oral and Enteral nutrition, and Nutrition support in intensive care unit, Hotel Novotel Dammam Business Park, Dammam.
2020	Speaker in online course entitled "Nutrition recommendations for management of COVID-19 patients" WizIQ portal.
2020	Speaker and local organizer of four ESPEN LLL live Webinars in topics of Nutritional support in pediatric patients (1), Approach to parenteral nutrition, Nutritional support in cancer, and Nutrition and sports, ZOOM portal.
2020	Oral presentation and 5 poster presentations in 42 th Virtual ESPEN Congress 2020.

Teaching		
Medical Physiology, Faculty of medicine, Zagazig university	Autonomic nervous system	Theoretical & practical curricula for Malaysian & Egyptian, first year medical students, since 2007
	Hematology & immunity	
	Cardiovascular system	
	Respiration	
	Nerve and muscle	
	Central nervous system	Theoretical & practical curricula for Malaysian & Egyptian, 2 nd year medical students, since 2007
	Special senses	
	Endocrinology & reproduction	
	Gastrointestinal tract	
	Kidney	
Clinical Nutrition program, Community Health Department, College of Applied Medical Sciences, King Saud University	Metabolism & nutrition	Theoretical & practical curricula for undergraduate students of clinical nutrition program
	Enteral & parenteral nutrition, CHS431	
	Human physiology, CHS215	
	Human growth & development, NUR 353	
	Nutrients calculations, CHS266	
	Nutritional assessment, CHS435	
	Nutrition Therapy for Physiological Stress and Acute Diseases, CHS 268	
	Maternity & child health, CHS433	
	Basics of emergency care, CHS 243	
	Thesis supervision, CHS 600	
	Nutritional management of diabetes, obesity, renal, metabolic syndrome, cardiovascular diseases and hepatic diseases, CHS 525	Theoretical & practical curricula for Master Degree in Clinical Nutrition Males & females sections
	Seminar in clinical nutrition, CHS 591	
	Critical Care Nutrition, CHS 547	
	Research Project, CHS 599	Theoretical & practical curricula for PhD Degree in Clinical Nutrition Males & females sections
	Pathophysiology, CHS 602	
	Experimental techniques in Nutrition, CHS 633	
	Thesis supervision, CHS 700	
ESPEN, LLL program in Clinical Nutrition and Metabolism	Topic 3: Nutritional assessment and Techniques	Local organizer and speaker in live courses of the LLL program in Clinical Nutrition and Metabolism and ESPEN Diploma
	Topic 4: Nutritional Support in Paediatric Patients (1)	
	Topic 8 Approach to Oral and Enteral Nutrition in Adults	
	Topic 9 Approach to Parenteral Nutrition	
	Topic 10 Nutritional Support in Pediatric Patients (2)	
	Topic 15 Nutrition Support in Renal Disease	
	Topic 17 Nutritional Support in the Perioperative Period	
	Topic 18 Nutritional Support in Intensive Care Unit (ICU) Patients	
	Topic 23 Nutrition in Obesity	
	Topic 24 Nutritional Support in Metabolic Syndrome	
	Topic 26 Nutritional Support in Cancer	
Nutrition General Department, Ministry of health, Saudi Arabia	Topic 37 Nutrition and Sport	Training courses for Registered dietitians
	Training courses of Nutrition General Department (2012-2016) about ICU, Perioperative patients, Enteral & parenteral and malnutrition in hospitals, Immunonutrition, GIT, etc.	
Community medicine department, collage of medicine, King Saud University	Nutrition in health and disease	R4 candidates of Saudi board of community medicine
	Nutritional epidemiology, MPH 514	Master of public health, clinical epidemiology track

Societies and Associations

Fellow	American College of Nutrition
Member	American Nutrition Association
Endocrine & Diabetes and Clinical nutrition Specialist	Egyptian Medical Syndicate
Member	Egyptian medical association of study of obesity; EMASO
Member	World Obesity federation (international association of study of obesity)
Member	Egyptian association of enteral and parenteral nutrition; EgSPEN
Member and faculty staff	European association of enteral and parenteral nutrition; ESPEN
Member	Egyptian thyroid group; ETG
Member	Canadian network of Obesity; CON

Training

4 h	Teach the teachers course of ESPEN Faculty, ESPEN Congress 2016, Copenhagen, Denmark.
4 h	Basic life support, CPR center, Dr Sulaiman Alhabib Hospital, accredited by Saudi heart association
3 weeks	Training program of F.L.D.P., Zagazig University for Preparation of efficient university teacher.
3 months	Training program in the faculty of Science mathematics and computer department, Zagazig University in: MS-DOS, Windows, internet, office and SPSS.
45 h	Live courses training in Clinical Nutrition & Metabolism by ESPEN stuff.
340 h	Training in clinical nutrition and metabolism, Kasr Alaini hospitals as a part of AICPD diploma of clinical nutrition and metabolism
3 h	Workshop in obesity management as a part of EMASO conference 2012
15 h.	International publication.
20 h	Effective teaching and communication.
15 h	Time management.
15 h	The skills of effective communication.
15 h	Preparation of a proposal for a research project.
30 h	Financial and low aspects of universities.
15 h	Strategic planning
10 h	Ethics of university staff
10 h	Conference organization

Clinical work

2009-2011	Visitor, Endocrinology and metabolism department, El-Zahraa university hospitals, Egypt
2011-2012	Specialist, obesity research and management unit, Zagazig university hospitals, Egypt
2013- 2018	Senior registrar (SCFHS No: 14-R-M-0014129), weight reduction clinic, central clinics, college of applied medical sciences, King Saud university, Saudi Arabia
2018- now	Physician Consultant of Medical Physiology (SCFHS No: 14-R-M-0014129), weight reduction clinic, central clinics, college of applied medical sciences, King Saud university, Saudi Arabia

Thesis Supervision

MASTER	Main supervisor	The Effect of Caffeine on the Narcoleptic Patients Randomized Controlled Clinical Trial
MASTER	Main supervisor	The Impact of Glycemic Control and Disease Duration OF Type 2 Diabetes on Vitamin D Status and other Component of Metabolic Syndrome
MASTER	Main supervisor	Nutritional assessment of Saudi heart transplant patients in King Faisal Specialized Hospital and Research Center, Riyadh
MASTER	Co-supervisor	Impedancemetry vs. anthropometry in prediction of body adiposity
MASTER	Main supervisor	Bio-impedancemetry versus anthropometry in diagnosis of obesity and prediction of cardiometabolic risk among children living in Riyadh city
MASTER	Co-supervisor	prognostic value of vitamin D in ICU patients with sepsis
MASTER	Main supervisor	Nutrition care process documentation in obese children and adolescents with metabolic syndrome and or nonalcoholic fatty liver disease in Riyadh hospitals
MASTER	Main supervisor	Endoscopic Sleeve Gastroplasty in Comparison with Laparoscopic Sleeve Gastrectomy in Terms of ShortTerm Nutritional Outcomes
MASTER	Co-supervisor	Dietary lifestyle and anthropometric determinants of sarcopenia among Saudi female geriatric population
MASTER	Co-supervisor	Association between the inflammatory potential of diet and stress among female college students

Research activity & Funded projects

Principle investigator	<i>Research grant number 558 (Total Budget: SR 70,000) entitled " The Efficacy of an anti-inflammatory/antioxidant oral nutrition Supplementation on the Progression of COVID-19 in SARS-CoV-2 positive cases: A Randomized Controlled Trial" funded by General Directorate of Research and Studies, Ministry of Health, KSA.</i>
Principle investigator	<i>Research group no RGP-1439-078, entitled "Metabolism" (Total Budget: SR 150,000), funded by the Deanship of Scientific Research at King Saudi University, KSA</i>
Co-investigator	<i>Research group no 193, entitled "Nutrition" (Total Budget: SR 150,000), funded by the Deanship of Scientific Research at King Saudi University, KSA</i>
Principle investigator	<i>Gastric response, energy expenditure and body composition changes after weight loss via bariatric surgery and lifestyle intervention . Project Number: 2-17-03-001-0060 (Total Budget SR 600,000), funded by the national plan of science, technology and innovation, King Abdul-Aziz City for Science & Technology (KACST)</i>
Co-investigator	<i>Novel Food Fortification Systems to Combat Vitamin D Deficiency in Saudi Arabia. Project Number: 12-NAN 2576-02 (Total Budget: SR 1,394,400), funded by the national plan of science, technology and innovation, King Abdul-Aziz City for Science & Technology (KACST).</i>
Co-investigator	<i>Development of new predictive equations for estimating energy requirements in Saudi People. Project Number: 11 – MED 1966 – 02 (Total Budget SR 1,295,000), funded by the national plan of science, technology and innovation, King Abdul-Aziz City for Science & Technology (KACST)</i>
Principle investigator	<i>Gastric and humoral responses to weight loss via multimodal lifestyle modification or bariatric surgery. Project Number: 13-MED1239-02 (Total Budget SR 1,780,700), funded by the national plan of science, technology and innovation, King Abdul-Aziz City for Science & Technology (KACST).</i>
Researcher	<i>Field study entitled "Diet and nutrition survey in Riyadh city" funded by food sector of Saudi Food & Drug Authority.</i>

Publications

1. Shehata MI, Ahmed SA, Gomaa R, **Abulmeaty MMA**. Effect of apelin on anthropometric measures of normal and obese rats. Al-Azhar university medical journal. 2012; vol (2):233-242.
2. Shehata MI, Ahmed SA, Gomaa R, **Abulmeaty MMA**. Effect of apelin on insulin resistance, beta cell function and lipid profile in healthy and diabetic rat models. ZUMJ. 2013;19 (1):50-61.
3. **Abulmeaty MMA**, Ahmed S, Almajwal A. Apelin is promising in management of diabetes complicating high fat diet induced obesity in rats. PROGRESS IN NUTRITION. 2013; 15(4): 245-254. **(IF=0.312)**
4. Nada MW^a, Abdel-Moety DA^b, **Abo-almeaty MMA^b**, Hadhoudc KM^c. Evaluation of the role of apelin in diabetic retinopathy. Journal of Egyptian Ophthalmological Society. 2013; 106:245–248.
5. **Abulmeaty MMA**, Almajwal AM, Hassan HM. New cutoff values for fat mass index, fat-free mass index and percent body fat in overweight and obese men living in Riyadh, SA. Int J Diabetes

Dev Ctries. 2016; 36(2), 204-212. DOI 10.1007/s13410-015-0402-4. **(IF=0.366)**

6. Abulmeaty MMA, Almajwal AM, Alsaif MA, Hassan HM, Almansour SK. Impedancemetry vs. anthropometry in prediction of body adiposity and obesity diagnosis. Progress in Nutrition 2016; 18 (1): 39-46. **(IF=0.312)**
7. Abulmeaty MMA. Sunlight exposure vs. vitamin D supplementation on bone homeostasis of vitamin D deficient rats. Clinical Nutrition Experimental 2016; 11 (2017) 1-9. DOI: <http://dx.doi.org/10.1016/j.clnex.2016.10.003>
8. Abulmeaty MMA. Multimodal-lifestyle intervention produces reduction of the fat mass rather than body weight loss in men with obesity: A Prospective cohort study. Nutrition clinique et métabolisme 2016; 30(2): 163-171. **(IF=0.398)**
9. Alkhawtani DA, Abulmeaty MMA. Effect of Glutamine Supplementation in Patients with Inflammatory Bowel Diseases. Nutri Food Sci Int J. 2016; 1(5): 555574. DOI: 10.19080/NFSIJ.2016.01.555574
10. ElSadek MF, Almajwal AM, Abulmeaty MMA. Antioxidant effects of ginger, cinnamon and combination on Streptozotocin-induced hyperglycemia associated oxidative stress in rats. Progress in Nutrition 2016; 18(4): 421-428. **(IF=0.312)**
11. Afsar T, Jahan S, Razak S, Almajwal A, Abulmeaty MMA, Wazir H, Majeed A. Obestatin modulates ghrelin's effects on the basal and stimulated testosterone secretion by the testis of rat: an in vitro study. Physiol. Res 2017; 66: 93-98. **(IF=1.618)**
12. Jiang S, Ding J, Andrade J, Rababah TM, Almajwal A, Abulmeaty MM, Feng H. Modifying the physicochemical properties of pea protein by pH-shifting and ultrasound combined treatments. Ultrasonics– Sonochemistry. 2017; 38:835–842. <https://doi.org/10.1016/j.ultsonch.2017.03.046> (IF=6.012)
13. Abulmeaty MMA, Almajwal AM, Almadani N, Aldosari M, Alnajim AA, Hassan HM, Ali SB, Elkatawy HA. Anthropometric and central obesity indices as predictors of long-term cardiometabolic risk among Saudi young men and women. Saudi Med J 2017; 38 (4): 372-380. **(IF=0.562)**
14. AlKhawtani DA, Abulmeaty MMA. Assessment of Vitamin B12 Status in Patients with Morbid Obesity. Adv Obes Weight Manag Control 2017; 6(6): 00181. DOI: 10.15406/aowmc.2017.06.00181

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15. Jahan S, Munawar A, Razak S, Anwar S, Ullah H, Afsar T,

- Abulmeaty M**, Almajwal A. Protective effects of Rutin against Cisplatin-induced reproductive toxicity in adult male rats. BMC Urology. 2018; 18:107 <https://doi.org/10.1186/s12894-018-0421-9>. (IF=1.792)
16. Almajwal A, AL-zahrani S, **Abulmeaty M**, Alam I, Razzak S, Alqahtani A. Development of Food Frequency Questionnaire (FFQ) for the assessment of dietary intake among overweight and obese Saudi young children. Nutrire. 2018; 43:29. <https://doi.org/10.1186/s41110-018-0088-8>
 17. Almajwal AM, **Abulmeaty MMA**, Feng H, Alruwaili NW, Dominguez-Uscanga A, Andrade JE, Razak S, ElSadek MF. Stabilization of Vitamin D in Pea Protein Isolate Nanoemulsions Increases Its Bioefficacy in Rats. Nutrients 2019, 11(1), 75; <https://doi.org/10.3390/nu11010075> (IF=4.196)
 18. **Abulmeaty MMA**, Almajwal AM, ElSadek MF, Aldisi D, Al-Momani M, Alquraishii M, Razak S, Almadani NK, Almutawa DA. Dietary and lifestyle determinants of the lifetime cardiovascular risk during early adulthood. Progress in Nutrition. 2019; 21(1): 297-306. DOI: [10.23751/pn.v21i1-S.6168](https://doi.org/10.23751/pn.v21i1-S.6168) (IF= 0.323)
 19. Jiang S, Yildiz G, Ding J, Andrade J, Rababah TM, Almajwal A, **Abulmeaty MM**, Feng H. Pea Protein Nanoemulsion and Nanocomplex as Carriers for Protection of Cholecalciferol (Vitamin D3). Food and Bioprocess Technology. 2019; 12:1031–1040. <https://doi.org/10.1007/s11947-019-02276-0> (IF= 2.998)
 20. Iftikhar Alam, Ali M. Almajwal, Wajid Alam, Ibrar Alam, Niamat Ullah, **Mahmoud Abulmeaty**, Suhail Razak, Saleem Khan, Graham Pawelec, Parvez Iqbal Paracha. The Immune-nutrition Interplay in Aging – Facts and Controversies. Nutrition and Healthy Aging 5 (2019) 73–95. DOI [10.3233/NHA-170034](https://doi.org/10.3233/NHA-170034)
 21. Razak S, Alam I, Afsar T, **Abulmeaty M**, Almajwal A, Jahan S. A Prospective Evaluation of serum Vitamin D (1, 25(OH)₂ D₃) and Endogenous Sex Hormone Levels in Colorectal Cancer patients. Front. Oncol. 2019; 9:468. <https://www.frontiersin.org/articles/10.3389/fonc.2019.00468/full> (IF=4.416)
 22. Alam I, Alam W, Aljuraiban GS, **Abulmeaty M**, Shivappa N, Razak S. Nutritional, immunological and antioxidant defense status of outpatients diagnosed with colorectal cancer – a case-control study of the little-studied population. Nutrition and Cancer. 2020; 72(8):1307-1320 DOI: [10.1080/01635581.2019.1673448](https://doi.org/10.1080/01635581.2019.1673448) (IF=2.029)
 23. Almajwal A, **Abulmeaty M**. New Predictive Equations for Resting Energy Expenditure in Normal to Overweight and Obese

Population. International Journal of Endocrinology. 2019; Volume 2019: Article ID 5727496, 1-15
<https://doi.org/10.1155/2019/5727496> (IF=2.287)

24. **Abulmeaty MA**, Almajwal A, ElSadek M, Berika M, Razak S. Metabolic effects of testosterone hormone therapy in normal and orchiectomized male rats: from indirect calorimetry to lipolytic enzymes. International Journal of Endocrinology. 2019; Volume 2019: Article ID 7546385, 1-10
<https://doi.org/10.1155/2019/7546385> (IF=2.287)
25. Almuneef A, Almajwal A, Alam I, **Abulmeaty M**, Al Bader B, Badr MF, Almuammar M, Razak S. Malnutrition is Common in Cerebral Palsy Children in Saudi Arabia – A Cross-Sectional Clinical Observational study. BMC Neurology (2019) 19:317
<https://doi.org/10.1186/s12883-019-1553-6> (IF=2.233)
26. Almajwal AM, Alam I, **Abulmeaty M**, Razak S, Pawelec G, Alam W. Intake of dietary advanced glycation end products influences inflammatory markers, immune phenotypes, and antiradical capacity of healthy elderly in a little-studied population. Food Sci Nutr. 2020;8: 1046–1057. <https://doi.org/10.1002/fsn3.1389> (IF=1.747).
27. **Abulmeaty MMA**, Almajwal AM, Alam I, Razak S, ElSadek MF, Aljuraiban GS, Hussein KS and Malash AM. Relationship of Vitamin D-Deficient Diet and Irisin, and Their Impact on Energy Homeostasis in Rats. Front. Physiol. 2020;11:25.
<https://www.frontiersin.org/articles/10.3389/fphys.2020.00025/full> (IF=3.201)
28. Alaidarous TA, Alkahtani NM, Aljuraiban GS, **Abulmeaty MMA**. Impact of the Glycemic Control and Duration of Type 2 Diabetes on Vitamin D Level and Cardiovascular Disease Risk. Journal of Diabetes Research. 2020; Volume 2020: Article ID 7546385, 1-10. <https://doi.org/10.1155/2020/8431976> (IF=3.040)
29. Fatima S, Alwaznah R, Aljuraiban GS, Wasi S, Abudawood M, **Abulmeaty M**, Berika YB, Aljaser FS. Effect of seminal redox status on lipid peroxidation, apoptosis and DNA fragmentation in spermatozoa of infertile Saudi males. Saudi Med J 2020; Vol. 41 (3) 238-246 (IF=1.055)
30. Aldosari MS, Olaish AH, Nashwan SZ, **Abulmeaty MMA**, BaHammam AS. The Effects of Caffeine on Drowsiness in Patients with Narcolepsy: A Double-blind Randomized Controlled Pilot Study. Sleep and Breathing (2020). Ahead of print
<https://doi.org/10.1007/s11325-020-02065-6> (IF=2.326)
31. **Abulmeaty MMA**, Aljuraiban GS, Alaidarous TA, Alkahtani NM. Body Composition and the Components of Metabolic Syndrome in Type 2 Diabetes: The Roles of Disease Duration and Glycemic Control. Diabetes Metab Syndr Obes. 2020;13:1051-1059

<https://doi.org/10.2147/DMSO.S248842> (IF=3.319)

32. **Abulmeaty MMA**, BaHammam AS, Aljuraiban GS, Almajwal AM, Aldosari MS. Measured resting metabolic rate, respiratory quotient, and body composition in patients with narcolepsy: a preliminary report of a case-control study. *Sci Rep* 2020; 10: 11024. <https://doi.org/10.1038/s41598-020-67978-4> (IF=4.011)
33. Alfreeh, L.; **Abulmeaty, M.M.A.**; Abudawood, M.; Aljaser, F.; Shivappa, N.; Hebert, J.R.; Almuammar, M.; Al-Sheikh, Y.; Aljuraiban, G.S. Association between the Inflammatory Potential of Diet and Stress among Female College Students. *Nutrients* 2020, 12, 2389. (IF=4.546)
34. Alsharif, D.J.; Alsharif, F.J.; Aljuraiban, G.S.; **Abulmeaty, M.M.A.** Effect of Supplemental Parenteral Nutrition Versus Enteral Nutrition Alone on Clinical Outcomes in Critically Ill Adult Patients: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Nutrients* 2020, 12, 2968. (IF=4.546)
35. Almutawa, D.A.; Almuammar, M.; Elshafie, M.M.; Aljuraiban, G.S.; Alnafisah, A.; **Abulmeaty, M.M.A.** Survival and Nutritional Status of Male and Female Heart Transplant Patients Based on the Nutritional Risk Index. *Nutrients* 2020, 12, 3868. (IF=4.546)
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Book chapters

2016	<i>Multimodal lifestyle intervention: outlines and outcomes. Chapter number 8 in the TIES", ISBN 978-953-51-2995-0, available online at: http://cdn.intechopen.com/pdfs-wm/53011.pdf.</i>
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Journal reviewer

2015	<i>International journal of diabetes in developing countries, ISI, international, peer reviewed journal.</i>
2016	<i>Journal of Diabetes and Endocrinology, an international peer reviewed, open access journal</i>
2016	<i>Transplantation journal, ISI, international, peer reviewed journal.</i>
2017	<i>Journal of Public Health, ISI, international, peer reviewed journal.</i>
2017	<i>Clinical nutrition Journal, official journal of ESPEN, ISI, international, peer reviewed journal.</i>

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