

Publications(National & International):

- ✓ Sarfraz Hussain, Qaisar Raza, Itrat Fatima, **Syeda Mahvish Zahra** and Farhat Rashid. 2017. Obesity is an eating disorder causing many diseases. Nutrition and Food Toxicology, 1 (4), 154-159 ISSN: 2573-4946. (Review Article).
- ✓ Sarfraz Hussain, Qaisar Raza, **Syeda Mahvish Zahra**, Itrat Fatima and Farhat Rashid. 2017. Effect of Blood Group Diet on infertility in ABO Blood Groups. Research & Reviews: Journal of Food and Dairy Technology. P ISSN: 2347-2359. (Short Communication).
- ✓ **Syeda Mahvish Zahra**, Sarfraz Hussain, Muhammad Nadeem, Shahid Mahmood, Ayesha Rafique, Imran Pasha, Shan e Zahra, Wajiha Saeed, Ammara Afzal, Faiqa Afzal, Muhammad Yousaf Quddoos, Faiqa Chaudhry, Farah Naz, Nagina Altaf and Sonia Afzal. 2017. Apricot: Nature's Bliss to combat malnutrition. 1st International Food & Nutrition Conference on Sustainable approaches to combat malnutrition, Poster Presentation, 3-4 April, 2017, Organized by Institute of Home Sciences(Food and Nutrition), Faculty of Food, Nutrition and Home Sciences, University of Agriculture, Faisalabad, Sponsored by USDA, Scaling up Nutrition, Pakistan 2025, Micronutrient Initiative, University of Reading(UK), Chung National University(Korea) and PNDIS (Abstract published in Conference Proceedings; Pp74).
- ✓ Ayesha Rafique, Sarfraz Hussain, Muhammad Nadeem, Shahid Mahmood, Wajiha Saeed, **Syeda Mahvish Zahra**, Ammara Afzal, Faiqa Afzal, Shan e Zahra, Faiqa Chaudhary, Sonia Afzal and Muhammad Yousaf Quddoos. 2017. Mung beans (Vigna radiata) and sesame based nutraceutical bar: combating malnutrition. 1st International Food & Nutrition Conference on Sustainable approaches to combat malnutrition, Poster Presentation, 3-4 April, 2017, Organized by Institute of Home Sciences(Food and Nutrition), University of Agriculture, Faisalabad. (Abstract published in Conference Proceedings; Pp 38-39)
- ✓ Waqar Iqbal, Shahid Mahmood, Wajiha Saeed, Ayesha Rafique, Ahmed Hussain, Farhat Rashid and **Syeda Mahvish Zahra**. 2017. Determining prevalence of zinc deficiency: Approach to focus malnutrition measurement tools. 1st International Food & Nutrition Conference on Sustainable approaches to combat malnutrition, Poster Presentation, 3-4 April, 2017, Organized by Institute of Home Sciences(Food and Nutrition), University of Agriculture, Faisalabad. (Abstract published in Conference Proceedings; Pp17).
- ✓ Faiqa Afzal, Ghulam Moeen ud Din, Shahid Mahmood, Sarfraz Hussain, **Syeda Mahvish Zahra**, Ammara Afzal, Ayesha Rafique and Amara Rehman. 2017. Egg shell powder: An aid to combat hypocalcemia. 1st International Food & Nutrition Conference on Sustainable approaches to combat malnutrition, Poster Presentation, 3-4 April, 2017, Organized by Institute of Home Sciences(Food and Nutrition), University of Agriculture, Faisalabad.
- ✓ Ammara Afzal, Ghulam Moeen ud din, Shahid Mahmood, Mubasshir Sohail, Sarfraz Hussain, Faiqa Afzal, Shan e Zehra, Ayesha Rafique and **Syeda Mahvish Zahra**. 2017. Calcium fortified indigenous therapeutic food for hypocalcemic children. 1st International Food & Nutrition Conference on Sustainable approaches to combat malnutrition, Oral Presentation, 3-4 April, 2017, Organized by Institute of Home Sciences(Food and Nutrition), University of Agriculture, Faisalabad. (Abstract published in Conference Proceedings; Pp40).
- ✓ Shan e Zahra, Imran Pasha, Muhammad Sajid Manzoor, **Syeda Mahvish Zahra** and Ayesha Rafique. 2017. Malnutrition's global scenario and animal based foods to combat it. 1st International Food & Nutrition Conference on Sustainable approaches to combat malnutrition, Poster Presentation, 3-4 April, 2017, Organized by Institute of Home Sciences(Food and Nutrition), University of Agriculture, Faisalabad. (Abstract published in Conference Proceedings; Pp83-84).
- ✓ Muhammad Yousaf Quddoos, Shahid Mahmood, Tusneem Kausar, **Syeda Mahvish Zahra**, Amara Rehman, Ayesha Rafique, Nagina Altaf, Faiqa Afzal, Farah Naz, Sonia Afzal

and Afzia Noreen Afzal. 2017. Efficacy studies of chicken bone calcium fortified cookies in Hypocalcemic adolescent boys. 1st International Food & Nutrition Conference on Sustainable approaches to combat malnutrition, Poster Presentation, 3-4 April, 2017, Organized by Institute of Home Sciences(Food and Nutrition), University of Agriculture, Faisalabad.

- ✓ Faiqa Chaudhry, Farah Naz Akbar, Komal Chaudhry, Umar Farooq, **Syeda Mahvish Zahra** and Ayesha Rafique. 2017. Combating Malnutrition in relation to Diabtese. 1st International Food & Nutrition Conference on Sustainable approaches to combat malnutrition, Poster Presentation, 3-4 April, 2017, Organized by Institute of Home Sciences(Food and Nutrition), University of Agriculture, Faisalabad. (Abstract published in Conference Proceedings; Pp59-60).
- ✓ Muhammad Y. Quddoos, Umer Farooq, Shahid Mahmood, **Syeda M. Zahra**, Bushra Shaheen and Ayesha Rafique. 2016. Hypocholesterolemic potential of *Lactobacillus acidophilus*: An in-vitro probe. 2nd International Conference on Malnutrition, Poster Presentation, 7-8 April, 2016, Organized by Institute of Food Science & Nutrition, Bahauddin Zakariya, Multan-Pakistan. ((ICM-2016-49)Abstract Published in Proceedings; Pp76).
- ✓ Sarfraz Hussain, Farhat Rashid, **Syeda Mahvish Zahra**, Muhammad Umar Nasir and Ayesha Rafique. 2015. Blood Group Diet Research is the Key to Get Precise Results to Improve Human Health. Research & Reviews: Journal of Food and Dairy Technology. ISSN: 2321-6204. (Research paper).
- ✓ A. Dawood, S. Hussain, M. Nadeem, S. Jabbar, T.M. Qureshi, M.U. Nasir, **S.M. Zahra** and F. Rashid. 2015. Quality assessment of Doughnut prepared by using small sized potatoes (Diamant). Journal of Environmental & Agricultural Sciences. 4:21-27. (Research paper).
- ✓ U. Shahid S. Hussain, M. Nadeem, S. Jabbar, T. M. Qureshi, M. U. Nasir, **S. M. Zahra**, F. Rashid. 2015. Quality assessment of the mango-mandarin (kinnow) squash during storage. Science letters, 3(2), 115-121. (Research paper).
- ✓ Z. Zahra, S. Hussain, M. Nadeem, S. Jabbar, T. M. Qureshi, M. U. Nasir, **S. M. Zahra**, F. Rashid. 2015. Body mass index and consumption pattern of different food products in thalassemia and healthy children of the Sargodha district of Pakistan. Science letters, 3(2), 1-8. (Research paper).
- ✓ **S. M. Zahra**, M. Nadeem, S. Hussain, T. M. Qureshi, A. Din and F. Rashid. 2014. Development and Evaluation of Nutri-bars for Internally Displaced People (IDPs) in Humanitarian Emergencies. Journal of Agricultural Research, 52(2), 217-227. (Research paper).
- ✓ F. Rashid, T. Kausar, T. M. Qureshi, S.Hussain, M. Nadeem, A. Ainee, and **S. M. Zahra**. 2014. Evaluation of Physico-Chemical and Sensory Properties of Orange Marmalade Supplemented with Aloe Vera Powder. Journal of Agricultural Research, 52(4), 561-568. (Research paper).
- ✓ Sarfraz Hussain, **Syeda Mahvish Zahra**, Muhammad Umar Nasir and Farhat Rashid. 2014. An Ultimate Diet Pyramid based on blood groups. International Conference & Expo 2014, Conference Session, Clinical & Therapeutic Nutrition, Recent Developments in Human Nutrition, 19-20 March, 2014, at PC Hotel Lahore, Organized by Nutritional Association of Pakistan and University of Veterinary & Animal Sciences, Lahore. (Abstract Published in Proceedings; Pp78-79).
- ✓ **Syeda Mahvish Zahra**, Sarfraz Hussain, Muhammad Nadeem, Tahir Mahmood Qureshi, Ayesha Rafique, Nida Mian, and Farhat Rashid. 2014. Preparation of Nutri-bar for Internally Displaced People (IDPs) in Humanitarian Emergencies. International Conference & Expo 2014, Recent Developments in Human Nutrition, 19-20 March, 2014, at PC Hotel Lahore, Organized by Nutritional Association of Pakistan and University of Veterinary & Animal Sciences, Lahore. (Abstract Published in Proceedings; Pp 12-13).

- ✓ Sarfraz Hussain, Muhammad Nadeem, Tahir Mahmood Qureshi, Farhat Rashid, **Syeda Mahvish Zahra** and Muhammad Umar Nasir. 2014. "Blood group diet the key to good health" Paper Presented in International Conference on "Natural Therapies against Lifestyle Related Disorders", May 29-30, 2014. National Institute of Food Science & Technology, University of Agriculture, Faisalabad, Pakistan. Abstract published in proceedings of the conference.