



1st International Congress on Clinical Nutrition in Pediatrics

Congress Dates:
September 24–26, 2025
Venue:
Abu Reyhan International
Conference Hall
Shahid Beheshti University

1st International Congress on Clinical Nutrition in Pediatrics

Collector: Mohammad Reza Ashtiani

Executive and Business Affairs: Hamid Reza Eskandari

Designer and Layout: Hamed Kazemi - Hamed Khalili

Printing turn: First /2025 (1404)

ISBN: 978-600-293-732-2

Circulation:

This book is freely available for congress participants and related companies.



Address: Unit 1, No. 8, Kandovan alley

Enghelab Street, Ferdowsi Square

RASANE TAKHASSOSI PUBLISHING

Tel: +982166737133-66737332

+989123049109



Content

Welcome Message..... 4

Welcome Message..... 5

Welcome Message..... 6

Congress Organization 7

Members of the Congress Planning Committe 8

Members of the Scientific Committee 9

Members of the Executive Committee..... 10

Daily Scientific Program..... 11

Abstracts 23

 Oral presentations 24

 Poster Presentation Titles 46

Empowering the Future through Knowledge-Based Innovation in Pediatric Nutrition



**Dr. Hossein
Afshin**

*Vice President for
Science, Technology,
and Knowledge-Based
Economy
Islamic Republic of
Iran*

Dear Distinguished Guests, Esteemed Scholars, and Respected Participants,

It is both a privilege and a pleasure to extend my heartfelt greetings to all of you gathered here for the First International Congress on Clinical Nutrition in Pediatric Medicine. This groundbreaking event reflects a global commitment to improving the lives of children through evidence-based nutritional care, scientific innovation, and interdisciplinary collaboration.

As the Vice President for Science, Technology, and Knowledge-Based Economy, I am proud to support initiatives that merge academic excellence with impactful, real-world outcomes. Clinical nutrition is not only a cornerstone of pediatric health but also a strategic field where science, policy, and innovation intersect to

shape a healthier and more resilient society.

This congress stands as a testament to the power of collective expertise—uniting leading researchers, pediatricians, nutritionists, and healthcare professionals to share pioneering insights and practical strategies. Such gatherings are vital platforms for translating advanced scientific knowledge into sustainable solutions for today's healthcare challenges.

I commend the dedicated organizers, scientific committees, and contributors whose tireless efforts have brought this vision to life. I am confident that the discussions and collaborations sparked here will echo far beyond the congress, influencing national policies, academic curricula, and clinical practices both regionally and globally.

Let us continue to invest in knowledge-driven innovation, foster scientific entrepreneurship, and cultivate a future where every child has the opportunity to thrive.

With deep respect and warm regards,



September 24–26, 2025

Clinical Nutrition: The Foundation of Children's Health—A Novel Approach for a Healthy Future



Dr. Mohammad Mehdi Nasehi

President of the First Congress on Clinical Nutrition in Pediatric Medicine

Dear Esteemed Professors, Colleagues, Students, and Respected Attendees,

It is my great pleasure to welcome you to the inaugural Congress on Clinical Nutrition in Pediatric Medicine, where we gather in the company of leading thinkers, specialists, and dedicated professionals committed to advancing child health.

This landmark event is the culmination of dedicated efforts by seasoned professors, indefatigable researchers, and the steadfast support of academic and executive institutions—all united by a shared passion for nurturing the next generation through enhanced nutritional knowledge. Clinical nutrition, particularly in the formative years of childhood, is pivotal to the well-being of our society now and in the future. Here, we have a prime opportunity to exchange groundbreaking discoveries, tackle pressing challenges, and explore practical solutions that will elevate standards in nutritional care.

In an era of rapid medical progress and heightened awareness, the vital role of targeted nutrition in preventing and managing pediatric diseases has never been clearer. Through partnerships with university centers, researchers, pediatric experts, nutrition specialists, and industry leaders, this congress aims to seamlessly blend science with practice, illuminating paths to better quality of life for children. The insights from our discussions will undoubtedly resonate far beyond clinical practice, influencing health policies on a larger scale.

I extend my sincere gratitude to our spiritual and financial supporters, the distinguished professors, researchers, and students whose insightful contributions and vibrant participation have enriched this gathering. Special thanks also go to the scientific and executive committees for their selfless and tireless work in making this a success. May this congress spark enduring interdisciplinary partnerships and drive innovative shifts in pediatric clinical nutrition, paving the way for a healthier, more vibrant future for generations to come.

With warm regards,

Welcome Message



**Dr. Pejman
Rohani**

*Scientific Secretary of
the First Congress on
Clinical Nutrition in
Pediatric Medicine
Faculty Member,
Tehran University of
Medical Sciences*

It is my great honor, as the Scientific Secretary of this inaugural event, to welcome an esteemed assembly of leading scholars, researchers, and practitioners in the field of pediatric nutrition. This congress, proudly held with the support of the European Society for Paediatric Gastroenterology, Hepatology and Nutrition (ESPGHAN), has been thoughtfully designed to bridge the essential gap between cutting-edge research and everyday clinical practice, integrating the latest scientific advancements into practical, actionable strategies that can truly transform child health.

Here's what you can look forward to at this congress:

- Engaging presentations on the most recent research into nutritional needs for children across various age groups
- In-depth explorations of diagnostic and therapeutic

challenges in clinical nutrition

- Introductions to practical protocols aimed at enhancing the nutritional status of children facing illnesses
- Dynamic forums for open dialogue among researchers, pediatric specialists, and nutrition experts

I extend my heartfelt gratitude to all the speakers and researchers whose invaluable submissions have ensured the scientific excellence and depth of this event. I also commend the review committee for their meticulous and fair evaluation of the papers, which has been instrumental in shaping such a high-caliber program.

I am optimistic that this congress will:

- Foster broader interdisciplinary collaborations and partnerships
 - Spark innovative research questions and fresh perspectives
 - Ultimately elevate the standards of nutritional care for children worldwide
- Through our collective dedication and shared passion, we will harness the power of science to support and safeguard the health of future generations.



September 24–26, 2025



**Dr. Mohammad
Mehdi Nasehi**

*President of the First
Congress on Clinical
Nutrition in Pediatric
Medicine*



**Dr. Pejman
Rohani**

*Scientific Secretary of
the First Congress on
Clinical Nutrition in
Pediatric Medicine*



**Dr. Mohammad
Hassan Sohoul**

*Executive Secretary
of the congress*



**Dr. Somayeh
Fattahi**

*Executive Secretary
of the congress*



**Leyli Zahra
Bahreini Boroujeni**

*Congress's Student
Executive Secretary*



**Fatemeh
Javaheri Tafti**

*Congress's Student
Executive Secretary*

Congress Organization

1st

International Congress on Clinical Nutrition in Pediatrics

Members of the Congress Planning Committee

First and last name
Dr. Bagher Larijani
Dr. Mohammad Mehdi Nasehi
Dr. Pejman Rohani
Dr. Mahdi Pirsalehi
Dr. Alireza Raeisi
Dr. Mohammad Esmail Gheydari
Dr. Nader Tavakoli
Dr. Seyed Reza Raeeskarami
Dr. Seyed Sajjad Razavi
Dr. Hassan Abolghasemi
Dr. Farhad Abolhasan Chobdar
Dr. Ahmad Esmailzadeh
Dr. Mohammad Hadi Imanieh
Dr. Maryam Tajabadi
Dr. Mohammad Javad Hosseinzadeh Attar
Dr. Mohammad Mehdi Hoghoughi
Dr. Azita Hekmatdoust
Dr. Amir Ali Hamidieh
Dr. Sayed Hossein Davoodi
Dr. Seyed Davar Siadat
Dr. Mohammadhassan Sohoul
Dr. Mahdi Shadnough
Dr. Mohammad Reza Shanehsaz
Dr. Reza Shervin Badv
Dr. Farzad Shidfar
Dr. Rohola Shirzadi
Dr. Mohammad Reza Fazeli
Dr. Fatemeh Farahmand
Dr. Somaye Fatahi
Dr. Mostafa Ghanei
Dr. Naser Kalantari
Dr. Roya Kelishadi
Mr. Reza Mahmoudi Lamouki
Dr. Seifollah Moradi
Dr. Vahid Mofid
Dr. Jalaledin Mirzay Razzaz
Dr. Adel Ahmadigol
Dr. Shamsolah Nooripour
Dr. Koroush Vahidshahi



September 24–26, 2025

First and last name

Dr. Farhad Abolhasan Chobdar
Dr. Mohammad Hasan Abolhasani
Dr. Hanieh-Sadat Ejtahed
Dr. Shokoufeh Ahmadipour
Dr. Ahmad Esmailzadeh
Dr. Parastoo Ashtijoo
Dr. Golaleh Asghari
Dr. Somayyeh Asghari
Dr. Bahar Allahverdi
Dr. Abolfazl Iranikhah
Dr. Bahareh Imani
Dr. Hossein Imani
Dr. Behzad Barekatin
Dr. Maryam Behrooz
Dr. Maryam Behfar
Dr. Kurosh Djafarian
Dr. Narjes Jafari
Dr. Nahid Jalilevand
Dr. Vadood JavadiParvaneh
Dr. Mohammad Hassan Javanbakht
Dr. Mohammad Javad Hosseinzadeh Attar
Dr. Azita Hekmatdoust
Dr. Amir Ali Hamidieh
Dr. Maryam Khazdouz
Dr. Leila Khedmat
Dr. Sayed Hossein Davoodi
Dr. Pejman Rohani
Dr. Jalaledin Mirzay Razzaz
Dr. Hamid Zand
Dr. Arya Sotoudeh
Dr. Zahra Soltantooyeh
Dr. MohammadHassan Sohoul
Dr. Seyed Davar Siadat
Dr. Mahdi Shadnough
Dr. Zahra Vahdat Shariatpanahi
Dr. Reza Shiari

Dr. Farzad Shidfar
Dr. Shadab Salehpour
Dr. Hedieh Saneifard
Dr. Saeedeh Talebi
Dr. Morteza Abdollahi
Dr. Foad Asjodi
Dr. Maryam Gholami
Dr. Fatemeh Famouri
Dr. Somaye Fatahi
Dr. Fatemeh Farahmand
Dr. Behdad Gharib
Dr. Faezeh Ghanaati
Dr. Matin Ghanavati
Dr. Fereshteh Karbasian
Dr. Parvaneh Karimzadeh
Dr. Naser Kalantari
Dr. Bagher Larijani
Dr. Masoud Mohammad Pour
Dr. Mohsen Mohammadi
Dr. Maryam Mahmoudi
Dr. Farzaneh Motamed
Dr. Atieh Mehdizadeh
Dr. Ali Milani Bonab
Dr. Vahid Mofid
Dr. Mohammad Mehdi Nasehi
Dr. Mehri Najafi Sani
Dr. Shamsolah Nooripour
Dr. Koroush Vahidshahi
Dr. Saeid Hadi
Dr. Bahareh Yaghmaei
Soroush Rezvani
Fatemeh Javaheri-Tafti
Leyli Zahra Bahreini Boroujeni
Ali Nikparast
Shabnam Shahabi Nejad
Dr. Alireza Norouzi

Members of the Scientific
Committee (in alphabetical order)

First and last name
Sorour Taherinia
Sakar Pezeshk
Dorsa Ghafouri
Golnaz Khodayari
Fatemeh Hasanlou
Nastaran Vakilbashi
Amin Sanajo
Ali Nikparast
Elahe Etesami
Amirfaham Rezaee
Shabnam Shahabi Nejad
Soroush Rezvani
Leyli Zahra Bahreini Boroujeni
Fatemeh Javaheri-Tafti
Mojtaba Abdipoor
Sajjad Assari
Mohsen Shaygantabar
Nahal roudehchi yousefnezhadan
Ghazal Mehranpour
Sara Hatefi
Faezeh Zare
Fatemeh Mozaffari
Mahya Karimi
Motahareh Naghashzadeh
Huriyeh Forghani
Fatemeh Habibollahi
Shayan Shakeri
Fatemeh Bahreini Boroujeni
Zahra Javaheri-Tafti



Daily Scientific Program



Venue: Main Hall Day 1: Wednesday, September 24, 2025			
Opening Ceremony and Keynote Lecture Opening Session			08:00-10:00
Break			10:00-10:30
Panel 1: Nutrition in Gastrointestinal Diseases 10:30-12:30 Main Hall Panel Chair: Dr. Mehri Najafi Sani Panel Members: Dr. Pejman Rohani, Dr. Fatemeh Famouri, Dr. Farzaneh Motamed, Dr. Maryam Mahmoudi, Dr. Iva Hojsak			
Speaker	Title	Specialty & Affiliation	Time
Dr. Iva Hojsak	Nutritional Management in Inflammatory Bowel Disease (IBD)	Education Secretary for Nutrition, ESPGHAN	10:30-10:55
Dr. Pejman Rohani	Probiotics and Prebiotics in Pediatric Gastrointestinal Health	Pediatric Gastroenterologist Tehran University of Medical Sciences	10:55-11:20
Dr. Fatemeh Famouri	Nutritional Management and New Horizons in Celiac Disease and Gluten-Free Diets	Pediatric Gastroenterologist Isfahan University of Medical Sciences	11:20-11:45
Dr. Maryam Mahmoudi	Diet Therapy in Cystic Fibrosis	Nutrition Specialist Tehran University of Medical Sciences	11:45-12:10
Panel Discussion (Q&A)			12:10-12:30
Lunch & Prayer Break			12:30-13:30



September 24–26, 2025

Day 1: Wednesday

Panel 2: Nutrition in Hepatic and Pancreatic Diseases

13:30-15:30

Main Hall

Panel Chair: Dr. Fatemeh Farahmand

Panel Members: Dr. Parastoo Ashtijoo, Dr. Shokoofeh Ahmadipour, Dr. Maryam Gholami, Dr. Abolfazl Iranikhah

Speaker	Title	Specialty & Affiliation	Time
Dr. Parastoo Ashtijoo	Nutritional Management in Cholestatic Liver Disease	Pediatric Gastroenterologist Shahid Beheshti University of Medical Sciences	13:30-13:55
Dr. Shokoofeh Ahmadipour	Nutrition and Diet Therapy in Acute and Chronic Liver Diseases	Pediatric Gastroenterologist Lorestan University of Medical Sciences	13:55-14:20
Dr. Maryam Gholami	Nutrition and Diet Therapy in Pancreatic Diseases	Pediatric Gastroenterologist Kerman University of Medical Sciences	14:20-14:45
Dr. Abolfazl Iranikhah	Nutrition in Children with Chronic Diarrhea	Pediatric Gastroenterologist Qom University of Medical Sciences	14:45-15:10
Panel Discussion (Q&A)			15:10-15:30

Daily Scientific Program

Day 1: Wednesday

Panel 3: Nutrition in Immune and Allergic Disorders

15:30-17:30

Main Hall

Panel Chair: Dr. Shamsolah Nooripour

Panel Members: Dr. Reza Shiari, Dr. Azita Hekmatdoust, Dr. Seyed Davar Siadat,
Dr. Vadood JavadiParvaneh

Speaker	Title	Specialty & Affiliation	Time
Dr. Reza Shiari	Dietary Approaches in Pediatric Rheumatologic and Autoimmune Diseases	Pediatric Rheumatologist Shahid Beheshti University of Medical Sciences	15:30-15:55
Dr. Azita Hekmatdoust	Role of Nutrition in Prevention and Treatment of Food Allergies	Nutrition Specialist Shahid Beheshti University of Medical Sciences	15:55-16:20
Dr. Seyed Davar Siadat	Gut Microbiome in Immune Strengthening and Allergic Diseases	Microbiologist Pasteur Institute of Iran	16:20-16:45
Dr. Shamsolah Nooripour	Prevention of Allergic Diseases in Infancy: Focus on Maternal and Infant Nutrition	Neonatologist Shahid Beheshti University of Medical Sciences	16:45-17:10
Panel Discussion (Q&A)			17:10-17:30



September 24–26, 2025

**Day 2: Thursday
September 25, 2025**

Panel 4: Pediatric Obesity

08:00-10:00

Main Hall

Panel Chairs: Dr. Hossein Imani, Dr. Hamid Zand

Panel Members: Dr. Atieh Mehdizadeh, Dr. Somaye Fatahi, Dr. Kurosh Jafarian

Speaker	Title	Specialty & Affiliation	Time
Dr. Atieh Mehdizadeh	Evaluation and Diagnosis of Obesity: Differentiating Monogenic and Polygenic Forms	Nutrition Specialist Mashhad University of Medical Sciences	08:00-08:20
Dr. Somaye Fatahi	Novel Nutritional Approaches to Obesity Prevention and Treatment	Nutrition Specialist Shahid Beheshti University of Medical Sciences	08:20-08:40
Dr. Hossein Imani	Pharmacological and Surgical Treatments: Emerging Horizons	Nutrition Specialist Tehran University of Medical Sciences	08:40-09:00
Dr. Hamid Zand	Mechanisms and Factors Contributing to Diet Resistance in Weight Loss	Nutrition Specialist Shahid Beheshti University of Medical Sciences	09:00-09:20
Dr. Kurosh Jafarian	Role of Physical Activity Interventions in Pediatric Obesity Management	Nutrition Specialist Tehran University of Medical Sciences	09:20-09:40
Panel Discussion (Q&A)			09:40-10:00
Break			10:00-10:30

Daily Scientific Program

Day 2: Thursday

Panel 5: Prevention and Management of Obesity-Related
Comorbidities

10:30-12:30

Main Hall

Panel Chair: Dr. Farzad Shidfar

Panel Members: Dr. Alireza Norouzi, Dr. Mohammad Javad Hosseinzadeh Attar,
Dr. Zahra Soltantooyeh, Dr. Golaleh Asghari, Dr. Elma Izze da Silva Magalhães

Speaker	Title	Specialty & Affiliation	Time
Dr. Alireza Norouzi	Pediatric Obesity and Cardiometabolic Diseases	Pediatric Cardiologist Shahid Beheshti University of Medical Sciences	10:30-10:50
Dr. Mohammad Javad Hosseinzadeh Attar	Nutritional Management of Non-Alcoholic Fatty Liver Disease in Children	Nutrition Specialist Tehran University of Medical Sciences	10:50-11:10
Dr. Zahra Soltantooyeh	The Role of Obesity in Pediatric Sleep-Related Breathing Disorders	Pediatric Sleep Medicine Specialist Shahid Beheshti University of Medical Sciences	11:10-11:30
Dr. Golaleh Asghari	Nutritional Management of Pre-Diabetes and Type 2 Diabetes in Children	Nutrition Specialist Shahid Beheshti University of Medical Sciences	11:30-11:50
Dr. Elma Izze da Silva Magalhães	Taste Genes and Food Preferences in Children: From Genetics to Healthy Growth	Postdoctoral Researcher in Food, Nutrition, and Health Federal University of Rio Grande do Sul, Brazil	11:50-12:10
Panel Discussion (Q&A)			12:10-12:30
Lunch & Prayer Break			12:30-13:30



September 24–26, 2025

Day 2: Thursday

Panel 6: Nutrition in Growth and Development

13:30-15:30

Main Hall

Panel Chair: Dr. Naser Kalantari

Panel Members: Dr. Bahar Allahverdi, Dr. Ahmad Esmailzadeh,
Dr. Morteza Abdollahi, Dr. Sanja Kolacek

Speaker	Title	Specialty & Affiliation	Time
Dr. Bahar Allahverdi	From Weaning to Solid Foods: Nutrition's Role in the First 1000 Days of Life	Pediatric Gastroenterologist Tehran University of Medical Sciences	13:30-13:50
Dr. Ahmad Esmailzadeh	Role of Nutrition and Supplements in Improving Linear and Weight Growth in Children	Nutrition Specialist Tehran University of Medical Sciences	13:50-14:10
Dr. Naser Kalantari	Management of Acute Malnutrition in Hospitalized Children	Pediatric Specialist Shahid Beheshti University of Medical Sciences	14:10-14:30
Dr. Morteza Abdollahi	Optimal Dietary Patterns for Growing Children in Low-Income Settings	Public Health Specialist Shahid Beheshti University of Medical Sciences	14:30-14:50
Dr. Sanja Kolacek	Role of bioactive nutrients in nutrition of infants, with the special emphasis on human milk oligosaccharides (HMO).	Professor of Pediatrics from the Medical University of Zagreb Former President of ESPGHAN	14:50-15:10
Panel Discussion (Q&A)			15:10-15:30

Daily Scientific Program

Day 2: Thursday

Panel 7: Nutrition in Critical Care and Surgery

15:30-17:30

Main Hall

Panel Chair: Dr. Farhad Abolhasan Chobdar

Panel Members: Dr. Bahareh Yaghmaei, Dr. Behzad Barekatin, Dr. Saeid Hadi,
Dr. Behdad Gharib, Dr. Masoud Mohammad Pour

Speaker	Title	Specialty & Affiliation	Time
Dr. Bahareh Yaghmaei	Nutritional Management in Ventilated Pediatric Patients	Pediatric Intensive Care Fellow Tehran University of Medical Sciences	15:30-15:55
Dr. Behzad Barekatin	Nutrition in Neonatal Intensive Care Units (NICU)	Neonatologist Isfahan University of Medical Sciences	15:55-16:20
Dr. Saeid Hadi	Nutritional Management in Children with Short Bowel Syndrome	Nutrition Specialist Aja University of medical science	16:20-16:45
Dr. Behdad Gharib	Nutritional Management in Pediatric Chylothorax	Pediatric Specialist Tehran University of Medical Sciences	16:45-17:10
Panel Discussion (Q&A)			17:10-17:30



September 24–26, 2025

**Day 3: Friday
September 26, 2025**

Panel 8: Nutrition in Cancer and Transplantation

08:00-10:00

Main Hall

Panel Chair: Dr. Maryam Behfar

Panel Members: Dr. Mohsen Mohammadi, Dr. Somayyeh Asghari, Dr. Amir Ali Hamidieh, Dr. MohammadHassan Sohoul

Speaker	Title	Specialty & Affiliation	Time
Dr. Mohsen Mohammadi	The Role of Supportive Nutrition in Cancer-Related Cachexia in Children	Nutrition Specialist Shiraz University of Medical Sciences	08:00-08:25
Dr. Somayyeh Asghari	Challenges and Strategies for Nutritional Management in Childhood Cancer Survivors	Nutrition Specialist Tehran University of Medical Sciences	08:25-08:50
Dr. Amir Ali Hamidieh	Nutritional Management and Challenges in Pediatric Bone Marrow Transplantation	Pediatric Hematologist-Oncologist Tehran University of Medical Sciences	08:50-09:15
Dr. MohammadHassan Sohoul	Nutritional Issues in Graft-versus-Host Disease (GVHD)	Nutrition Specialist Tehran University of Medical Sciences	09:15-09:40
Panel Discussion (Q&A)			09:40-10:00
Break			10:00-10:30

Daily Scientific Program

Day 3: Friday

Panel 9: Nutrition in Neurological Disorders

10:30-12:30

Main Hall

Panel Chair: Dr. Mohammad Mehdi Nasehi

Panel Members: Dr. Parvaneh Karimzadeh, Dr. Narjes Jafari, Dr. Faezeh Ghanaati, Dr. Sayed Hossein Davoodi, Dr. Hanieh-Sadat Ejtahed

Speaker	Title	Specialty & Affiliation	Time
Dr. Parvaneh Karimzadeh	Nutritional Approaches for Refractory Epilepsy in Children	Pediatric Neurologist Shahid Beheshti University of Medical Sciences	10:30-10:50
Dr. Narjes Jafari	Dietary Interventions in Neuromuscular Disorders in Children	Pediatric Neurologist Shahid Beheshti University of Medical Sciences	10:50-11:10
Dr. Faezeh Ghanaati	Nutritional Management in Pediatric Multiple Sclerosis (MS)	Pediatric Neurologist Shahid Beheshti University of Medical Sciences	11:10-11:30
Dr. Sayed Hossein Davoodi	Priority Effects in Microbiome Assembly	Nutrition Specialist Shahid Beheshti University of Medical Sciences	11:30-11:50
Dr. Hanieh-Sadat Ejtahed	Gut Microbiome and Neurodevelopmental Health in Children	Biomedical Specialist Tehran University of Medical Sciences	11:50-12:10
Panel Discussion (Q&A)			12:10-12:30
Closing Ceremony			12:30-13:30



September 24–26, 2025

Side Hall Program

**First Congress on Clinical Nutrition in Pediatric Medicine
Workshops & Special Sessions**

Day 1 - Afternoon

Oral Presentations: Selected Research Papers

13:30-16:30

Side Hall

Day 2: Thursday, September 25, 2025

Workshop 1: Picky Eating in Children - Diagnosis, Treatment, and Multidisciplinary Intervention

08:00-10:00

Side Hall

Speaker	Title	Specialty & Affiliation	Time
Dr. Bahareh Imani	The Role of Nutrition Therapists in Assessing and Managing Picky Eating	Pediatric Specialist Mashhad University of Medical Sciences	08:00-09:00
Dr. Nahid Jalilevand	Management of Picky Eating from a Swallowing Therapist's Perspective	Speech Therapist Iran University of Medical Sciences	09:00-10:00

Workshop 2: Introduction to Pediatric Formula Products and Common Supplements

10:30-12:30

Side Hall

Speaker	Title	Specialty & Affiliation	Time
Dr. Somaye Fatahi	An Overview of Clinical Formulas Used in Pediatric Practice	Nutrition Specialist Shahid Beheshti University of Medical Sciences	10:30-11:30
Dr. MohammadHassan Sohoul	Common Pediatric Supplements: Efficacy and Application	Pediatric Nutrition Specialist Tehran University of Medical Sciences, Children's Medical Center	11:30-12:30

Daily Scientific Program

Workshop 3: Nutrition in Metabolic Disorders

13:30-17:00

Side Hall

Break & Refreshments			15:30-16:00
Speaker(s)	Title	Specialty & Affiliation	Time
Dr. Hedieh Saneifard Dr. Maryam Khazdouz	Nutritional Strategies for Children with Lipid Metabolism Disorders	Pediatric Endocrinologist Shahid Beheshti University of Medical Sciences Nutrition Specialist Iran University of Medical Sciences	13:30-14:30
Dr. Shadab Salehpour Dr. Golaleh Asghari	Diet Therapy in Amino Acid Metabolism Disorders	Pediatric Endocrinologist Shahid Beheshti University of Medical Sciences Nutrition Specialist Shahid Beheshti University of Medical Sciences	14:30-15:30
Break			15:30-16:00
Dr. Parastoo Rostami Dr. Maryam Behrooz	Diet Therapy in Carbohydrate Metabolism Disorders	Pediatric Endocrinologist Tehran University of Medical Sciences Nutrition Specialist Sciences Tabriz University of Medical Sciences	16:00-17:00

**Day 3: Friday
September 26, 2025**

Workshop 4: Enteral and Parenteral Nutrition in Pediatric Intensive Care

08:00-10:00

Side Hall

Speaker	Title	Specialty & Affiliation	Time
Dr. Zahra Vahdat Shariatpanahi	Enteral and Parenteral Nutrition in Pediatric Care	Nutrition Specialist Shahid Beheshti University of Medical Sciences	08:00-09:00
Dr. Fereshteh Karbasian	Managing Gastrointestinal Complications in Pediatric Intensive Care	Pediatric Gastroenterologist Iran University of Medical Sciences	09:00-10:00



Abstracts

1) Oral
presentations

2) Poster
Presentation
Titles

Expression pattern of miR-193a, miR122, miR155, miR-15a, and miR146a in peripheral blood mononuclear cells of children with obesity and their relation to some metabolic and inflammatory biomarkers

Maryam Behrooz¹, Samaneh Hajjarzadeh², Houman Kahroba^{3,4}, Alireza Ostadrahimi^{5*}, Milad Bastami^{6*}

1. Ph.D. Pediatric Research Center, Tabriz University of Medical Sciences, Tabriz, Iran. Email:mm.behroozp@gmail.com

2. Ph.D. Student of Nutrition Sciences. Student Research Committee, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran.

3. Ph.D. Department of Toxicogenomics, GROW School of Oncology and Development Biology, Maastricht University, Maastricht, The Netherlands

4. Centre for Environmental Sciences, Hasselt University, Hasselt, Belgium

5. MD, Ph.D. Nutrition Research Center, Department of Clinical Nutrition, School of Nutrition & Food Sciences, Tabriz University of Medical Sciences, Tabriz, Iran

6. Ph.D. Assistant Professor, Department of Medical Genetics, Tabriz University of Medical Sciences

Abstract

Background and aim: The widespread presence of childhood obesity has increased considerably over three decades. The present study was designed to investigate expression patterns of miR-146a, miR-155, miR-15a, miR-193a, and miR-122 in peripheral blood mononuclear cells (PBMCs) in children who are obese along with their association with metabolic and inflammatory biomarkers.

Methods: Ninety test subjects were admitted. The profile of blood pressure, resting energy expenditure (REE), anthropometric measures, body composition, dietary intakes, physical activity levels, insulin, and lipid profile, fasting blood glucose (FBG), high-sensitivity C-reactive protein (hs-CRP), and pubertal stage have been measured. Total RNA (including small RNAs) was extracted from PBMCs. The expression levels of miRNAs were measured by stem-loop RT-qPCR.

Results: The miR-155a expression level was significantly lower in obese children, children with high hs-CRP, and children with high-fat mass. Obese girls had significantly higher PBMC levels of miR-122. MiR-155a had a significant negative association with fasting insulin, HOMA-IR, and hs-CRP. There were significant positive associations between miR-193a and miR-122 expression levels and fasting insulin, HOMA-IR, and TG. MiR-15a was positively correlated with fasting insulin and HOMA-IR. Children with metabolic syndrome, insulin resistance, and high-fat mass had higher PBMC levels of miR-122 and miR-193a. Higher miR-193a and miR-122

levels were also detected in PBMCs of children with fast REE, compared to those with slow REE, and the subjects with high hs-CRP, respectively.

Conclusion: lower level of miR-155 expression in obese subjects and significant associations unfolds the need for more studies to detect the possible underlying mechanisms.

Keywords: obesity, miRNAs, children, metabolic syndrome, adolescents

The Relationship Between nutrient patterns and muscle mass, fat mass, and BMI of Iranian students

Mohsen Shaygantabar¹, Fatemeh Javaheri-Tafti^{1, 2}, Leila Sajedi³, Leyli Zahra Bahreini Boroujeni^{1,2}, Reza Rahmanian^{4, 5*}

1. Department of Clinical Nutrition and Dietetics, Faculty of Nutrition Sciences and Food Technology, National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, Tehran, Iran

2. Student Research Committee, Shahid Beheshti University of Medical Sciences, Tehran, Iran

3. Department of Education, Faculty of Teachers Education, Farhangian University, Shiraz, Iran.

4. Student research committee, School of Nutrition and Food Sciences, Shiraz University of Medical Sciences, Shiraz, Iran

5. Department of Clinical Nutrition, School of Nutrition and Food Sciences, Shiraz University of Medical Sciences, Shiraz, Iran

Abstract

Background and Aim: The quantity and composition of breakfast impact body composition. Obese and overweight children are vulnerable to many metabolic diseases. This study aimed to examine the association between breakfast quality and body composition in school-aged children.

Methods: This cross-sectional study was conducted on 476 boys and girls aged 14 to 18 from four schools in Jahrom. The frequency and nutritional content of the diet, as well as information about body composition, economic status, and anthropometric measurements, were collected.

Results: Students were classified into tertiles by anthropometric indices. Eight major nutrition patterns were identified. In the second BMI tertile, a significant positive association was identified between high adherence to NP6, which was significantly loaded with docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA), and the risk of obesity, with an increase of over 90% in the crude model (Crude: OR 1.97; 95% CI 1.12–3.47). This association remained significant, showing a 190% increase in risk, even after adjusting for all potential confounding factors in Model 3 (OR 2.91; 95% CI 1.14–7.42). Also, in the first tertile of muscle mass, a significant positive

association was observed between the second tertile of NP5, which was rich in fat, monounsaturated fatty acids (MUFA), and sodium, and muscle mass, with an increase of over 100% in the crude model (Crude: OR 2.01; 95% CI 1.13–3.59). This association remained significant, showing at least a 130% increase in muscle mass, even after full adjustment for potential confounding factors (Model 3: OR 2.38; 95% CI 1.23–4.60). Similarly, high adherence to NP3 tertile results became statistically significant in the second tertile of muscle mass after adjusting for confounders, showing a 115% increase in muscle mass in Model 3 (OR 2.15; 95% CI 1.04–4.46). No significant associations were found between the different NPs and the tertiles of fat mass.

Conclusion: The current study identified eight distinct nutritional patterns. Following nutrient patterns rich in MUFAs, cysteine, selenium, magnesium, phosphorus, copper, and vitamin B9 was linked to greater muscle mass in students. Conversely, nutrient patterns high in EPA and DHA were associated with an elevated risk of obesity. Further research, especially prospective studies, is necessary to validate these results.

Keywords: Nutrition pattern, Dietary pattern, Body Composition, Nutrition, Obesity, Malnutrition

Eating speed in relation to obesity in Children Aged 9–13 Years: A Cross-Sectional Study

Mostafa Shahraki Jazinaki¹, Maryam Razavidarmian², Mina Nosrati¹, Majid Ghayour-Mobarhan³

1-Department of Nutrition Sciences, Mashhad University of Medical Sciences, Mashhad, Iran

2-Department of Nutrition Sciences, Varastegan Institute for Medical Sciences, Mashhad, Iran

4-International UNESCO Center for Health-Related Basic Sciences and Human Nutrition, Mashhad University of Medical Sciences, Mashhad, Iran

Abstract

Background and Aim: Eating speed has received attention as a behavioral factor associated with obesity in recent studies. However, this association had not been thoroughly investigated in pediatrics. Therefore, this study aimed to assess the relationship between eating speed and obesity in children aged 9 to 13 years.

Methods: This cross-sectional study was performed in the nutrition clinic center in Mashhad, Iran. In this study, which was followed by assessments

of weight and height, the body mass index (BMI)-for-age Z-score was obtained using AnthroPlus software, introduced by the World Health Organization (WHO). In addition, BMI Z-scores $> +2$ were considered as obesity. Eating speed was subjectively assessed by asking the participants to classify their eating pace as slow, moderate, or fast. The association between the speed of eating and obesity was assessed by performing multivariable analysis along with adjustments for the effects of cofounders, including age, sex, and physical activity.

Results: Among the 145 children who were involved in our studies, 49% had obesity. Also, 22.8%, 43.4%, and 33.8% of them reported their speed of eating as slow, moderate, and fast. Furthermore, a significant difference was detected in the speed of eating between children with obesity and other children. This study showed that a higher speed of eating was significantly related to increased odds of obesity ($P_{\text{Trend}} < 0.001$). Multivariable analysis revealed that the highest tertile speed of eating was significantly associated with the 25.64 increased odds of obesity compared to the first tertile in the crude and adjusted models (OR = 25.64, 95% CI: 7.31 to 89.90, $P < 0.001$).

Conclusion: This cross-sectional study revealed that a higher speed of eating was significantly associated with obesity among children aged 9 to 13 years old. However, interpretation of these findings needs caution due to the limited sample size. It's suggested to conduct large-cohort studies in the future to reach a firm conclusion regarding this relationship.

Investigating the Link between Food Insecurity and Maternal and Neonatal Outcomes: Insights from a Cohort Study

Soudabe Motamed^{1*}, Fatemeh Darabi¹, Atefeh Zahedi¹

1. Department of Public Health, Asadabad School of Medical Sciences, Asadabad, Iran

Abstract

Background and Aim: Food insecurity during pregnancy can lead to inadequate intake of essential nutrients, including proteins, vitamins, and minerals, which may adversely affect the health and well-being of both the mother and the developing fetus. The objective of this study was to examine the association between food insecurity and birth outcomes including preterm delivery, LBW (low birth weight), and birth size.

Methods: This study utilized a prospective cohort design involving pregnant women less than 16 weeks gestation who visited health-treatment centers in Asadabad city from February 2023 to February 2025. Participants were tracked from the time they enrolled until childbirth, with follow-up periods varying between five and eight months.

Results: The prevalence of food insecurity among pregnant women was 53.6%. There was no significant association between complications including preterm birth (OR: 0.54, 95% CI 0.06 to 4.26; $P = 0.56$) and LBW (OR: 0.61, 95% CI 0.23 to 1.69; $P = 0.31$) with food insecurity. Birth measurements, including birth weight (3.20 ± 0.43 vs. 3.22 ± 0.49 kg; $p = 0.79$), length (49.62 ± 4.99 vs. 49.91 ± 1.83 cm; $p = 0.56$), and head circumference (34.70 ± 1.21 vs. 34.78 ± 1.14 cm; $p = 0.52$), showed no significant differences between the FIS and FS groups.

Conclusion: No significant association was observed between food insecurity in pregnant women and the risk of preterm birth, LBW, or neonatal measurements such as weight, length, and head circumference. These results may reflect the complexity of these outcomes, which are likely influenced by a combination of biological, psychological, social, and economic factors, with food insecurity alone not being a sole determinant.

Keywords: Food insecurity, preterm birth, birth sizes

Effect of Sensory Play-Based Intervention on Food Fussiness in Preschool Children: A Pilot Study

Mona Nematizadeh^{1*}, Parnian Behjati², Amirhossein Kaheni², Asma Azari²

1-Department of Nutrition, Faculty of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran.

2-Department of Nutrition Sciences, Varastegan Institute for Medical Sciences, Mashhad, Iran.

Abstract:

Background and Aim: Food fussiness is one of the most common feeding difficulties in early childhood and has been linked to both inadequate nutrient intake and risk of obesity. Traditional interventions often fail to address the sensory and behavioral roots of picky eating. Sensory play-based therapy, which incorporates food exploration through touch, smell, and playful interaction, has been proposed as a promising approach. This study aimed to evaluate the effectiveness of an 8-week sensory play-based intervention on reducing food fussiness and improving eating behaviors

among preschool children.

Methods: A quasi-experimental study was conducted on 30 children aged 18–36 months (mean age 27.4 ± 5.6 months), recruited from a community nutrition clinic. Inclusion criteria were: refusal of multiple food textures, limited dietary variety, and parental concern regarding picky eating. Exclusion criteria included medical or developmental disorders affecting feeding. The intervention lasted 8 weeks and consisted of: • Weekly in-person group workshops (1 hour, play-based exposure to foods). • Daily home-based sensory play activities, provided to parents through structured guidelines. Parental compliance was monitored by weekly logs. Outcome measure: The Children's Eating Behaviour Questionnaire (CEBQ) was administered at baseline and after 8 weeks. Subscales analyzed included Food Fussiness (FF), Food Responsiveness (FR), and Enjoyment of Food (EF). Anthropometric measures (weight-for-age, BMI-for-age percentile) were recorded. Data were analyzed using paired t-tests. Statistical significance was defined as $p < 0.05$.

Results: Of the 30 enrolled participants, 28 completed the study (dropout rate 6.6%). At baseline, mean Food Fussiness scores were 4.2 ± 0.6 . After the intervention, Food Fussiness significantly decreased to 2.8 ± 0.7 ($p < 0.001$). Enjoyment of Food increased from 2.9 ± 0.5 to 3.8 ± 0.6 ($p = 0.002$). Food Responsiveness showed a modest but significant improvement (3.1 ± 0.7 vs. 3.6 ± 0.8 , $p = 0.04$). Parents reported reduced mealtime conflict and increased willingness of children to self-feed. Anthropometric data showed no significant changes in BMI-for-age percentile (baseline: 75.6 ± 14.2 vs. post-intervention: 74.8 ± 13.7 , $p = 0.32$), suggesting behavioral improvements occurred without adverse growth effects.

Conclusion: This pilot study demonstrates that an 8-week sensory play-based intervention can significantly reduce food fussiness and improve positive eating behaviors in toddlers. While changes in BMI were not observed, improvements in food acceptance and mealtime interaction suggest sensory strategies may complement standard nutritional counseling. These findings highlight the potential of sensory play therapy as a low-cost, family-centered, and effective approach for managing picky eating in early childhood. Larger randomized controlled trials are warranted to confirm these results and assess long-term effects.

Keywords: Child, Preschool; Feeding Behavior; Food Preferences; Pediatric Obesity; Play Therapy; Sensory Processing

The association between Children's dietary inflammatory index and the odds of metabolic dysfunction-associated fatty liver disease in overweight and obese children and adolescents: A Cross-Sectional Mediation Analysis

Elahe Etesami¹, Ali Nikparast², Glareh Koochakpoor³, MohammadHassan Sohoul⁴, Pejman Rohani⁴, Golaleh Asghari^{2*}

1-Department of Nutrition, SR.C., Islamic Azad University, Tehran, Iran.

2-Department of Clinical Nutrition and Dietetics, Faculty of Nutrition Sciences and Food Technology, Shahid Beheshti University of Medical Sciences, Tehran, Iran.

3-Maragheh University of Medical Sciences, Maragheh, Iran.

4-Pediatric Gastroenterology and Hepatology Research Center, Pediatrics Centre of Excellence, Children's Medical Center, Tehran University of Medical Sciences, Tehran, Iran.

Abstract

Background and Aim: Metabolic dysfunction-associated fatty liver disease (MAFLD) is a growing health concern among overweight and obese children. Chronic systemic inflammation is central to its pathogenesis, and diet is a key modifiable determinant. The Children's Dietary Inflammatory Index (C-DII), an age-specific tool for quantifying dietary inflammatory potential, has not been evaluated in relation to pediatric MAFLD. This study aimed to investigate the association between C-DII and the odds of MAFLD in overweight and obese Iranian children and adolescents, and to examine whether consumption of nutrient-poor snacks and confectionery mediates this relationship.

Methods: In this cross-sectional study, 505 participants aged 7–18 years were recruited from a pediatric obesity registry. Dietary intake was assessed using a validated 147-item food frequency questionnaire, and C-DII scores were computed from 25 dietary components. MAFLD was defined by ultrasonographic evidence of hepatic steatosis in the presence of overweight/obesity. Odds ratios (ORs) and 95% confidence intervals (CIs) were estimated using multivariate logistic regression models to evaluate the evaluate associations between C-DII and MAFLD, adjusting for demographic, anthropometric, metabolic, and lifestyle factors. Restricted cubic spline analyses assessed potential non-linear associations, while mediation analyses evaluated the indirect effect of snack and confectionery consumption.

Results: MAFLD was diagnosed in 38.8% of participants. Children with MAFLD had significantly higher mean C-DII scores than those without (0.23 ± 1.42 vs. -0.10 ± 1.43 , P -value = 0.01). Higher C-DII scores were associated

with increased odds of MAFLD; participants in the highest quartile had more than double the odds compared with those in the lowest quartile (OR: 2.03; 95% CI: 1.07–3.86; P-trend = 0.04). Restricted cubic spline analysis demonstrated a monotonic, approximately linear increase in MAFLD odds with rising C-DII, with effect size exceeding 1.0 when C-DII surpassed zero. Subgroup analyses revealed stronger associations in boys and in children under 10 years of age. Mediation analysis indicated that snack and confectionery intake accounted for 28.2% of the C-DII–MAFLD relationship (P-value= 0.04), suggesting partial mediation.

Conclusion: Higher dietary inflammatory potential, as assessed by C-DII, is associated with significantly greater odds of MAFLD in overweight and obese children, particularly among boys and younger children. The partial mediation by snack and confectionery consumption highlights the importance of limiting pro-inflammatory, nutrient-poor foods in pediatric dietary interventions. These findings underscore the potential of diet-based strategies to mitigate early liver disease risk in children.

Keywords: Children’s dietary inflammatory index, C-DII, Obesity, MAFLD, Metabolic dysfunction-associated fatty liver disease, Adolescents, Children.

Exclusion Diet vs. Exclusion Diet plus Partial Enteral Nutrition in Management of Pediatric Crohn’s Disease

Mohsen Shaygantabar¹, Pejman Rohani², Mohammad Hassan Sohoul², Azita Hekmatdoost^{1*}

1. Department of Clinical Nutrition and Dietetics, Faculty of Nutrition Sciences and Food Technology, National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Science, Tehran, Iran.

2. Pediatric Gastroenterology and Hepatology Research Center, Pediatrics Centre of Excellence, Children’s Medical Center, Tehran University of Medical Sciences, Tehran, Iran.

Abstract

Background and aims: Exclusive enteral nutrition (EEN) induces remission in children with active mild to moderate Crohn’s disease (CD), while partial enteral nutrition (PEN) with a free diet have failed to be effective in these patients. The effects of CD exclusion diet (CDED) alone has not yet been evaluated in pediatric CD. The current study aimed to compare the effects of CDED alone vs. CDED plus PEN on children and adolescents with mild to moderate CD.

Methods: A prospective randomized trial was conducted on children with mild to moderate Crohn's Disease (CD), aged 4-18 years. Eligible children were included in the study based on the inclusion and exclusion criteria and after the approval of the diagnosis by a pediatric gastroenterologist. Patients were assigned to receive either CDED + PEN, or only CDED. The study evaluated remission, disease activity, inflammatory markers, anthropometric measurements, quality of life, fecal calprotectin (FC), and albumin after 8 weeks of intervention.

Results: Sixty patients were randomly assigned to two groups (30 to CDED+PEN group and 30 to CDED) and included in the analysis. At eight weeks, our analysis showed no significant difference in response ($P = 0.92$) and remission ($P = 0.71$) between two groups. However, both groups experienced remission rates of over 60%. The study found no differences in anthropometric measurements, inflammatory markers, disease activity and FC between groups, while CDED+PEN significantly improved quality of life.

Conclusion: CDED is as effective as CDED plus PEN in induction of remission in active mild to moderate pediatric CD.

Keywords: Crohn's disease, CD, CDED, PEN, exclusion diet

Dietary Index for Gut Microbiota in Relation to Carotid Intima-Media Thickness among Overweight or Obese Children and Adolescents

Ali Tabatabaeyan¹, Ali Nikparast², Kimia Forouzan², MohammadHassan Sohoul³, Pejman Rohani³, Golaleh Asghari^{2*}

Affiliations:

1. Department of Clinical Nutrition, School of Nutrition and Food Science, Nutrition and Food Security Research Center, Students' Research Committee, Isfahan University of Medical Sciences, Isfahan, Iran.

2. Department of Clinical Nutrition and Dietetics, Faculty of Nutrition Sciences and Food Technology, Shahid Beheshti University of Medical Sciences, Tehran, Iran.

3. Pediatric Gastroenterology and Hepatology Research Center, Pediatrics Centre of Excellence, Children's Medical Center, Tehran University of Medical Sciences, Tehran, Iran.

Abstract

Background and Aims: The gut microbiota has emerged as a key factor influencing cardiovascular health, particularly through diet-mediated mechanisms. In children and adolescents with overweight or obesity, carotid intima-media thickness (cIMT) serves as a non-invasive marker of

early vascular alterations and a potential predictor of future cardiovascular disease. This study aimed to evaluate the association between a gut microbiota-related dietary index (DI-GM) and cIMT in a pediatric population with excess adiposity.

Methods: In this cross-sectional study conducted between September 2023 and July 2024, 354 Iranian children and adolescents aged 6 to 18 years with a BMI-for-age z-score ≥ 1 were recruited from a national obesity registry. Dietary intake was assessed using a validated 147-item semi-quantitative food frequency questionnaire, and DI-GM scores were computed based on microbiota-supportive dietary components. cIMT was measured at the common carotid artery using high-resolution ultrasonography. High cIMT was defined as ≥ 75 th percentile. Multivariable linear and logistic regression models were used to examine associations between DI-GM and cIMT, with adjustments for demographic, anthropometric, behavioral, metabolic, and dietary confounders. A restricted cubic spline (RCS) model with three knots was employed to assess the dose–response relationship.

Results: Participants had a mean age of 9.4 ± 1.8 years, with 50.6% being male. In fully adjusted linear regression models, DI-GM scores were inversely associated with cIMT ($\beta = -0.357$, $p < 0.01$). In categorical analysis, compared with the lowest tertile of DI-GM, the adjusted odds ratios (95% CI) for high cIMT were 0.66 (0.36–1.24) in the second tertile and 0.59 (0.31–1.14) in the highest tertile (p for trend = 0.12). In contrast, when modeled continuously, each one-unit increase in DI-GM score was associated with a significantly lower odds of high cIMT (OR = 0.79, 95% CI: 0.68–0.92; $p < 0.01$). RCS analysis indicated a nonlinear inverse association, with a marked reduction in the odds of high cIMT up to a DI-GM score of approximately 7, beyond which the slope continued to decline but at a reduced slope, reflecting a diminished gradient of association.

Conclusion: Greater adherence to a dietary pattern favorable to gut microbiota composition is inversely associated with cIMT in children and adolescents with overweight or obesity. These findings highlight the potential value of microbiota-targeted dietary strategies in the early prevention of subclinical atherosclerosis and suggest that even modest improvements in dietary quality may yield vascular benefits in pediatric populations at elevated cardiometabolic risk.

Assessment of Nutritional Outcomes and maternal sense of competence in Preterm Infants Fed with Mother's Own Milk versus Donor Human Milk in Neonatal Intensive Care Unit: a cross-sectional study in Iran

Jamalodin Begjani¹, Marieh Rasoulpour¹, Kayvan Mirnia², Arash Bordbar³, Shima Haghani⁴, Nasim Bagheri Moheb^{1*}

1. Department of Pediatric Nursing and Neonatal Intensive Care, School of Nursing and Midwifery, Tehran University of Medical Sciences, Tehran, Iran

2. Department of Pediatrics, School of Medicine, Children's Medical Center, Tehran University of Medical Sciences, Tehran, Iran

3. Department of Pediatrics, School of Medicine, Shahid Akbar-Abadi Hospital, Iran University of Medical Sciences, Tehran, Iran

4. Department of Biostatistics, Nursing Care Research Center, Iran University of Medical Sciences, Tehran, Iran

Abstract

Background and Aim: Preterm infants require specialized nutritional care, and mother's own milk plays a vital role in improving growth and reducing complications. This study aimed to assess the nutritional outcomes and maternal sense of competence in two groups of preterm infants fed with mother's own milk versus donor human milk in a neonatal intensive care unit in Tehran, Iran.

Methods: A descriptive-correlational cross-sectional design was employed. The study sample included 180 preterm infants admitted to the neonatal intensive care unit of Shahid Akbar-Abadi Hospital, between 2023- 2024, with gestational ages between 28-34 weeks and birth weights 1000-1499 grams. Participants were divided into two groups: exclusive mother's own milk feeding and feeding with more than 50% donor human milk. Data were collected using three instruments: a demographic information form, a daily feeding record checklist, and the standardized Parenting Sense of Competence (PSOC) Questionnaire. Statistical analysis was conducted using SPSS version 22. Descriptive statistics, independent t-tests, chi-square, and Fisher's exact tests. A significance level of P-value of less than 0.05 was considered.

Results: No statistically significant difference was found between the two groups regarding feeding tolerance ($p = 0.468$) using Fisher's exact test. The number of days to achieve full enteral feeding also did not differ significantly between mother's own milk and donor milk groups ($p = 0.744$). However, the duration of total parenteral nutrition was significantly longer in the donor milk group compared to the mother's own milk group



($p = 0.016$). Maternal sense of competence scores showed no significant difference between the two groups ($p = 0.724$).

Conclusion: The findings indicate that preterm infants fed with mother's own milk required fewer days of parenteral nutrition. Encouraging breastfeeding, especially among mothers of preterm infants, should be a priority for healthcare policymakers. Additionally, maternal sense of competence was similar in both feeding groups, suggesting that this perception is influenced by feeding methods, the level of social support received, and maternal health conditions. Personalized lactation support promotes maternal competence, well-being, and improved infant outcomes.

Keywords: Mothers, competence, Premature infant, Nutritional Outcomes, Breast milk; Donor human milk

Early versus Delayed Enteral Protein Supplementation in Preterm Infants: A Systematic Review and Meta-Analysis

Aida Zarei¹, Maryam Majdi², Davoud Pirani³

1. Department of Clinical Nutrition and Dietetics, Imam Khomeini Hospital Complex, Tehran University of Medical Sciences, Tehran, Iran.

2. Cancer Research Center, Cancer Institute, Tehran University of Medical Sciences, Tehran, Iran

3. Gastroenterology and Liver Diseases Research Center, Research Institute for Gastroenterology and Liver Diseases, Shahid Beheshti University of Medical Sciences, Tehran, Iran

Abstract

Background: Preterm infants face significant risks of extrauterine growth restriction and neurodevelopmental impairment due to immature gastrointestinal function and inadequate nutrient intake. The optimal timing for initiating enteral protein supplementation remains controversial, with limited synthesis of evidence comparing early (≤ 72 hours post-birth) versus delayed (> 72 hours) approaches and their effects on growth, development, and safety outcomes.

Methods: Following PRISMA 2025 guidelines (PROSPERO CRD420234567), we systematically searched MEDLINE, Embase, Cochrane CENTRAL, and clinical trial registries (2000-2025) for randomized controlled trials (RCTs) comparing early versus delayed enteral protein supplementation in preterm infants (< 37 weeks gestation). Primary outcomes included growth velocity, neurodevelopment, feeding tolerance, and safety endpoints (necrotizing

enterocolitis, metabolic complications). Data were pooled using random-effects models, and heterogeneity was assessed via I^2 statistic. Risk of bias was evaluated using Cochrane RoB 2.0.

Results: Eighteen RCTs ($n = 2,812$ infants) met inclusion criteria. Early initiation significantly improved weight gain (mean difference $+2.8$ g/kg/day; 95% CI $1.4-4.2$; $p < 0.001$) and head circumference growth (mean difference $+0.30$ cm/week; 95% CI $0.08-0.52$; $p = 0.008$). Time to full enteral feeds decreased by 3.8 days (95% CI -5.6 to -2.0 ; $p < 0.001$). Bayley-III cognitive scores showed modest improvement at 18 months (mean difference $+4.1$ points; 95% CI $1.2-7.0$; $p = 0.006$), though this did not reach minimal clinically important difference. Necrotizing enterocolitis incidence showed no significant difference (risk ratio 0.95; 95% CI $0.74-1.22$; $p = 0.69$). However, protein doses >3.5 g/kg/day increased metabolic acidosis risk (risk ratio 1.70; 95% CI $1.22-2.37$; $p = 0.002$). Subgroup analyses indicated greater growth benefits with formula versus human milk and elevated metabolic risks in extremely preterm infants.

Conclusions: Early enteral protein initiation (≤ 72 hours) at $3.0-3.5$ g/kg/day improves growth and feeding tolerance without increasing necrotizing enterocolitis risk. Doses exceeding 3.5 g/kg/day elevate metabolic complications and provide no additional benefit. These findings support standardized early protein initiation protocols with careful metabolic monitoring, particularly for extremely preterm infants. Future research should prioritize long-term neurodevelopmental outcomes and optimal dosing strategies for high-risk subgroups.

Keywords: preterm infant, enteral nutrition, protein supplementation, growth, neurodevelopment



Neurological crises and Fanconi-syndrome type renal tubular disorder in an undiagnosed case of chronic tyrosinemia type1: A case report

Ehsan Adib¹, Nima Abbasi¹, Elina Salehzadeh¹ Nahideh Ekhlasi^{2*}

1. Students Research Committee, School of Medicine, Ardabil University of Medical Sciences, Ardabil, Iran

2. Pediatric Department of Bou Ali Hospital, Ardabil University of Medical Sciences, Ardabil, Iran

Abstract:

Background: Tyrosinemia type 1 (TYRSN1) is an autosomal recessive metabolic disease that occurs due to a defect in the enzyme fumarylacetoacetate hydroxylase (FAH). This enzyme breaks down fumaryl acetoacetate (FAA), which is a toxic metabolite, into fumarate and acetoacetate. In the case of a defect in this enzyme, toxic metabolites resulting from the breakdown of tyrosine, such as FAA, succinyl acetoacetate (SAA), and succinylacetone (SA), accumulate in vital organs such as the liver, kidneys, and nervous system, leading to various symptoms and problems in these patients.

Patient presentation: A 3-year-old boy was admitted to the hospital for 5 days with confusion, constipation, vomiting, peri-umbilical abdominal pain, fever, oliguria, and anorexia. He had a history of multiple hospitalizations for similar symptoms and was experiencing failure to thrive (percentile below 10% in weight and height). On examination, hypertension (125/75, above the 95th percentile for this age), genu varum, abnormal gait, and urinary retention were observed. Laboratory tests revealed hypoglycemia, severe glucosuria, metabolic acidosis, anemia, hypokalemia, and hypocalcemia. Ultrasound and CT scan of the abdomen and pelvis revealed a large size of both kidneys and the liver was heterogeneous and contained multiple nodules throughout the liver. Additional tests for the liver and kidneys revealed elevated alkaline phosphatase, a very high alpha-fetoprotein level, hypophosphatemia, and increased urinary excretion of phosphorus and potassium. Hand radiography also revealed Cupping, fraying, and splaying of the distal ends of the radius and ulna for hypophosphatemic rickets. With suspicion of hereditary diseases of amino acid metabolism, blood and urine chromatography were performed, which revealed a high accumulation of tyrosine in both blood and urine. Finally, the diagnosis of chronic TYRSN1 was confirmed by observing high urinary excretion of succinylacetone. The patient was treated with Nitisinone (NTBC) (1mg/kg/day) and a restricted diet of tyrosine and phenylalanine, and within 1 week, he showed a dramatic response to treatment.

Conclusion: Our patient was a case of chronic TYRSN1 who, due to a lack of timely diagnosis, had symptoms of neurological crises similar to acute porphyria, as well as symptoms of Fanconi-syndrome type renal tubular disorder and hypophosphatemic rickets. Due to the rarity of this disease and its diverse clinical manifestations, its diagnosis is challenging in countries such as Iran, where screening for this disease is not performed, and most patients are diagnosed when they have severe and complex complications. This case demonstrates the importance of including TYRSN1 in the newborn screening program.

The amino acids tyrosine and phenylalanine are found in dairy products, various meats, eggs, nuts, and seeds, etc., and in patients with TYRSN1, the consumption of these foods should be limited. The reason for limiting phenylalanine intake in TYRSN1 is that approximately 75% of dietary phenylalanine is hydroxylated to form tyrosine by the phenylalanine hydroxylase. Various studies have shown that treatment adherence, especially adherence to dietary guidelines, is less than optimal in patients with TYRSN1. Therefore, pediatricians and nutritionists should follow up patients regularly and inform both the patient and their parents of the irreversible consequences of non-adherence to treatment.

Key words: Tyrosinemia type 1 - Fumarylacetoacetate deficiency- Neurological crises - Hypophosphatemic Rickets – Hypertension

Is a Pro-Inflammatory Diet Associated with Behavioral and Attention Disorders in Children?

Fatemeh Navab^{1,2,3}, **Khadijeh Abbasi**^{1,2}, **Hajar Heidari**^{1,2}, **Reza Ghiasvand**^{1,2}, **Cain C. T. Clark**⁴, **Mohammad Bagherniya**^{1,2}, **Shirin Hassanizadeh**^{1,2,3}, **Mohammad Hossein Rouhani**^{1,2}

1. Nutrition and Food Security Research Center, Isfahan University of Medical Sciences, Isfahan, Iran

2. Department of Community Nutrition, School of Nutrition and Food Science, Isfahan University of Medical Sciences, Isfahan, Iran

3. Student Research Committee, Isfahan University of Medical Sciences, Isfahan, Iran

4. Centre for Intelligent Healthcare, Coventry University, Coventry CV1 5FB, UK

Abstract:

Introduction: Attention deficit hyperactivity disorder (ADHD) is a prevalent neurodevelopmental condition in children, with complex and multifactorial origins. Recently, inflammation has been proposed as a possible contributor to ADHD pathophysiology, and dietary patterns may modulate systemic inflammation. The energy-adjusted dietary inflammatory index (E-DII)

offers a standardized tool to evaluate the inflammatory potential of diet. This study aimed to investigate the association between E-DII scores and the risk of ADHD in Iranian children.

Methods: 500 children between the ages of 4 and 12 were enrolled in this case-control study. Food frequency questionnaires (FFQs) consisting of 168 items, were used to determine dietary intake. DII scores were calculated using data from D-FFQ. DII was calculated according to the approved method in previous articles and for each food item, z-score was calculated. SPSS version 21 was employed to perform all analyses, $P < 0.05$ was defined as statistically significant, and Iranian-adapted Nutritionist IV software was used to estimate nutrient intake.

Results : Overall, 200 ADHD and 300 healthy children were participated in this study. Energy-adjusted dietary inflammatory index (E-DII) was directly associated with ADHD risk in crude model (OR=1.104; 95% CI: 1.009, 1.208; $p=0.031$). This result also remained significant in Model 1 (OR=1.162; 95% CI: 1.050, 1.285; $p=0.004$) and Model 2 (OR=1.133; 95% CI: 1.021, 1.258; $p=0.019$).

Conclusion: These findings suggest that a more pro-inflammatory diet, as indicated by higher E-DII scores, may be linked to a greater risk of ADHD in children. Prospective and interventional studies are needed to confirm causality and explore underlying mechanisms.

Keywords: Dietary Inflammatory Index (DII), attention deficit hyperactivity disorder (ADHD), Diagnostic and Statistical Manual of Mental Disorders Fifth Edition (DSM-V), Children

The effect of casein-free diet in children with autism spectrum disorder: A Randomized Clinical Trial

Negar Khansarian¹

1. Student Research Committee, School on Nutrition and Food Science, Isfahan University of Medical Sciences, Isfahan, Iran

Abstract

Background and Aim: Autism Spectrum Disorder (ASD) is a developmental-psychological disorder and a progressive neurological syndrome that appears in early childhood and is characterized by pervasive deficits in social interaction and communication. The prevalence of this disease has increased dramatically in recent years. As per 88 people of the total population of the world, 1 case of this disease has been reported. Nutritional intervention

and diet therapy with restriction of some food groups is considered as one of the new methods in controlling this disease. Therefore, the purpose of writing this article was to investigate the effect of casein-free diet (CFD) on behavioral disorders of ASD.

Methods: From 100 children undergoing treatment at the Isfahan Province Education and Rehabilitation Center as the statistical population, 80 children eligible for the study were selected as the sample size using random sampling method. The subjects were divided into two groups of 40, control and experimental. The subjects in the control group received 100 grams of dairy products and casein-free supplements daily, and the subjects in the experimental group received 100 grams of the same products but isolated from casein daily for six months. The physical, sensory and behavioral signs and symptoms of autistic children were also assessed using the ATEC questionnaire. Finally, the results and data were analyzed and summarized through the statistical methods of analysis of variance, standard deviation and T-test using SPSS software.

Results: According to the statistical analysis of the mean data in the subgroups of stereotypical behaviors, communication and social interaction in the two experimental and control groups, it can be said that there is a significant difference between the mean subgroups of stereotypical behaviors, communication and social interaction of the two groups at the level of 0.002, 0.000 and 0.000, respectively. Finally, by summarizing all these findings in the table below, it can be concluded that the changes in the experimental group compared to the control are a function of the casein-free treatment regimen and are completely significant ($P < 0.000$).

Conclusion: Finally, based on data analysis, it can be concluded that the CFD significantly improved the behavioral indicators of children with ASD.

Keywords: ASD; casein; childhood

The effect of curcumin- piperine supplement on type 1 diabetes in children: A triple-blind, placebo-controlled clinical trial

Shiva Ahrari¹, Maryam Emadzadeh², Amirhossein Sahebkar³, Somayeh Hashemian⁴, sajedeh yousefian⁵

1. M.Sc. student of clinical nutrition, Department of Clinical Nutrition, School of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran

2. MD, Associate Professor of Community Medicine Clinical Research Development Unit, Ghaem Hospital, Mashhad University of Medical Sciences, Mashhad, Iran

3. PhD in Pharmaceutical Biotechnology. Biotechnology Research Center, Pharmaceutical Technology Institute, Mashhad University of Medical Sciences, Mashhad, Iran

4. MD , Pediatric Endocrinology Specialist

5. Bachelor of Nutrition Sciences

Abstract

Background and Aim: Type 1 diabetes mellitus is a chronic autoimmune disease in which the immune system attacks pancreatic beta cells leading to stop producing insulin and lifelong dependence on exogenous insulin. It is one of the most common endocrine disorder with rising global incidence in children and adolescence. Curcumin, a polyphenol that derived from the rhizome of curcuma longa has demonstrated anti-inflammatory, antioxidative effect but low bioavailability on its own. Piperine an alkaloid found in black pepper, enhance the bioavailability of curcumin. Several clinical trials have suggested beneficial effect of curcumin on glycemic control in adult with type2 diabetes. However no study has examined the effect of curcumin on type 1 diabetes in children and adolescence.

Methods: In triple – blind, randomized placebo controlled trial, 31 patients with type 1 diabetes aged 7 to 18 years were enrolled in each group . The intervention group was given one tablet daily containing (500 mg curcumin and 5 mg piperine) for 3 months, and other group received placebo. Fasting blood sugar, preprandial , and two hours post prandial blood sugar were measured at the time of referral, the first, second, and third months of the intervention. Microalbuminuria and hemoglobin A1c, were also measured at the beginning and end of the study.

Results: No significant differences were observed in fasting blood glucose (FBS) or glycated hemoglobin (HbA1c) levels between the intervention group and placebo. Microalbuminuria decreased in the intervention group at the end of the trial compared with baseline (31.2 ± 64.9 vs. 15.4 ± 17.8 mg/g, $p=0.23$), whereas it increased in the placebo group (17.3 ± 20.1 vs. 23.7 ± 25.8 mg/g, $p=0.96$). Also curcumin decrease mean preprandial and

postprandial blood glucose levels during the first month (from 215.4 to 211 and 200 to 186.3 , $p > 0.05$) compared to placebo (from 201 to 214 and 198 to 207, $p > 0.05$) but all of this term was not statistically significant over the 3-month study period ($p > 0.05$) .

Conclusion: To our knowledge this is the first clinical trial to evaluate the effect of curcumin piperine supplementation in children and adolescents with T1DM. Our findings did not show a significant difference between the two groups in term of glycemic incident. But it may be able to have a positive effect on microalbuminuria. Further studies with larger sample sizes, longer follow-up durations, and additional outcome measures are warranted to better elucidate its clinical efficacy in this population.

Keywords: Type 1 diabetes -Diabetes - Curcumin-Glycemic incident - Piperine

The effects of beta-glucan supplementation on anthropometric indices and cardiometabolic risk factors in children and adolescents with overweight and obesity: a randomized controlled trial

Mahdi Amani Farani^{1,2}, Ali Nikparast^{1,2}, Kimia Forouzan^{1,2}, Mohammad Hassan Sohoul³, Sohrab Sali², Maryam Razavi⁴, Pejman Rohani³, Golaleh Asghari²

1. Student Research Committee, Department of Clinical Nutrition and Dietetics, Faculty of Nutrition Sciences and Food Technology, National Nutrition & Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, Tehran, Iran.

2. Department of Clinical Nutrition and Dietetics, Faculty of Nutrition Sciences and Food Technology, Shahid Beheshti University of Medical Sciences, Tehran, Iran.

3. Pediatric Gastroenterology and Hepatology Research Center, Pediatrics Centre of Excellence, Children's Medical Center, Tehran University of Medical Sciences, Tehran, Iran.

4. Growth and development research center, Children's Medical Center, Tehran University of Medical Sciences, Tehran, Iran.

Abstract

Background and Aim: Childhood obesity is a growing global health concern, contributing to an increased risk of metabolic disorders. β -glucan, a soluble fiber derived from oats, has demonstrated metabolic benefits in adults, yet evidence in pediatric populations remains scarce. This study evaluated the effects of β -glucan supplementation on anthropometric indices and cardiometabolic risk factors in overweight and obese children and adolescents.



Methods: In a randomized, double-blind, placebo-controlled trial, 86 children aged 6–17 years with overweight or obesity were assigned to receive either 3 g/day of oat-derived β -glucan or a starch placebo for 8 weeks. Anthropometric parameters, glycemic indices, lipid profiles, liver enzymes, dietary intake, and physical activity were assessed at baseline and post-intervention. Between-group comparisons of change scores were performed using ANCOVA, adjusting for relevant covariates.

Results: Seventy-three participants completed the study (β -glucan: $n=34$; placebo: $n=39$). Compared to placebo, the β -glucan group exhibited significant reductions in body weight (-0.71 ± 1.32 kg, $p\text{-value}=0.01$), BMI (-0.81 ± 0.74 kg/m², $p\text{-value}<0.001$), waist circumference (-1.96 ± 2.38 cm, $p\text{-value}<0.001$), and hip circumference (-1.34 ± 2.21 cm, $p\text{-value}=0.02$). Significant improvements were also observed in triglyceride (-15.5 ± 39.6 mg/dL, $p\text{-value}=0.02$) and ALT levels (-2.65 ± 12.11 U/L, $p\text{-value} = 0.01$). Energy intake decreased substantially in the β -glucan group (-312 ± 209 kcal/day, $p < 0.001$).

Conclusion: Oat-derived β -glucan supplementation improved body composition and selected cardiometabolic markers in children with overweight and obesity. These findings support the incorporation of functional dietary fibers in pediatric obesity management strategies.

Keywords: β -glucan, beta-glucan, children, adolescents, overweight, obesity, randomized controlled trial

The association between Dietary index for gut-microbiota and the odds of metabolic dysfunction-associated fatty liver disease in overweight and obese children and adolescents: A cross sectional mediation analysis

Ali Nikparast¹, Elahe Etesami², Shabnam Shahabi Nejad³, MohammadHassan Sohoul⁴, Pejman Rohani⁴, Golaleh Asghari^{1*}

1. Department of Clinical Nutrition and Dietetics, Faculty of Nutrition Sciences and Food Technology, Shahid Beheshti University of Medical Sciences, Tehran, Iran.

2. Department of Nutrition, SR.C., Islamic Azad University, Tehran, Iran.

3. Student Research Committee, Department of Cellular and Molecular Nutrition, Faculty of Nutrition Science and Food Technology, National Nutrition & Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, Tehran, Iran.

4-Pediatric Gastroenterology and Hepatology Research Center, Pediatrics Centre of Excellence, Children's Medical Center, Tehran University of Medical Sciences, Tehran, Iran.

Abstract

Background and Aim: Metabolic dysfunction-associated fatty liver disease (MAFLD) has emerged as a major public health concern in pediatric populations, particularly among children and adolescents with overweight or obesity. The gut microbiota plays a pivotal role in MAFLD pathogenesis, and dietary patterns have the potential to shape microbial composition and function. The Dietary Index for Gut Microbiota (DI-GM), a validated literature-based tool, reflects diet quality with respect to microbial health, yet its association with MAFLD risk in youth has not been investigated. This study aimed to evaluate the relationship between DI-GM and the odds of MAFLD among overweight and obese Iranian children and adolescents and to assess potential mediating roles of metabolic and hepatic biomarkers.

Methods: In this cross-sectional study, 505 participants aged 7–18 years were recruited from a national obesity registry. Dietary intake was assessed using a validated 147-item food frequency questionnaire, and DI-GM scores were calculated from 12 food components using validated method. MAFLD was diagnosed using international consensus criteria based on ultrasonographic evidence of hepatic steatosis and excess weight. Odds ratios (ORs) and 95% confidence intervals (CIs) were estimated using multivariate logistic regression models to evaluate the association between DI-GM and MAFLD odds, adjusting for demographic, anthropometric, and metabolic covariates. Mediation analyses were performed to determine whether liver enzymes and other cardiometabolic markers explained observed associations. Restricted cubic spline models with three knots assessed potential non-linear dose–response relationships.



Results: MAFLD was diagnosed in 38.8% of participants. Higher DI-GM scores were inversely associated with MAFLD (OR per unit increase: 0.80; 95% CI: 0.71–0.91; P-value < 0.01). Compared to the lowest quartile, participants in the highest quartile had a 58% lower odds of MAFLD (OR: 0.42; 95% CI: 0.22–0.81; P for trend<0.01). Restricted cubic spline analysis demonstrated a significant non-linear inverse association (P for non-linearity = 0.03), with the steepest decline in MAFLD odds observed at lower to mid-range DI-GM scores. Mediation analyses revealed that alanine aminotransferase (ALT), gamma-glutamyl transferase (GGT), and aspartate aminotransferase (AST) significantly mediated the association, accounting for 20.0%, 19.2%, and 6.7% of the effect, respectively. Other metabolic markers, including triglycerides, HOMA-IR, and BMI-for-age Z-score, showed limited or no significant mediation.

Conclusion: Adherence to a dietary pattern that supports gut microbial diversity, as reflected by higher DI-GM scores, is associated with substantially reduced odds of MAFLD in obese children and adolescents. These findings underscore the potential of microbiota-oriented dietary strategies for early prevention and management of pediatric MAFLD, with liver enzymes emerging as key mediators of this relationship. Longitudinal and interventional studies are warranted to confirm causality and refine dietary recommendations in this vulnerable population.

Keywords: Dietary index for gut microbiota, DI-GM, Obesity, MAFLD, Metabolic dysfunction-associated fatty liver disease, Adolescents, Children.

Title Poster Articles

No.	Title
1	<p>Association of Maternal Diet with the Risk of Childhood Acute Leukemia: A Systematic Review and Meta-Analysis</p> <p>Elahe Molaei moghbeli <i>Department of Nutrition and Food Sciences, Research Center for Evidence-Based Health Management, Maragheh University of Medical Sciences, Maragheh, Iran.</i></p>
2	<p>The effect of glutamine supplementation on clinical outcomes in pediatric patients after hematopoietic stem cell transplantation: A systematic review</p> <p>Maryam Nazem <i>Department of Clinical Nutrition, School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran</i></p>
3	<p>Therapeutic and Preventive Effects of Glutamine on Oral Mucositis in Children Undergoing Cancer Therapy: A Systematic Review</p> <p>Maryam Nazem <i>Department of Clinical Nutrition, School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran</i></p>
4	<p>Comparison of the Efficacy of Enteral and Parenteral Nutrition in Allogeneic Stem Cell Transplantation in Children with Cancer</p> <p>Taha Zeraati <i>M.Sc. Student in Community Nutrition, Mashhad University of Medical Sciences, Mashhad, Iran</i></p>
5	<p>Vitamin D Supplementation Reduces Infection-Related Complications in Pediatric Acute Lymphoblastic Leukemia: A Systematic Review and Meta-Analysis</p> <p>Amirhosein Chamany <i>Department of Nutrition, Shahid Beheshti University of Medical Sciences, Tehran, Iran</i></p>
6	<p>Nutrition and Exercise Interventions in pediatric Oncology: A Narrative Review</p> <p>SeyedeSara EbrahimiMousavi <i>Department of Nutrition, Faculty of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran.</i></p>
7	<p>High-Dose Vitamin D Supplementation Preserves Bone Mineral Density and Reduces Fracture Risk in Pediatric Acute Lymphoblastic Leukemia: A Systematic Review and Meta-Analysis of Randomized Controlled Trials</p> <p>Kiana Ghaforyan <i>B.Sc. student of Nutrition Sciences, Student research committee, Maragheh University of Medical Sciences, Maragheh , Iran.</i></p>

September 24–26, 2025



No.	Title
8	<p>Role of Immunonutrition in Immune Reconstitution and Reduction of Infections Following Pediatric Hematopoietic Stem Cell Transplantation</p> <p>Mobina Ghane mobarakeh <i>MSc student of pediatric nursing, Department of nursing, School of nursing and midwifery, Khorasgan Branch, Islamic Azad University, Isfahan, Iran</i></p>
9	<p>Diet Quality and Cardiometabolic Health in Survivors of Childhood Leukemia: A Systematic Review</p> <p>Mehrdad Jamali <i>Student Research Committee, Tabriz University of Medical Sciences, Tabriz, Iran</i></p>
10	<p>Confronting the Silent Crisis: Prevention and Treatment of Wernicke-Korsakoff Syndrome in Pediatric Hematopoietic Stem Cell Transplantation</p> <p>Maryam Majdi <i>Cancer Research Center, Cancer Institute, Tehran University of Medical Sciences, Tehran, Iran</i></p>
11	<p>The Effect of Vitamin D Status on Graft-versus-Host Disease and Immune Recovery in Pediatric Hematopoietic Stem Cell Transplant Patients: A systematic review</p> <p>Amirali Mohebbi <i>MSc student of clinical nutrition , shahid beheshti university of medical sciences , tehran , iran</i></p>
12	<p>Multidimensional Clinical Nutrition Strategy in Pediatric Hematopoietic Stem Cell Transplantation: A Precision-Based Regimen Integrating Energy Demand and Microbiota Balance</p> <p>Tania Poorhossein <i>Department of Nutrition, Quchan Branch, Islamic Azad University, Quchan, Iran</i></p>
13	<p>Childhood Dairy Consumption Patterns and Their Long-Term Effects on Hormonal Biomarkers and Risk of Hormone-Dependent Cancers: A Fresh Approach</p> <p>Anita Poorhossein <i>Department of Nutrition, Quchan Branch, Islamic Azad University, Quchan, Iran</i></p>
14	<p>Exploring the Effects of Probiotic Interventions on Mucositis in Children under Chemotherapy</p> <p>Ali Soleimani <i>Department of Clinical Nutrition, School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran. Cancer Research Center, Cancer Institute, Tehran University of Medical Sciences, Tehran, Iran</i></p>
15	<p>Nutritional Status and Treatment Outcomes in Pediatric Leukemia: A Systematic Review</p> <p>Nazanin Zamanian <i>Master's student in clinical nutrition, Department of Clinical Nutrition, Faculty of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran</i></p>

Abstracts

No.	Title
16	Impact of Early-Life Digital Screen Exposure on Eating Behavior and Obesity Risk in Children: The Mediating Role of Gut-Brain Axis Omid Barez <i>Department of Nutrition, Varastegan Institute for Medical Sciences, Mashhad, Iran</i>
17	Different Spexin level in Obese vs Normal Weight Children and Its Relationship with Obesity Related Risk Factors Maryam Behrooz <i>2. Pediatric Research Center, Tabriz University of Medical Sciences, Tabriz, Iran</i>
18	Superstars of Childhood Obesity Prevention: Families as Hidden Heroes Zohreh Dehghan Harati <i>MSc Student, Neonatal Intensive Care nursing, Student Research Committee, Shiraz University of Medical Sciences, Shiraz, Iran</i>
19	Physiotherapy as an Effective Strategy in Managing Childhood Obesity: A Systematic Review Fatemeh Etemadinia <i>Master's student in pediatric Nursing, Student Research Committee, Faculty of Nursing and midwifery, Zahedan University of Medical Sciences, Zahedan, Iran.</i>
20	The effect of using a mobile phone-based application on nutritional behaviors of overweight adolescents Fereshteh Ghasemi <i>Master of Community Health Nursing, Student Research Committee, School of Nursing and Midwifery, Zahedan University of Medical Sciences, Zahedan, Iran.</i>
21	The association between dietary inflammation score and metabolic health status in overweight and obese children and adolescents Parmis Mirzaei <i>Department of Clinical Nutrition and Dietetics, Faculty of Nutrition Sciences and Food Technology, Shahid Beheshti University of Medical Sciences, Tehran, Iran.</i>
22	Title: Sensory Play-Based Intervention for Severe Food Fussiness in an 18-Month-Old Obese Child: A Case Report Mona Nematizadeh
23	Association of Breakfast Intake Patterns and Body Composition Among Iranian Students: A Cross-sectional Study Ali Razeghi <i>MSc Student of Clinical Nutrition, Student of Research Committee, Department of Clinical Nutrition and Dietetics, Faculty of Nutrition and Food Technology, Shahid Beheshti University of Medical Sciences, Tehran, Iran</i>



No.	Title
24	<p>The Role of Gut Microbiome and Next-Generation Probiotics in Childhood Obesity Prevention and Management</p> <p>Maryam Salehimehr <i>Student' Research Committe, Mara.C., Islamic Azad University, Marand, Iran</i></p>
25	<p>Relationship between dietary protein intake and obesity in children aged 9–13 Years: Evidence from a cross-sectional study</p> <p>Mostafa Shahraki Jazinaki <i>Department of Nutrition Sciences, Mashhad University of Medical Sciences, Mashhad, Iran</i></p>
26	<p>The Assessment of Inulin-Type Prebiotics' Effect on Body Mass Index Z-Score in Children: A Systematic Review and Meta-Analysis</p> <p>Mahdi Shekari <i>Department of Clinical Nutrition, faculty of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran</i></p>
27	<p>School-based nutrition education interventions to prevent and reduce excessive weight gain in children and adolescents: An umbrella review of meta-analyses</p> <p>Parastoo Yousefi tanha <i>Nutritionist, School of Medical Sciences, Maragheh University of Medical Sciences, Iran.</i></p>
28	<p>Artificial Intelligence-Based Prediction of Risk of Pediatric Obesity Using Genetic and Environmental Data: A Review</p> <p>Parastoo Yousefi tanha <i>Nutritionist, School of Medical Sciences, Maragheh University of Medical Sciences, Iran.</i></p>
29	<p>Efficacy and Safety of Liraglutide in Obese Children and Adolescents: A Systematic Review</p> <p>Melika Abdali <i>Nutrition Research Committee, School of Nutrition and Food Sciences, Isfahan University of Medical Sciences, Isfahan, Iran</i></p>
30	<p>Can glucagon-like peptide-1 receptor agonists reduce obesity in childhood? A review</p> <p>Mohammadreza Aliakbari <i>Student scientific research center (SSRC), Tehran university of medical sciences, Tehran, Iran</i></p>
31	<p>Personalized Approaches to Targeting Appetite and Metabolism Genes in the Treatment of Pediatric Obesity: A Systematic Review of Genetic Determinants and Pharmacogenomics</p> <p>Pooya Bagheri <i>Student Research Committee, Bushehr University of Medical Sciences, Bushehr, Iran.</i></p>

No.	Title
32	<p>Childhood obesity and advertisements of food and drinks (AFDs)</p> <p>Salmeh Bahmanpour <i>Ph.D of Nutrition Sciences, Nutrition Department, School of Nutrition Shiraz University of Medical Sciences, Shiraz, Iran</i></p>
33	<p>Examination of Weight Management family Interventions in Children with Obesity: Review of Recent Clinical Trials</p> <p>Maryam Beheshti Zavareh <i>Public Medical Center in Tehran , Shahid Beheshti University of Medical Sciences</i></p>
34	<p>Comparative Review of Ketogenic and Mediterranean Diets in Obese Children: Weight, Body Composition, and Metabolic Outcomes</p> <p>Sheyda Fathallypoor <i>Student' Research Committe, Mara.C., Islamic Azad University, Marand, Iran</i></p>
35	<p>Application of Telenursing in the Management and Treatment of Childhood Obesity: A Systematic Review</p> <p>Fatemeh sadat Hosseini <i>Nursing Research Committee, School of Nursing and Midwifery, Kashan University of Medical Sciences, Kashan, Iran</i></p>
36	<p>The association between family meal frequency and risk of childhood overweight and obesity: a systematic review and meta-analysis of observational studies</p> <p>Shayan Khatami <i>Department of Clinical Nutrition, School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran Sports Medicine Research Center, Neuroscience Institute, Tehran University of Medical Sciences, Tehran, Iran</i></p>
37	<p>The Effect of Dietary Fat Intake on Fecal Elastase-1 Levels in Obese Children</p> <p>Golnaz Khodayari <i>Master's Student of Nutrition, Maragheh University of Medical Sciences(MRGUMS), Maragheh, Iran.</i></p>
38	<p>Intervesting The The Role of GLP-1 Receptor Agonists in Treating Childhood Obesity: A Systematic Review"</p> <p>Mounes Makvandi <i>Student Research Committee, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran</i></p>
39	<p>Machine Learning-Based Risk Prediction for Pediatric Obesity: A Multivariate Approach Using Dietary and Activity Patterns</p> <p>Melika Nosrati <i>MSc Student in Community Nutrition, School of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran</i></p>



No.	Title
40	<p>Breakfast Skipping and Pediatric Obesity: Insights from a Narrative Review</p> <p>Kimia Rostampour <i>Department of Nutrition, School of Public Health, Shahid Sadoughi University of Medical Sciences, Yazd, Iran</i></p>
41	<p>Effect of Omega-3 Fatty Acid Supplementation on Insulin Sensitivity in Obese Children</p> <p>Pegah Samani <i>Nutrition and Food Security Research center, Shahid Sadoughi University of Medical Science, Yazd Iran</i></p>
42	<p>Difference in Metabolically Healthy Versus Metabolically Unhealthy Children and Adolescents With Obesity</p> <p>Nastaran Vakilbashi <i>.Student Research Committee, Department of Clinical Nutrition and Dietetics, Faculty of Nutrition and Food Technology, Shahid Beheshti University of Medical Sciences, Tehran, Iran.</i></p>
43	<p>Novel Approaches to the Treatment of Childhood Obesity: From Behavioral Innovations to Digital Health Solutions</p> <p>Yegane Zarebidoki <i>Department of Pediatrics, Shahid Sadoughi University of Medical Sciences, Yazd, Iran</i></p>
44	<p>Zinc Fortification in Wheat Flour: A Cost-Effective Strategy to Combat Childhood Zinc Deficiency in Iran</p> <p>Hanieh Barghchi <i>Student Research Committee, Mashhad University of Medical Sciences, Mashhad, Iran</i></p>
45	<p>SURVERY OF MICRONUTRIENTS STATUS AND GROWTH INDICES AMONG OMANI PRESCHOOL CHILDREN</p> <p>Farzad Berahmandpour <i>Nutritionist & Health Promotion Expert</i></p>
46	<p>Nutritional Optimization in Early Infancy: Evaluating Fruit Yogurt as a Complementary Food for 6-Month-Old Infants</p> <p>Samin Hejazi <i>MSc of clinical nutrition, Department of Nutrition, Mashhad University of Medical Science, Mashhad, Iran</i></p>
47	<p>The impact of maternal nutrition on breast milk quality and infant cognitive growth</p> <p>Zahra Jooybar <i>B.Sc. Student in Nutrition, Department of Nutrition, Bushehr University of Medical Sciences, Bushehr, Iran</i></p>

No.	Title
48	<p>The Interplay between Picky Eating, other Eating Behaviors, and Obesity Indicators among Iranian Preschoolers</p> <p>Melika Mahmoudizadeh <i>Department of Community Nutrition, School of Nutrition and Food Sciences, Shiraz University of Medical Sciences, Shiraz, Iran</i></p>
49	<p>Integration of Nutritional and Cognitive Interventions in Children Under 5: A Review of Clinical Evidence and Implementation Challenges</p> <p>Mehdi Mahmoudzadeh <i>Department of Pediatric Nursing, Faculty of Nursing and Midwifery, Khoy University of Medical Sciences, Khoy, Iran</i></p>
50	<p>Effectiveness of Digital Peer Coaching on Maternal Child Feeding Practices : A systematic review</p> <p>Sara Mehri <i>Student's Scientific Research Center, Tehran University of Medical Sciences, Tehran, Iran</i></p>
51	<p>Maternal Omega-3 Supplementation and Its Effects on Infant Growth and Pregnancy Outcomes: A Comprehensive Systematic Review and Meta-Analysis</p> <p>Soudabe Motamed <i>Asadabad school of medical science</i></p>
52	<p>Machine Learning Applications in Predicting Childhood Stunting: A Systematic Review of Nutritional and Growth-Related Models</p> <p>Reyhaneh Raeisi <i>Graduate of Department of Nutrition and Food Science, Isfahan University of Medical Sciences</i></p>
53	<p>The Application of Nanoparticles to Improve Calcium Absorption in Children with Rickets</p> <p>Sahar Yousefi <i>Nutrition Specialist, Bachelor's Degree in Nutrition, Bushehr University of Medical Sciences</i></p>
54	<p>Evaluation of the Health Effect of Drinking Milk Made with A2 β-Casein Only in Children: Systematic Review and Meta-Analysis</p> <p>Parastoo Yousefi tanha <i>Nutritionist, School of Medical Sciences, Maragheh University of Medical Sciences, Iran.</i></p>
55	<p>The Relationship Between Food Group Intake, Growth Indices and Body Composition in Children Aged 6–12 Years: A Cross-Sectional Study</p> <p>Maryam mashmoul <i>Nutrition Department, Islamic Azad University–Quchan Branch, Khorasan Province, Iran</i></p>

No.	Title
56	<p>Healthy and Sustainable Diet in Pediatric Nutrition: A Comprehensive Narrative Review</p> <p>Yasaman Aali <i>Ph.D. Student, Department of Nutrition, Faculty of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran</i></p>
57	<p>Eating Behavior Pattern of children aged 1 to 16 years using the Children's Eating Behavior Questionnaire (CEBQ)</p> <p>Zohre Abdolahi <i>Department of Clinical Nutrition, Faculty of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran</i></p>
58	<p>Vitamin K₂ Supplementation and Bone Health in Children: A Narrative Review of Clinical Evidence</p> <p>Mohammad Alikhah <i>Student Research Committee, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran</i></p>
59	<p>The Impact of Omega-3 Supplementation on DNA Methylation and Neurodevelopmental Outcomes in Early Life: A Systematic Review</p> <p>Safa Ashouri zadeh <i>Student Research Committee, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran</i></p>
60	<p>Determining the relationship between the healthy eating index and the food diversity index with demographic factors of adolescents</p> <p>Maryam Babaei <i>Department of nursing, Tu.C., Islamic Azad University, Tuyserkan, Iran.</i></p>
61	<p>Effect of modified Infant Formulas on Functional Constipation in Infants</p> <p>Hanie Baghnavi <i>Nutrition and Food Security Research center, Mashhad University of Medical Sciences, khaf, Iran</i></p>
62	<p>The Effect of Nutrition Education for Mothers on the Growth of Children Under Two Years Old: A Quasi-Experimental Study in Mashhad</p> <p>Fatemeh Ehsanitarbar <i>MSc Student in Community Nutrition, Department of nutritional sciences, Faculty of medicine, Mashhad University of medical sciences, Mashhad, Iran</i></p>
63	<p>Probiotic and Synbiotic Interventions in Childhood Obesity: A Systematic Review</p> <p>Andia Ghazipour <i>BSc Student, Department of Nutrition Sciences, School of Health, Larestan University of Medical Sciences, Larestan, Iran</i></p>

No.	Title
64	<p>Investigating the Trend of Weight, Height and BMI Percentile Changes in Children with Epidermolysis Bullosa in Mashhad from 2023 to 2025</p> <p>Ramak Gholamian MSc student of nutrition sciences, Department of Nutrition, Faculty of Medicine, Mashhad university of Medical Sciences, Mashhad, Iran</p>
65	<p>The Impact of Nutritional Supplements on Growth and Malnutrition in Children Aged 2–12 Years: A Narrative Review</p> <p>Elahe Gomrokchian Department of medicine, Faculty of nutrition, Islamic Azad University, Marand, Iran</p>
66	<p>The Role of Omega-3 Fatty Acids and Vitamin D in Improving Cognitive Function in Children with Epilepsy: A Systematic Review</p> <p>SeyedehKamnoosh Hadaeghi B.Sc. student in Nutrition, Department of nutrition, Varastegan Institute for Medical Science</p>
67	<p>Impact of Processed Food Consumption on Cognitive Development and Academic Performance in Children and Adolescents: A Meta-Analysis</p> <p>Soona Heidaripour Student Research Committee, School of Public Health, Kerman University of Medical Sciences, Kerman, Iran</p>
68	<p>Impact of Food Toys on Children's Food Choices: A Systematic Review</p> <p>Soona Heidaripour Student Research Committee, School of Public Health, Kerman University of Medical Sciences, Kerman, Iran</p>
69	<p>Influence of Exercise and Nutrition on Adolescent Height Growth and Bone Health</p> <p>Samin Hejazi MSc of clinical nutrition, Department of Nutrition, Mashhad University of Medical Science, Mashhad, Iran</p>
70	<p>Childhood Obesity and Its Health and Psychological Outcomes: An Umbrella Meta-Analysis</p> <p>Mohammad Kazem Imani Khoshkhoo Student Research Committee, School of Public Health, Kerman University of Medical Sciences, Kerman, Iran</p>
71	<p>Systematic Review: Oral Microbiome in Children and Its Association with Obesity and Metabolic Health</p> <p>Seyedeh Sarina Kabiri Department of Nutritional Sciences, School of Nutritional Sciences and Food Technology, Kermanshah University of Medical Sciences, Kermanshah, Iran</p>

September 24–26, 2025



No.	Title
72	<p>The Role of Parental Stress and Anxiety in Shaping Picky Eating and Responsive Feeding Practices in Early Childhood: A Narrative Review</p> <p>Amir Hossein Kaheni <i>Department of Nutrition Sciences, Varastegan Institute for Medical Sciences, Mashhad, Iran</i></p>
73	<p>Effect of Zinc Supplementation on Linear Growth in Children: A Systematic Review</p> <p>Mahsa Khajeh <i>Student Research Committee, Department of Clinical Nutrition, School of Nutrition and Food Science, Isfahan University of Medical Sciences, Isfahan, Iran</i></p>
74	<p>Socioeconomic Determinants of Infant Health: Associations between Parental Occupation, Nutritional Status, Bone Markers, and Hematologic-Metabolic Profiles</p> <p>Amin Khourshahi-Shargh <i>Faculty of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran.</i></p>
75	<p>Investigating the effect of DHA on neurodevelopment and cognitive function in children under three years of age: A systematic review</p> <p>Setayesh Maleki Boroujeni <i>Student Research Committee, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran</i></p>
76	<p>Timing, Practices, and Health Implications of Complementary Feeding in Infancy: A Narrative Review</p> <p>Amirabbas Moarefian <i>Student Research Committee, Ahvaz Jundishapur university of Medical Sciences, Ahvaz, Iran</i></p>
77	<p>The Impact of Maternal Vitamin D Levels on Early Cognitive Development in Children</p> <p>Mohammad Amin Mohammadi <i>Department of Community Nutrition, School of Nutrition and Food Science, Isfahan University of Medical Sciences, Isfahan, Iran</i></p>
78	<p>Effects of Fasting Diet on Growth Hormone Secretion, IGF-1, and Stature in Children: A Systematic Review of Evidence</p> <p>Seyed Amir Hossein Mousavi <i>Student Research Committee, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran</i></p>
79	<p>The Role of Neuro-Nutrition in Enhancing Cognitive Development in Children: A Systematic Review</p> <p>Motahareh Naghashzadeh <i>Department of Cellular and Molecular Nutrition, School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences (TUMS), Tehran, Iran</i></p>

Abstracts

No.	Title
80	Baby-Led vs. Conventional Weaning: Effects on Breastfeeding and Infant Feeding Practices Mahsima Najafi <i>Department of Nutrition Sciences, Faculty of Medical Sciences and Technologies, Islamic Azad University, Science and Research Branch, Tehran, Iran</i>
81	Oral Nutritional Supplements for Enhancing Growth in Children with or at Risk of Growth Faltering: A Systematic Review and Meta-Analysis Mahya Nikoumanesh <i>Mohtaram Hashemi</i>
82	The Impact of Complementary Feeding on Growth and Development of Children Aged 6 to 24 Months: A Systematic Review Melika Nosrati <i>MSc Student in Community Nutrition, School of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran</i>
83	The Impact of Digital Technology on Children's Health and Nutrition Education: A Systematic Review Mahdis Parsa parvar <i>Student' Research Committe, Mara.C., Islamic Azad University, Marand, Iran</i>
84	Comparison of the Effects of Human Breast Milk versus Preterm Formula Fortified with Docosahexaenoic Acid and Arachidonic Acid on Cognitive Development in Preterm Infants: A Systematic Review Zahra Pirhayati <i>Faculty of Nutrition Science and Food Technology, Department of Clinical Nutrition & Dietetics, Shahid Beheshti University of Medical Sciences, Tehran, Iran</i>
85	The Impact of Energy Drinks and Artificial Sweeteners on Early Puberty and Growth Disorders in Girls: A Narrative Review Fatemeh zahra Rakhshani nejad <i>Student, Department of Nutrition, Student Research Committee, Zahedan University of Medical Sciences, Zahedan, Iran</i>
86	Impact of Specific Dietary Interventions (e.g., Low-Sugar Diets) on Managing Symptoms of Learning Disorders in Children: A Systematic Review Maryam Razavi darmian <i>Department of Nutrition Sciences, Committee of Medical Education Development of Varastegan Institute for Medical Sciences, Mashhad, Iran.</i>
87	: The Effect of Dietary Diversity and Acceptance in the First Year of Life on Eating habits and food choices at Ages 2–5 Yeganeh Fatemeh Salehi <i>Department of Nutrition, Faculty of Nutrition Sciences and Food Technology, Shahid Beheshti University of Medical Sciences, Tehran, Iran</i>

September 24–26, 2025



No.	Title
88	A review of the impact of caffeine consumption during pregnancy on childhood weight gain patterns and obesity risk Mohammadsina Sheikhalikhani <i>Student Research Committee, Larestan University of Medical Sciences, Larestan. Iran</i>
89	of the relationship between nutritional behaviors and body mass index of children aged 2 to 6 years in Ahvaz city in 2025. Hosna Tartifizadeh <i>Student Research Committee, Shoushtar Faculty of Medical Sciences, Shoushtar, Iran</i>
90	Effect of a low-FODMAP diet on gut microbiome composition and symptom severity in children with irritable bowel syndrome Faranak Akbaripoor <i>Bachelor of Sciences in nutrition student, Student Research Committee, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran</i>
91	The Effect of a Lactose-Free Diet Compared with a Normal Diet on the Treatment of Chronic Diarrhea in Children Under Five Years Old: A Systematic Review Nastaran Ghazanfary jajin <i>Bachelor of Nutrition Science, Department of Nutrition Sciences, Varastegan Institute for Medical Sciences, Mashhad, Iran</i>
92	Examining the challenges of adhering to a gluten-free diet (GFD) in children with type 1 diabetes and celiac disease: A systematic review Kosar Hasanzadeh <i>Student Research Committee, Nutrition Department, School of Public Health, Zanjan University of Medical Sciences, Zanjan, Iran</i>
93	A Comparison between Serum 25-Hydroxyvitamin D3 Levels and Serum Ferritin in Children and Adolescents with Iron Deficiency Anemia, Thalassemia Minor, Thalassemia Major and Akram Hemmatipour <i>Department of Nursing, Abadan University of Medical Sciences, Abadan, Iran</i>
94	Adherence to the Healthy Eating Index-2020 and the odds of Metabolic Dysfunction-Associated Fatty Liver Disease in Overweight and Obese Children and Adolescents Fatemeh Javaheri-Tafti <i>Student Research Committee, Department of Clinical Nutrition and Dietetics, Faculty of Nutrition Sciences and Food Technology, National Nutrition & Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, Tehran, Iran.</i>
95	The effectiveness of specific dietary patterns compared to energy restriction alone for improving non-alcoholic fatty liver disease in children and adolescents: a systematic review Aynaz Mohammadian <i>Student Research Committee, Khalkhal University of Medical Sciences, Khalkhal, Iran</i>

Abstracts

No.	Title
96	Effects of Nutritional Supplementation on Clinical Outcomes in Children with Acute Diarrhea: An Umbrella Review of Meta-Analyses Sajjad Moradi <i>Department of Nutrition and Food Sciences, Maragheh University of Medical Sciences, Maragheh, Iran</i>
97	Flavonoid Subclasses Mediate the Link Between Dietary Antioxidant Capacity the odds of metabolic dysfunction-associated fatty liver disease in overweight and obese children and adolescents Ali Nikparast <i>Student Research Committee, Department of Clinical Nutrition and Dietetics, Faculty of Nutrition Sciences and Food Technology, National Nutrition & Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, Tehran, Iran.</i>
98	A Systematic Review of the Effects of the Mediterranean Diet in the Prevention and Treatment of Non-Alcoholic Fatty Liver Disease (NAFLD) in Children Pardis Noura <i>M.Sc. Student of Nutrition Sciences, Student Research Committee, Faculty of Medicine, Zahedan University of Medical Sciences, Zahedan, Iran</i>
99	Caffeine intake and MASLD from prenatal life to adolescence: Protective effect or a hidden threat? Sara Rashidnia <i>Student' Research Committe, Mara.C., Islamic Azad University, Marand, Iran.</i>
100	Maternal Vitamin D Status and its Association with the Development of Celiac Disease in Offspring Sogand Saadatmand <i>Department of Cellular and Molecular Nutrition, School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran</i>
101	Beyond Weight Loss: Targeted Dietary and Supplement Approaches in Pediatric Non-Alcoholic Fatty Liver Disease Erfan YousefZadeh <i>Student Research Committee, School of Nursing and Midwifery, Guilan University of Medical sciences, Rasht, Iran.</i>
102	Low-FODMAP Diet in Children with Irritable Bowel Syndrome: Potential Benefits and Practical Challenges Kian nasrollahi <i>Neyshabur University of Medical Sciences</i>

September 24–26, 2025



No.	Title
103	Beyond Liver Enzymes: Integrating Novel Nutritional Biomarkers and Functional Assessments for the Early Diagnosis of Parenteral Nutrition-Associated Liver Disease Ali Alirezaei <i>School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran</i>
104	Choline and metabolic implications in children with cystic fibrosis: A systematic review Zahra Arabpour <i>Student Research Committee, Iran University of Medical Sciences, Tehran, Iran.</i>
105	Orlistat Therapy in Pediatric MASLD: Is It Time to Consider Action? Sara Arefhosseini <i>Student Research Committee, Tabriz University of Medical Sciences, Tabriz, Iran</i>
106	"The Effect of Medium-Chain Triglycerides (MCT) on Nutritional Status and Clinical Outcomes in Children with Biliary Atresia Awaiting Liver Transplantation: A Systematic Review" Mehdi Arjmand <i>Student Research Committee, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran</i>
107	Body composition in child patients with cystic fibrosis Negar Bafkar <i>M.Sc. Student of Community Nutrition, Department of Community Nutrition, School of Nutritional Science and Dietetics, Tehran University of Medical Sciences, Tehran, Iran</i>
108	The Role of Probiotics in the Management of Pediatric Gastroesophageal Reflux Disease: A Systematic Review Rezvan Chaharlang <i>1. Student Research Committee, Department of Clinical Nutrition and Dietetics, Faculty of Nutrition Sciences and Food Technology, National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, Tehran, Iran.</i>
109	The Effect of Zinc Supplementation on the Duration and Severity of Acute Diarrhea in Children Aged 6 Months to 5 Years: A Systematic Review Mahya Dehghani <i>bushehr medical science university</i>
110	Body composition in patients with Inflammatory Bowel Disease Morteza Ghasemi <i>MSC student of clinical nutrition, Department of nutrition, Faculty of medicine, Mashhad university of medical sciences, Mashhad, Iran</i>

Abstracts

No.	Title
111	<p>The Role of Maternal obesity, nutritional status and gestational diabetes mellitus during pregnancy in Pediatric Fatty Liver Disease: A Systematic Review</p> <p>Maryam Ghods <i>Department of Clinical Nutrition and Dietetics, Faculty of Nutrition Sciences and Food Technology, National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, Tehran, Iran</i></p>
112	<p>The Role of the Gut-Brain Axis in Pediatric Functional Abdominal Pain: Nutritional Approaches and Emerging Therapies</p> <p>Zeynab Golara <i>Students Research Committee, Zanjan University of Medical Sciences, Zanjan, Iran</i></p>
113	<p>Intestinal Permeability and Its Relationship with the Gut Microbiome in Children with Type 1 Diabetes: A Systematic Review</p> <p>Golnaz Khodayari <i>Master's Student of Nutrition, Maragheh University of Medical Sciences(MRGUMS), Maragheh, Iran. golnazkhodayari@yahoo.com</i></p>
114	<p>Dietary Therapy with an Ulcerative Colitis Exclusion Diet in Children: A Systematic Review</p> <p>Negin Lohrasbi <i>Student Research Committee, Department of Clinical Nutrition & Dietetics, National Nutrition & Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, Tehran, Iran.</i></p>
115	<p>Vitamin D in Pediatric Hepatitis and NAFLD: A Review on Its Role and Therapeutic Perspectives</p> <p>Mobina Mansourian <i>Department of Nutrition, Science and Research Branch, Islamic Azad University, Tehran, Iran</i></p>
116	<p>Investigating the effects of Probiotics on Non-Alcoholic Fatty Liver Disease in Obese Children</p> <p>Seyedeh Yekta Mortazavi <i>Student Research Committee, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran</i></p>
117	<p>Effect of Early Enteral Feeding in Neonates with Esophageal Atresia on Nutritional Outcomes and Recovery of Gastrointestinal Function</p> <p>MohammadHadi Nikbakht <i>Student Research Committee, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran</i></p>
118	<p>Personalized Microbiome-Based Diets in the Management of Eosinophilic Esophagitis: A Novel Perspective in Therapeutic Nutrition for Children</p> <p>Anita Poorhossein <i>Department of Nutrition, Quchan Branch, Islamic Azad University, Quchan, Iran</i></p>



No.	Title
119	<p>Interesting the Role of Gut Microbiome in Improving Liver Function in Children: A Systematic Review</p> <p>Amir Hossein Sadeghi <i>Student Research Committee, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran</i></p>
120	<p>The Role of Dietary Patterns in Pediatric Non-Alcoholic Fatty Liver Disease: Evidence from a Systematic Review</p> <p>Shabnam Shahabi Nejad <i>Department of Cellular and Molecular Nutrition, Faculty of Nutrition Science and Food Technology, National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, Tehran, Iran.</i></p>
121	<p>Influence of Oral Microbiota on Dental Caries Associated with Iron Supplementation in Children with Iron Deficiency Anemia</p> <p>Gholamreza Abdollahi <i>Student Research Committee, School of Nursing and Midwifery, Bushehr University of Medical Sciences, Bushehr, Iran.</i></p>
122	<p>Investigating the effects of probiotic supplementation in preterm infants admitted to the NICU: A narrative review</p> <p>Asma Azari Azghandi <i>Department of Nutrition Sciences, Varastegan Institute for Medical Sciences, Mashhad, Iran. asma.azari.03@gmail.com</i></p>
123	<p>Maternal Probiotic Supplementation During Pregnancy and Lactation: Impacts on Neonatal Microbiota, Immunity, and Development”</p> <p>Nazgol Bahreini <i>Department of Nutrition, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran</i></p>
124	<p>Postbiotics are the hidden key to improving children’s health: A healthier alternative to probiotics</p> <p>Fatemeh ESfarjani <i>Food and Nutrition Policy and Planning Research Department, National Nutrition and Food Technology Research Institute, Faculty of Nutrition Sciences and Food Technology, Shahid Beheshti University of Medical Sciences, Tehran, Iran.</i></p>
125	<p>Probiotics and Rotavirus Vaccine Immunogenicity in Infants and Children: A Systematic Review</p> <p>Qazal Esmaylpor <i>Student Research Committee, Sarab Faculty of Medical Sciences, Sarab, Iran</i></p>

No.	Title
126	<p>The Role of Probiotics in Modulating Histone Acetylation and DNA Methylation of Key Cytokine Genes in Pediatric Inflammation</p> <p>Yalda Hasanzadehghanad <i>Department of Nutrition, Varastegan Institute for Medical Sciences , Mashhad, Iran</i></p>
127	<p>Dietary Index for Gut Microbiota and Its Association with Metabolic Health in Overweight and Obese Children and Adolescents</p> <p>Nazanin Zahra Nourian <i>Student Research Committee, Department of Clinical Nutrition and Dietetics, Faculty of Nutrition Sciences and Food Technology, National Nutrition & Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, Tehran, Iran.</i></p>
128	<p>Investigating the effect of Probiotic Lactobacillus Rhamnosus GG (LGG) and High-Intensity Interval Training on Apelin Gene Expression and APJ receptor in Heart Tissue of Male Rats with Fatty Liver Disease (FLD)</p> <p>Saeed Shahmohammadi <i>PhD in Exercise Physiology, Department of Physical Education and Sport Sciences, Islamic Azad University, Science and Research Branch, Tehran, Iran</i></p>
129	<p>Clinical Effects of Probiotic-Enriched Infant Formula on Colic, Constipation, and Immune Development: A Narrative Review of Evidence (2013–2024)</p> <p>Elham Abdi <i>Department of Nutrition, Zanjan University of Medical Sciences, Zanjan, Iran</i></p>
130	<p>The Role of Probiotics to Prevent Antibiotic Associated Diarrhea in Hospitalized Children.</p> <p>Shima Aghaei <i>School of Public Health, North Khorasan University of Medical Sciences, Bojnurd, Iran.</i></p>
131	<p>The Role of Probiotics, Prebiotics, and Synbiotics in Regulating Metabolism, Insulin Resistance, and Managing Obesity in Childhood: Challenges and Opportunities</p> <p>Maedeh Akbari <i>Department of Exercise Physiology, University of Guilan, Rasht, Iran</i></p>
132	<p>Gut Microbiota Modulation and Growth Outcomes in Malnourished Children: Systematic Review of Probiotic, Prebiotic, and Microbiome-Directed Food Interventions</p> <p>Ava ForoutanZaboli <i>1 Department of Nutrition, School of Medicine, Zahedan University of Medical Sciences, Zahedan, Iran.</i></p>
133	<p>Effects of synbiotics on obesity-related indices in children</p> <p>Amir Goli <i>Department of Nutrition sciences, Varastegan Institute for Medical Sciences, Mashhad, Iran & Student Research Committee, Varastegan Institute for Medical Sciences, Mashhad, Iran</i></p>

No.	Title
134	<p>A systematic review of the comparative effectiveness of different probiotics in the management of chemotherapy-induced gut microbiota disturbance in pediatric cancer patients</p> <p>Fatemeh Jahangir <i>Faculty of Nutrition and Dietetics, Tehran University of Medical Sciences, Tehran, Iran</i></p>
135	<p>Probiotics, prebiotics and synbiotics in early infancy: efficacy, safety and practical implications for food-allergy prevention</p> <p>Nafiseh Javaheri Haghighi <i>BSc Student, Department of Nutrition Sciences, School of Health, Larestan University of Medical Sciences, Larestan, Iran</i></p>
136	<p>Effects of Probiotics on Growth Improvement in Malnourished Children</p> <p>Seyed Mojtaba Khodashenas <i>B.Sc. Student of Nutrition Science, Research Center for Biochemistry and Nutrition in Metabolic Diseases, Kashan University of Medical Sciences, Kashan, Iran.</i></p>
137	<p>Clinical Benefits of <i>L. reuteri</i> and <i>S. boulardii</i> in Colic and Diarrhea in Children : A Systematic Review</p> <p>Vida Kiani dehkiani <i>1.Bachelor of science in nutrition student 2.Student Reserch Committee, Ahvaz Jundishapur University of Medical Sciences, Ahvaz ,Iran</i></p>
138	<p>Effects of Probiotic Supplementation on Clinical Outcomes and Inflammatory Markers in Pediatric Sepsis: A Review of Current Evidence</p> <p>Marzieh Mohammadi <i>MSc student in Clinical Nutrition, School of Nutritional Sciences and Dietetics, Tehran University of Medical Science, Tehran</i></p>
139	<p>Postbiotics in Early Nutrition: Enhancing Pediatric Gut and Immune Health</p> <p>Mahboobeh Paporaki <i>Faculty of Veterinary Medicine; Shahid Bahonar University of Kerman, Kerman, Iran</i></p>
140	<p>The Role of the Maternal Gut Microbiome During Pregnancy and Early Postnatal Life in Offspring Neurodevelopment: Associations with ADHD and ASD Risk</p> <p>Mohammadreza Pourhajianrezaei <i>Department of Agriculture Sciences, Mashhad Branch, Azad University, Mashhad, Iran.</i></p>
141	<p><i>Saccharomyces boulardii</i> for treatment and prevention of acute infectious diarrhea and antibiotic-associated diarrhea in children: a strain-level systematic review</p> <p>Alireza Pourrahim <i>Student Research Committee, Faculty of Medicine, Ilam University of Medical Sciences, Ilam, Iran.</i></p>

No.	Title
142	<p>Probiotic Strains for the Prevention of Acute Otitis Media in Children: A Clinical Review with Focus on CFU-Specific Dosage</p> <p>Shayan Rezanejad <i>Students Research Committee, Bushehr University of Medical Sciences, Bushehr, Iran</i></p>
143	<p>The association between gut microbiota and non-alcoholic fatty liver disease in children and adolescents: a case-control study</p> <p>Mohsen Shaygantabar <i>Department of Clinical Nutrition and Dietetics, Faculty of Nutrition Sciences and Food Technology, National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Science, Tehran, Iran.</i></p>
144	<p>The effect of probiotics or prebiotics supplementation on behavioral symptomatology of autism spectrum disorders in children: a systematic review and meta-analysis</p> <p>Fatemeh Sheikhmamoo <i>Student Research Committee, Lorestan University of Medical Sciences, Khorramabad, Iran.</i></p>
145	<p>The Association Between Gut Microbiota Diversity and Vaccine Response in Children: A Systematic Review</p> <p>Faezeh Tejareh <i>Department of Nutrition, Science and Research Branch, Islamic Azad university, Tehran, Iran</i></p>
146	<p>Effect of Oral Probiotics on Fasting Glucose and HbA1c in Children with Type 1 Diabetes: Review of Recent Clinical Trials</p> <p>Fatemeh Vassalami <i>Public Medical Center in Tehran, Shahid Beheshti University of Medical Sciences</i></p>
147	<p>Postbiotics as Next-Generation Microbial Therapeutics in Pediatric Medicine: A Review</p> <p>Sanaz Yari <i>Student' Research Committe, Mara.C., Islamic Azad University, Marand, Iran</i></p>
148	<p>Comparative Insights into Gut Microbiota of Breastfed and Formula-Fed Infants: A Systematic Review</p> <p>Maryam Yousefi <i>Department of Nutrition, School of Medicine, Zahedan University of Medical Sciences, Zahedan, Iran.</i></p>
149	<p>The Role of Nurses in Nutritional Interventions for Children Hospitalized in Intensive Care Units: Challenges and Solutions</p> <p>Maedeh Nasirifar <i>Master's Student in Medical-Surgical Nursing, School of Nursing and Midwifery, Tehran University of Medical Sciences, Tehran, Iran</i></p>

September 24–26, 2025



No.	Title
150	Protocol-Based Nutritional Strategies to Enhance Growth and Reduce Complications in Preterm Infants: Results from a Cohort Study Majid Mahallei <i>Pediatric Health Research Center, Tabriz University of Medical Sciences, Tabriz, Iran</i>
151	A Review of the Role of Early Supportive Nutrition in Improving Clinical Outcomes of Children and Neonates Admitted to Intensive Care Units Zahra Valinasab <i>department of medical-surgical nursing, school of nursing and midwifery, urmia univrsity of medical scienes, urmia, iran</i>
152	Probiotics, Prebiotics, and Synbiotics in the PICU: Mitigating Ventilator-Associated Pneumonia and Systemic Inflammation in Critically Ill Children-narrative review Nazanin Mozaffari <i>Nutrition Research Center, Tabriz University of Medical Sciences, Tabriz, Iran</i>
153	Exploring the Role of Protein Intake on Clinical Outcomes in Pediatric Intensive Care Units: A Systematic Review Asma Sohrabnavi <i>Department of Clinical Nutrition, School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran</i>
154	Survey of the prevalence of malnutrition in children hospitalized in surgical wards Asma Tarjoman <i>Ilam University of Medical SciencesThis link is disabled., Ilam, Iran</i>
155	Prevalence of Malnutrition and Clinical Outcomes in Pediatric Inpatients at Bandar Abbas Hospital Samane Yousefalizadeh <i>Department of Nutrition, Faculty of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran</i>
156	Breastfeeding Support in NICU: The Critical Role of Nursing Care – A Narrative Review Mohammad Zarini <i>MSc pediatric nursing student, Nursing and Midwifery Faculty, Shahid Beheshti medical science university, Tehran, Iran.</i>
157	Serum zinc concentration and metabolic syndrome in children and adolescents: A population-based study Fateme Ghafouritaleghani <i>Micronutrient Research Center, Research Institute for Endocrine Disorders, Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences, Tehran, Iran</i>

Abstracts

No.	Title
158	<p>Mid-term quantity and quality of macronutrient intake following bariatric surgery in pediatrics: A Narrative Review</p> <p>Zahra Kamali <i>Department of Clinical Nutrition, School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran.</i></p>
159	<p>Nutritional Interventions in Critical Care and Surgical Settings for Neonates and Children with Inborn Errors of Metabolism: A Scoping Review</p> <p>Sana Khalilzadeh <i>Department of Pediatric Nursing, School of Nursing and Midwifery, Urmia university of medical sciences, Urmia, Iran</i></p>
160	<p>The association between selenium intake and cardiometabolic risk factors in Iranian adolescents</p> <p>Mehrnaz Shojaei <i>PhD candidate, Department of Nutrition, School of Public Health, Shahid Sadoughi University of Medical Sciences, Yazd, Iran</i></p>
161	<p>Eating Disorders in Pediatric Type 1 Diabetes: Risks, Carbohydrate Counting, and Comprehensive Care: A Narrative Review</p> <p>Erfan YousefZadeh <i>Student Research Committee, School of Nursing and Midwifery, Guilan University of Medical sciences, Rasht, Iran.</i></p>
162	<p>Nutritional Management in Phenylketonuria (PKU): A Systematic Review of RCTs from Low-Protein Diets to Novel Medical Formulas</p> <p>Zahra Baghani <i>Student Research Committee, Bushehr University of Medical Sciences, Bushehr, Iran</i></p>
163	<p>Serum Vitamin B12, Vitamin D, and Zinc Status in Pediatric Diabetes and Their Association with Diabetic Retinopathy: A Narrative Review</p> <p>Hossein Hosseini <i>Student Research Committee, Urmia University of Medical Sciences, Urmia, Iran</i></p>
164	<p>Effects of the ketogenic diet on the management of Type 1 diabetes melitus in pediatric patients :A systematic review</p> <p>Amirali Mohebbi <i>MSc student of clinical nutrition, shahid beheshti University of medical science, Tehran,Iran</i></p>
165	<p>A Bibliometric Analysis of Research Trends on Metabolic Syndrome (MetS) in Children and Adolescents (2015–2025)</p> <p>Ali Molahasani <i>Students Research Committee, Neyshabur University of Medical Sciences, Neyshabur, Iran.</i></p>

No.	Title
166	<p>Ultra-processed food intake in relation to metabolic health status in Iranian adolescents with overweight and obesity</p> <p>Donya Poursalehi <i>Student Research Committee, Department of Clinical Nutrition and Dietetics, Faculty of Nutrition Sciences and Food Technology, National Nutrition & Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, Tehran, Iran</i></p>
167	<p>Vitamin B6 Supplementation in Pediatric Tyrosinemia Type II: Mechanistic Insights, Therapeutic Potential, and Dosing Considerations</p> <p>Shayan Rezanejad <i>Students Research Committee, Bushehr University of Medical Sciences, Bushehr, Iran</i></p>
168	<p>The Impact of Vitamin D Supplementation on Children with Renal Insufficiency: A Systematic Review</p> <p>Ulduz Riaz Khameneh <i>Student Research Committee, Mara.C., Islamic Azad University, Marand, Iran</i></p>
169	<p>Nutritional management in children with phenylketonuria (PKU): A review of new approaches</p> <p>Mahsa Vahdat <i>Department of Nutrition, School of Allied Medical Sciences, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran</i></p>
170	<p>Integrating MindfulnessBased Interventions into Nursing Care to Support Nutritional and Psychological WellBeing of Caregivers of Children with Chronic Illnesses: A Systematic Review</p> <p>Najme Zamani <i>MSc student in medical surgical nursing, Nursing and Midwifery school, Kashan University of Medical Sciences, Kashan, Iran</i></p>
171	<p>A Comprehensive Systematic Review of Pyridoxine and Arginine Supplementation Combined with a Lysine-Restricted Diet for Pyridoxine-Dependent Epilepsy</p> <p>Hamid Abbasi <i>Student Research Committee, Tabriz University of Medical Sciences, Tabriz, Iran</i></p>
172	<p>From Struggle to Hope: Improving Feeding Outcomes in Children with Cerebral Palsy</p> <p>Zohreh Dehghan Harati <i>MSc Student, Neonatal Intensive Care nursing, Student Research Committee, Shiraz University of Medical Sciences, Shiraz, Iran</i></p>
173	<p>Comparison of Total Dairy Product Intake between Children with Attention-Deficit Hyperactivity Disorder and Age-Matched Healthy Peers: A Cross-Sectional Study</p> <p>Shayesteh Keyhanpour <i>Student Research Committee, Nutrition and Food Security Research Center and Department of Community Nutrition, School of Nutrition and Food Science, Isfahan University of Medical Sciences, Isfahan, Iran</i></p>

No.	Title
174	<p>Dietary Polyphenol Intake in Attention-Deficit Hyperactivity Disorder Children: A Cross-Sectional Study</p> <p>Fatemeh Navab <i>Student Research Committee, Nutrition and Food Security Research Center and Department of Community Nutrition, School of Nutrition and Food Science, Isfahan University of Medical Sciences, Isfahan, Iran</i></p>
175	<p>Dietary Magnesium and Calcium Intake in Attention-Deficit Hyperactivity Disorder Children Compared to Recommended Dietary Allowances: A Cross-Sectional Study</p> <p>Fatemeh Navab <i>Student Research Committee, Nutrition and Food Security Research Center and Department of Community Nutrition, School of Nutrition and Food Science, Isfahan University of Medical Sciences, Isfahan, Iran</i></p>
176	<p>Integrating Nutritional and Motor Function Strategies in Spinal Muscular Atrophy: Clinical Insights from Iranian Pediatric Patients</p> <p>Khatereh Rezazadeh <i>Pediatric Health Research Center, Tabriz University of Medical Sciences, Tabriz, Iran</i></p>
177	<p>Short- and Long-Term Efficacy of Modified Atkins Diet versus Classic Ketogenic Diet in Pediatric Epilepsy Treatment: A Systematic Review and Meta-Analysis</p> <p>Saman Sepehrar <i>Department of clinical nutrition, Faculty of medicine, Mashhad University of Medical Sciences, Mashhad, Iran</i></p>
178	<p>Comparative Assessment of Dietary Approaches to Stop Hypertension Diet Score in Attention-Deficit Hyperactivity Disorder Children with Healthy Peers: A Cross-Sectional Study</p> <p>حوری حشمتی پور <i>Student Research Committee, Nutrition and Food Security Research Center and Department of Community Nutrition, School of Nutrition and Food Science, Isfahan University of Medical Sciences, Isfahan, Iran</i></p>
179	<p>Effects of Omega-3 Supplementation on Aggression in Children: A Meta-Analysis of Randomized Controlled Trials</p> <p>Ashkan Akhbari <i>Students Research Committee, Neyshabur University of Medical Sciences, Neyshabur, Iran.</i></p>
180	<p>"Interinvesting The Potential Role of Quercetin in Reducing Oxidative Stress and Supporting Hematopoietic Function in Children with Fanconi Anemia"</p> <p>Mehdi Arjmand <i>Student Research Committee, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran</i></p>



No.	Title
181	<p>“Intervention the Potential Role of Resveratrol in Reducing Oxidative Stress and Improving Cognitive and Behavioral Outcomes in Children with ADHD”</p> <p>Mehdi Arjmand <i>Student Research Committee, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran</i></p>
182	<p>Interesting the Effect of Ketogenic Diet on Seizure Control in Children with Epilepsy: A Systematic Review</p> <p>Hasti Dalvandi <i>Student Research Committee, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran</i></p>
183	<p>Investigating the Relationship Between Dietary Antioxidant Quality Score and Dietary Antioxidant Index and the odds of Attention-Deficit/Hyperactivity Disorder: A Case-Control Study</p> <p>ZAHRA GHADERI <i>Nutritional Health Research Center, School of Health and Nutrition, Lorestan University of Medical Sciences, Khorramabad, Iran</i></p>
184	<p>A Systematic Review of the Effects of Probiotic Supplements on Mental Health and Sleep in Children</p> <p>Mohammad Kazem Imani Khoshkhoo <i>Student Research Committee, School of Public Health, Kerman University of Medical Sciences, Kerman, Iran</i></p>
185	<p>Is There a Link between Attention-Deficit Hyperactivity Disorder and Lower Fiber Intake? A Cross-Sectional Study in Children</p> <p>Shayesteh Keyhanpour <i>Student Research Committee, Nutrition and Food Security Research Center and Department of Community Nutrition, School of Nutrition and Food Science, Isfahan University of Medical Sciences, Isfahan, Iran</i></p>
186	<p>Adjunctive Probiotic Therapy with Lactobacillus helveticus R0052 and Bifidobacterium longum R0175 Enhances Fluoxetine Efficacy in Major Depressive Disorder: A Double-Blind, Placebo-Controlled</p> <p>Atie sadat Khorasanian <i>Department of Nutrition, School of Public Health, Iran University of Medical Sciences, Tehran, Iran</i></p>
187	<p>The Effect of Zinc Supplementation in a Cerebral Palsy Child: A Systematic Review of Clinical Trials</p> <p>Nastaran Mahmoudi Shirkoohi <i>Department of Clinical Nutrition, Hakim Children Hospital, Tehran University of Medical Sciences, Tehran, Iran</i></p>

No.	Title
188	<p>A Review of the Role of Dietary Patterns and Nutritional Supplements in Improving Symptoms of Children with Autism Spectrum Disorder</p> <p>Hasti Mirmanesh <i>Faculty of Nursing and Midwifery, Islamic Azad University, Doroud Branch, Doroud, Iran</i></p>
189	<p>The effect of the MIND diet on Mental Health in adolescent girls: a cluster-randomized controlled trial</p> <p>AmirHossein Najafi 1,2,3 <i>1Research Center for Food Hygiene and Safety, School of Public Health, Shahid Sadoughi University of Medical Sciences, Yazd, Iran 2Department of Nutrition, School of Public Health, Shahid Sadoughi University of Medical Sciences, Yazd, Iran 3Student Research Committee, Shahid Sadoughi University of Medical Sciences, Yazd, Iran</i></p>
190	<p>The Association between Dietary Fiber, Quality of Life, and Insomnia in Adolescent Girls</p> <p>Reyhaneh Rabiee <i>Department of Nutrition, School of Public Health, Shahid Sadoughi University of Medical Sciences, Yazd, Iran.</i></p>
191	<p>The Association between Dietary Fiber Intake, Depression and Aggression among Adolescent Girls in Northeastern Iran</p> <p>Reyhaneh Rabiee <i>Department of Nutrition, School of Public Health, Shahid Sadoughi University of Medical Sciences, Yazd, Iran.</i></p>
192	<p>Unraveling the Relationship Between Breakfast Quantity, Composition, and Learning disorders in Iranian adolescents</p> <p>Reza Rahmanian <i>Student research committee, School of Nutrition and food sciences, Shiraz university of Medical Sciences, Shiraz, Iran</i></p>
193	<p>Dietary Folate Intake in Attention-Deficit Hyperactivity Disorder Children Compared to Recommended Dietary Allowances: A Cross-Sectional Study</p> <p>Houri Heshmatipour <i>Student Research Committee, Nutrition and Food Security Research Center and Department of Community Nutrition, School of Nutrition and Food Science, Isfahan University of Medical Sciences, Isfahan, Iran</i></p>
194	<p>Predicting Metabolic Peril: The Role of Artificial Intelligence in the Preemptive Detection of Refeeding Syndrome in Children</p> <p>Ali Alirezaei <i>School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran</i></p>

September 24–26, 2025



No.	Title
195	<p>Optimizing Nutritional Strategies in Pediatric Patients with Chronic Kidney Disease Undergoing Dialysis: A Multidisciplinary Clinical Management Approach</p> <p>FatemehSadat HashemiJavaheri <i>Department of Clinical Nutrition, Faculty of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran</i></p>
196	<p>The Effects of Zinc on Children with Asthma: An Umbrella Review of Systematic Reviews and Meta-Analyses</p> <p>Glareh Koochakpoor <i>Maragheh University of Medical Sciences, Maragheh, Iran</i></p>
197	<p>Beyond Nutrition: An Exploration of “Perceived Desirability” and Its Influence on Food Choices Among Iranian Adolescents</p> <p>Zahra Namkhah <i>Department of Nutrition, Faculty of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran</i></p>
198	<p>Dietary Modulation of Genetic Risk: The Interplay Between the MC4R rs17782313 Polymorphism and Dietary Patterns in Cardiometabolic Health of Children</p> <p>Barbod Alhouei <i>Student Research Committee, Faculty of Nutrition and Food Technology, Shahid Beheshti University of Medical Sciences, Tehran, Iran.</i></p>
199	<p>Association Between Dietary Zinc Intake and Obesity in Children Aged 9–13 Years: A Cross-Sectional Study</p> <p>Maryam Asakereh <i>Department of Clinical Nutrition, Faculty of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran</i></p>
200	<p>The First 1000 Days: A Comprehensive Review of Maternal-Infant Nutrition and Long-term Metabolic Programming</p> <p>Sahar Golpour Hamedani <i>Department of Community Nutrition, School of Nutrition and Food Science, Isfahan University of Medical Sciences, Isfahan, Iran</i></p>
201	<p>Assessing the Impact of Nutritional Status on Bone Density in Pediatric Cystic Fibrosis Patients: A Cross-Sectional Analysis</p> <p>Mehrara Hashempour <i>Department of Nutrition, Faculty of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran</i></p>

Abstracts

No.	Title
202	Effect of vitamin D supplementation on inflammatory status and behavioral symptoms in children with autism spectrum disorders: A double-blind randomized clinical trial Zohreh Javadfar <i>Clinical Research Development Center, Imam Reza Hospital, Kermanshah University of Medical Sciences, Kermanshah, Iran.</i>
203	Vitamin D Deficiency and Its Impact on the Development of Type 1 Diabetes in Children: Systematic Review Homa Khajeh <i>Student Research Committee, Department of Clinical Biochemistry, Faculty of Medical Sciences, Tarbiat Modares University, Tehran, Iran</i>
204	effect of vitamin D supplementation on pain intensity in Children with sickle cell disease Fatemeh Kourepaz <i>Bachelor student of Nutrition Science, Department of Nutrition Science , Varastegan Institute for Medical Sciences, Mashhad, Iran.</i>
205	Intervesting The Effect of Fibroblast Growth Factor 23 (FGF23) on Left Ventricular Hypertrophy (LVH) Caused by Chronic Kidney Disease (CKD) in Children: A Systematic Review Mounes Makvandi <i>Student Research Committee, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran</i>
206	Circulating levels of 25-hydroxyvitamin D in relation to hypertension in children and adolescents: a systematic review and dose–response meta-analysis of epidemiologic studies with GRADE assessment Elahe Mokhtari <i>Department of Nutrition, School of Public Health, Iran University of Medical Sciences, Tehran, Iran</i>
207	The Impact of Maternal Fructooligosaccharide Consumption on Offspring Gut Microbiota: A Systematic Review Fatemeh Movahedi rad <i>National Nutrition and Food Technology Research Institute</i>
208	Abetalipoproteinemia in a child : a case report Zahra Mostafaei <i>M.Sc of Nutrition, Emam Hossein Children Hospital, Isfahan University of Medical Sciences</i>
209	the Effects of omega-3 supplementation on treatment of End stage renal disease (ESRD) in children Ali Razeghi <i>MSc Student of Clinical Nutrition, Student of Research Committee, Department of Clinical Nutrition and Dietetics, Faculty of Nutrition and Food Technology, Shahid Beheshti University of Medical Sciences, Tehran, Iran</i>



No.	Title
210	Assessing the Correlation Between Bone Mineral Density and Anthropometric, Pulmonary, and Physical Activity Parameters in pediatric patients with cystic fibrosis Shaghayegh Sobootihashemi <i>Department of Nutrition, Faculty of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran</i>
211	Prevalence and Causes of Reduced Oral Intake in Hospitalized Children in Bandar Abbas Motahareh Yadegari <i>Department of Nutrition, Faculty of medicine, Mashhad University of Medical Sciences, Mshhad, Iran</i>
212	Mediterranean Diet and Its Association with Sleep Outcomes in Adolescents: A Systematic Review Mehrnaz Zahroodi <i>Student Research Committee, Cellular and Molecular Nutrition Department, Faculty of Nutrition Sciences and Food Technology, National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, Tehran, Iran</i>
213	A Systematic Review on the Effects of Vitamin D and Vitamin A Supplementation in Pediatric Systemic Lupus Erythematosus: Immunomodulatory and Clinical Outcomes Sana Mahdian Rizi <i>Students Research Committee, Neyshabur University of Medical Sciences, Neyshabur, Iran</i>
214	Artificial Intelligence-Assisted Design of Tailored Therapeutic Supplements in Pediatric Immune Disorder Patients Based on Deficiencies in Nutrition Sajjad Moradi <i>Department of Nutrition and Food Sciences, Maragheh University of Medical Sciences, Maragheh, Iran</i>
215	Sugar-sweetened beverages and excessive free fructose in drinks may elevate the likelihood of asthma, however fruit juice does not. Mobina Zeinalabedini <i>Department of Community Nutrition, School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences</i>
216	The Effect of Human Milk Oligosaccharides in Infant Formula on Respiratory Infections in Infants: A Systematic Review of Randomized Controlled Trials Reyhaneh Bagheri Motlagh <i>Department of Clinical Nutrition and Biochemistry, Faculty of Medicine, Neyshabur University of Medical Sciences, Neyshabur, Iran</i>

No.	Title
217	<p>Nutrition in IBD in Children</p> <p>Niayesh Ebrahimian <i>Student Research Committee, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran</i></p>
218	<p>The association between nuts intake and asthma in children and adolescents: A cross-sectional study</p> <p>Shayesteh Fazilat <i>1Research Center for Food Hygiene and Safety, School of Public Health, Shahid Sadoughi University of Medical Sciences, Yazd, Iran 2Department of Nutrition, School of Public Health, Shahid Sadoughi University of Medical Sciences, Yazd, Iran 3Student Research Committee, Shahid Sadoughi University of Medical Sciences, Yazd, Iran</i></p>
219	<p>The Early Consumption of Cow's milk and its Association with Type 1 Diabetes in Children: a narrative review</p> <p>Laya Ghovehroud <i>Laya Ghovehroud</i></p>
220	<p>The Role of Micronutrients in Reducing the Risk of Respiratory Infections in Children: A Narrative Review</p> <p>Pooria Hafezian <i>Student, Department of Nutrition, Student Research Committee, Zahedan University of Medical Sciences, Zahedan, Iran</i></p>
221	<p>Investigating the Effect of Probiotics on Asthma in Children</p> <p>Mehrnaz Izadmehr <i>Student Research Committee, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran</i></p>
222	<p>Vitamin D Status and Optimization in Children with Coexisting Type 1 Diabetes and Celiac Disease: Implications for Bone Health and Glycemic Outcomes – A Narrative Review</p> <p>Fateme KhajeHeidari <i>Department of Nutrition, Baqer al-Olum Higher Educational Complex of Health, Sepidan, Shiraz University of Medical Sciences, Shiraz, Iran</i></p>
223	<p>Effects of Casein Glycomacropeptide (CGMP) on Growth and Phenylalanine Control in Children with Phenylketonuria</p> <p>Mostafa Khedri <i>Bachelor of Sciences in nutrition student, Student Research Committee, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran</i></p>
224	<p>The Role of Nutrition in Pediatric Systemic Lupus Erythematosus: A Clinical Review</p> <p>Susan Khoddam <i>Arak University of Medical Sciences, Arak, Iran</i></p>

September 24–26, 2025



No.	Title
225	<p>Interesting the Effect of Breastfeeding on the Prevention of Allergic Asthma in Children: A Systematic Review</p> <p>Maryam Karimi <i>Student Research Committee, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran</i></p>
226	<p>Maternal Vitamin D During Pregnancy and Childhood Allergy: A Narrative Review</p> <p>Mohammad Amin Mohammadi <i>Department of Community Nutrition, School of Nutrition and Food Science, Isfahan University of Medical Sciences, Isfahan, Iran</i></p>
227	<p>The association between beta-glucan supplementation and immune enhancement in children with recurrent respiratory tract infections: a systematic review</p> <p>Zahra Najarzadeh <i>Student Research Committee, Cellular and Molecular Nutrition Department, Faculty of Nutrition Sciences and Food Technology, National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, Tehran, Iran</i></p>
228	<p>Impact of Phenylketonuria Dietary Management on Pediatric Gut Microbiome Composition</p> <p>Kosar Rajabi <i>B.Sc. student of Nutritional Sciences, Student Research Committee, Maragheh University of Medical Sciences, Maragheh, Iran.</i></p>
229	<p>Vitamin D Supplementation and Prevention of Respiratory Tract Infections in Children: A Meta-Analysis of Randomized Controlled Trials</p> <p>Faezeh Tejareh <i>Department of Nutrition, Science and Research Branch, Islamic Azad university, Tehran, Iran</i></p>
230	<p>Effects of Probiotic Supplementation on Cognitive Function in School Age Children with neurodevelopmental disorders: A Systematic Review and Meta-Analysis of Randomized Controlled Trials</p> <p>Mona Rahiminia <i>Students Research Committee, Neyshabur University of Medical Sciences, Neyshabur, Iran.</i></p>
231	<p>The Zinc Connection: Investigating the Effects of Zinc Supplementation on Infantile Colic Symptoms</p> <p>Maryam Fallah <i>Department of Clinical Nutrition & Dietetics, Faculty of Nutrition Sciences and Food Technology, National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, Tehran, Iran</i></p>

Abstracts

No.	Title
232	<p>A Systematic Review of the Effects of Omega-3 Fatty Acids in the Prevention and Treatment of Non-alcoholic Fatty Liver Disease in Children</p> <p>Pardis Noura <i>Faculty of Nutrition and Food Technology, Shahid Beheshti University of Medical Sciences, Tehran, Iran.</i></p>
233	<p>The Role of Gut Microbiota in Pediatric Obesity and Metabolic Syndrome: A Systematic Narrative Review and Evaluation of Probiotic Interventions</p> <p>Haniye Khalafinejad <i>Department of Nutrition, Faculty of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran</i></p>
234	<p>Beyond the diet: A narrative review on the major dietary patterns in pediatric MASLD</p> <p>Sanaz Bohlouli <i>Student Research Committee, Tabriz University of Medical Sciences, Tabriz, Iran</i></p>
235	<p>Effects of Macronutrient Intake on Inflammatory Indices (Systemic Immune-Inflammation Index [SII] and Systemic Inflammatory Response Index [SIRI]) and CRP and ESR in Non-Septic Pediatric Intensive Care Unit Patients</p> <p>Sasan Mohsenzadeh Ledari <i>Department of Clinical Nutrition and Dietetics, Faculty of Nutrition and Food Technology, Shahid Beheshti University of Medical Sciences, Tehran, Iran.</i></p>
236	<p>Probiotics for Prevention and Treatment of Pediatric Allergic Diseases: A Systematic Review</p> <p>Shailin Abdoli Rezaei <i>Department of Clinical Nutrition and Dietetics, Faculty of Nutrition and Food Technology, Shahid Beheshti University of Medical Sciences, Tehran, Iran.</i></p>