Dr. Tariq Ismail

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Date of Birth : January 4, 1983
Nationality: Pakistani

EDUCATION

Degree (institute)	Major Subjects	Year	Results
Postdoctorate Department of Food Technology, Engineering and Nutrition, Lund University, Sweden	Nutritional Sciences	2021	
PhD Institute of Food Science & Nutrition, Bahauddin Zakariya University, Multan, Pakistan	Agriculture (Food Science)	2016	Passed
M.Sc (Hons.) National Institute of Food Science and Technology, University of Agriculture, Faisalabad. Pakistan	Food Science Technology	2007	76.11%
B.Sc. (Hons.) National Institute of Food Science and Technology, University of Agriculture, Faisalabad. Pakistan	Food Science Technology	2005	75.91%
Fsc (Intermediate) Chinar Army Public College Murree, Punjab - Pakistan	Physics, Chemistry, Biology (Pre Medical)	2001	70.45%
Matric (F.B.I.S.E Islamabad)	Physics, Chemistry, Biology ,Math	1998	59.65%

ACADEMIC POSITIONS

January 28, 2021 till date	**Associate Professor** Department of Food Science and Technology, Bahauddin Zakariya University, Multan
April 2016 – January 2021	**Assistant Professor** Institute of Food Science and Nutrition, Bahauddin Zakariya University, Multan
September 2013 – March 2016	**Lecturer** Institute of Food Science and Nutrition, Bahauddin Zakariya University, Multan
February 2011 – April 2013	**Visiting Lecturer** Department of Food Science and Technology, Bahauddin Zakariya University, Multan

PROFESSIONAL POSITIONS

June 2012 – August 2013	**Research Officer** Quality Control Laboratory for Cereal Grains, Bahawalpur, Punjab Food Department, Government of Punjab
February 2011 – May 2012	**Research Associate** Higher Education Commission funded project entitled "Safety Status of Street Vended Fruit Juices in Pakistan" at Department of Food Science and Technology, Bahauddin Zakariya University, Multan, Pakistan
January 2010 – October 2010	**Laboratory Manager** Seasons Foods (Pvt.) Ltd. Lahore – Poultry Meat Processor
October 2007 – January 2010	**Quality Assurance Executive** Millac Foods (Pvt.) Ltd. Lahore - Milk Powder Manufacturer

ADMINISTRATIVE POSITIONS / ASSIGNMENTS

1. Chairman, Department of Food Science & Technology, Bahauddin Zakariya University, Multan (Dec 15, 2023 till date).
2. Member of the National Curriculum Review Committee of the Higher Education Commission of Pakistan for Food Science & Technology education, 2025.
3. Program Coordinator, B.Sc. (Hons) Food Science & Technology, Department of Food Science & Technology, FFS&N, Bahauddin Zakariya University, Multan
4. Member Admission Committee, Bahauddin Zakariya University, Multan
5. Member of the National Agriculture Education Accreditation Council (NAEAC) of Higher Education Commission of Pakistan for Food Science & Technology degree programs
6. Member Board of Advanced Studies and Research, TIMES Institute of Higher Education, Multan, Punjab.
7. Member Board of Studies, Department of Food Science, NFC Institute of Technology, Multan.
8. Member Board of Studies, Department of Food Science & Technology, Ghazi University, DG Khan.
9. Incharge Examinations, Department of Food Science & Technology, FFS&N, Bahauddin Zakariya University, Multan
10. Secretary, Board of Studies, Department of Food Science & Technology, FFS&N, Bahauddin Zakariya University, Multan
11. Incharge Examinations, Institute of Food Science & Nutrition, Bahauddin Zakariya University, Multan
12. Secretary, Board of Studies, Institute of Food Science & Nutrition, Bahauddin Zakariya University, Multan
13. Program Coordinator, B.Sc. (Hons) Human Nutrition and Dietetics, Institute of Food Science &Nutrition, Bahauddin Zakariya University, Multan
14. Member Admission Committee, Institute of Food Science & Nutrition, Bahauddin Zakariya University Multan
15. Member Board of Faculty, Faculty of Food Science & Nutrition, Bahauddin Zakariya University Multan
16. Additional Director Quality Enhancement Cell, Bahauddin Zakariya University, Multan (June 13, 2017 to June 2018).
17. Member Departmental Purchase Committee, Bahauddin Zakariya University Multan (October 2014 to June 2019).
18. Member departmental disciplinary committee of the department of Food Science & Technology
19. Member advisory board ORIC-BZU Newsletter

20. Secretary, Steering Committee for The ASM-Bio Resource Center, Institute of Food Science & Nutrition, Bahauddin Zakariya University, Multan
21. Member committee for Food Safety & Quality Monitoring Cell at Bahauddin Zakariya University, Multan

RESEARCH SUPERVISION

	Supervised	Under Supervision
M.Phil (Food Science & Technology)	44	01
M.Phil (Human Nutrition &Dietetics)	17	03
Ph.D. (Food Science & Technology)	04	04

M.Sc (Hons) Food Science & Technology

Sr. No.	Name of Scholar	Passing Year	Thesis Title
1	Raheel Suleman	2015	Exploring pomegranate to extend the shelf life of shrimps
2	Komal Akhtar Saho	2016	Serum lipid modulating properties of peanuts in obese young adults
3	Zeeshan Ahmad	2017	Hypoglycemic potential of camel milk in streptozotocin induced *Diabetes mellitus*
4	Maria Bashir	2018	Development of organoleptically acceptable pumpkin flour based supplemented extruded product
5	Muhammad Imran	2019	Effect of sprouting on anti-nutritional factors and nutritional quality of edible grains
6	Muhammad Asif	2019	Development and 3hysic-chemical characterization of persimmon (*Diospyrous kaki*) pulp powder by using foam mat drying technique
7	IsbahRass	2019	Effect of spinach processing and ascorbic acid enrichment on iron bioavailability
8	Maha Saeed	2019	Characterization of gluten free pizza formulations
9	Sidra Feroze	2019	Development of soya protein enriched lotus rhizome cookies
10	Ayesha Siddiqa	2019	Effect of dietary supplementation of marigold powder and extract in improving egg lutein contents
11	Talha Bin Iqbal	2020	Effect of wheat flour fortification on sensory quality of leavened flatbread
12	Saima Parveen	2020	Effect of sprouting on physicochemical, nutritional and rheological properties of sourdough fermented flatbread
13	Areeba Tariq	2020	Effect of *Moringa oleifera* flower extracts and essential oil supplementation on functional and sensory properties of yogurt
14	Zeeshan Arif	2020	Effect of sweet potato starch – cumin extracts based edible coating on shelf life of fresh strawberries
15	Muhammad Hamid Sarwar	2020	Exploring toxicants vs nutrients composition of spinach and mustard green at various growth stages
16	Rabia Ilyas	2022	Exploring suitability of mango cultivars of Southern Punjab for osmotic dehydration and value-added product development
17	Wisha Saeed	2022	Effect of mango seed kernel storage conditions on risk of aflatoxins production in mango seed kernel powders and respective oil samples
18	Dua Amna	2023	Effect of lactobacillus fermentation and processing operations on nutritional characteristics of purslane
19	Meryum Shahid	2024	Development of taro starch and it's utilization in value added product

	Qureshi		
20	Waseem Ashraf	2024	Production technology of raisins from seedless *Sundarkhani* and *Gola* grapes cultivars of Pakistan
21	Eisha Razia	2024	Determining levels of variability and its factors for Zinc contents of biofortified wheat grown in southern districts of Punjab, Pakistan
22	Rida Ishaq	2025	Development and characterization of multipurpose flour and corn grits based extruded product
23	Muhammad Kashif	2025	Development and characterization of watermelon fruit based fruit leather
24	Maryam Saleem	2025	Development and characterization of pumpkin juice concentrate and seed powder based dairy product
25	Sadia Maryam	2025	Extraction of leafy vegetables' dietary fibers for developing low glycemic response unleavened flatbread
26	Ali Murtaza	2025	Optimizing potato preparation and frying technology for reduced oil absorption in french fries
27	Mahrukh Rizvi	2025	Development of garlic extracts enriched edible coatings for shelf life extension of tomatoes
28	Fatima Javaid	2025	Implementation of HACCP management system in cake manufacturing industry and evaluating its effectiveness in reducing food safety risks: a case study from Southern Punjab, Pakistan.
29	Tanzilla Abbas	2025	Exploring role of carrot powder supplementation on technological and nutritional properties of extruded snack
30	Tasmia Noreen	2025	Determining combined effect of grapes extract, EDTA and alovera gel-based edible coating on shelf stability of table grapes
31	Hajra Bibi	2025	Application of aqueous ozone in combination with the fruit extracts to increase shelf stability of apple fresh cuts
32	Muhammad Atif	2025	Determining chemical and oxidative properties of salted snacks collected for the Southern Punjab, Pakistan.
33	Alina Azam	2026	Grapes syrup as a sustainable alternative to refined sugar in frozen dessert formulation
34	Aiman Javaid	2026	Development and characterization of date syrup for potential application as a replacer for conventional caloric sweeteners in frozen desserts
35	Kiran Fatima Arshad	2026	Formulation, optimization and physicochemical characterization of low fat non-dairy whipping cream
36	Abdul Raheem Khan	2026	Physicochemical, sensory and shelf stability of Cannabis sativa meal and oil supplemented muffins
37	Laiba Iqbal	2026	Effect of mango puree incorporation on the physicochemical, textural, and sensory properties of non-dairy whipped cream
38	Raneesa Naeem Abbasi	2026	Bioassay-Guided Fractionation of *Azadirachta indica* Leaf Extracts to Identify Anti-UTI Compounds
39	Areej Ashfaq	2026	Effect of germination on nutritional, antinutritional and functional properties of proso millet
40	Rida Fatima	2026	Development and characterization of white rind pomegranate peel and fruit extracts supplemented functional beverage
41	Ali Ahmad	2026	Development and Characterization of a Value-Added Functional Beverage from Prickly Pear (Opuntiaficus-indica) Juice
42	Nimra Naveed	2026	Development of sugar cane syrup and its utilization in fruit jam as replacer to refined sugar
43	Rameen Amjad	2026	Development and characterization of prickly pear peel-based functional herbal drink
44	M. Zeeshan Haider	2026	Comparative evaluation of commercial honey for physicochemical and

			microbiological quality indices

M.Sc (Hons) Human Nutrition & Dietetics

Sr. No.	Name of Scholar	Passing Year	Thesis Title
1	Sidra Naureen	2016	Effect of long-term proton pump inhibitors administration on vitamin B12 and folic acid status in gastritis patients
2	Muhammad Asif Munir	2017	Prevalence of anemia after second pregnancy among childbearing age women: A case study of district Bahawalpur
3	SyedaZarnain Ali Shah	2017	Dietary pattern and their association with bone mineral density in women from adulthood to menopause
4	Asma Khalid	2017	Efficacy study of vegetables flour supplementation on minerals status of rats
5	Ayesha Manzoor	2019	Prevalence of minerals deficiency among schoolers and its correlates from 3 socioeconomic tiers in Multan
6	Sumaira Saeed	2020	Exploring role of sprouting in improving glycemic and insulinemic responses of wheat – fenugreek based flatbread
7	Muhammad Abdul Wajid Ali	2020	Effect of sprouting on glycemic and insulinemic responses of wheat and chickpea based flatbread
8	Iqra Akram	2021	Exploring the role of raw and fermented watermelon seeds on various health indices of type – 2 diabetes patients – a randomized controlled study
9	Muhammad Illyas	2021	Effect of vitamin D and vitamin E supplementation on reducing number of exacerbations and overall lung function in COPD patients – a randomized controlled study
10	Aiman Asif	2022	Exploring role of lotus seed powder supplementation in alleviating iron deficiency anemia
11	Memoona Zafar	2022	Hypocholesterolemic and toxicological effects of various fractions of apricot seed nut in cholesterol fed rats
12	Hira Fatima	2022	Role of whey protein supplementation in improving nutritional indices in COPD patients:_a randomized controlled study
13	Zill e Huma	2023	Effect of lactic acid fermentation on nutritional and organoleptic indices of dehydrated *Chenopdodium album* linn leaves
14	Maham Ali	2023	Investigating effects of multigrain based meal modification on post prandial metabolic markers of type 2 diabetic individual: a cross-over study
15	Mahnoor Maqbool	2023	Determining Zn, Fe and Ca bioaccessibility from raw and fermented legumes and pulses of Pakistan
16	Zoha Saeed	2024	Glycemic Response of Conventional Pakistani Breakfast among Young Women aged (18-25):A Randomized Controlled Trial
17	Sania Saeed	2024	Modelling food environment change and determining its association with dietary behaviours of university students

Ph.D. Food Science & Technology / Human Nutrition

Name of Scholar	Enroll Year	Thesis Title	Status
Muhammad Waseem	2017	Development of vegetables powder-based nutrients dense food product	Completed in 2022
Adila Naseem	2017	Impact assessment of fermented spinach powder consumption on nutrient bioavailability	Completed in 2023
Saima Parveen	2021	Improving health perspectives of *Moringa olifera* by lactic acid fermentation	Completed in 2025
Wisha Saeed	2022	Anti-inflammatory and anti-infective potential of neglected berry fruits of Pakistan	Completed in 2026
Attiya Arooj	2022	Functional food properties of mango peel extracts and essential oils	In progress
Sadaf Rafique	2022	Dietary quality of Zn biofortified wheat cultivars of Pakistan	In progress
Iqra Akram	2023	Exploring suitability of fermented plant juices in improving nutritional and health perspectives of pasta product	In progress

TEACHING ASSIGNMENTS (Since 2016 till date)

B.Sc. (Hons) Food Science & Technology

FST-102	Community Nutrition and Dietetics (**Session 2014-18, Session 2015-19**)
FST-107	Fruits and Vegetables Processing (**Session 2019-23**)
FST-205	Principles of Food Chemistry (**Session 2014-18**)
FST-301	Instrumental Techniques in Food Analysis (**Session 2015-19**)
FST-303	Food Chemistry (**Session 2014-18**)
FST-405	Food Product Development (**Session 2013-17**)
FST-408	Research Project and Scientific Writing (**Session 2012-16, Session 2019-23, Session 2020-24, 2021-25**)
	Global food issues (**Session 2019-23, Session 2021-25**)
	Physiology and biochemistry of nutrients (**Session 2021-25**)
	Poultry meat and egg processing (**Session 2020 – 24**)
	Fundamentals of Food Systems (Session 2023-27, 2025-29)
	Dairy Technology (Session 2022-26, 2023-27)
	Fundamentals of Human Nutrition (Session 2026-30)

B.Sc. (Hons) Human Nutrition & Dietetics

HNAD-101	Fundamentals of Human Nutrition (**Session 2015-19, Session 2016-20**)
HNAD-102	Fundamentals of Public Health Care (**Session 2015-19**)
HNAD-201	Micronutrients in Human Nutrition (**Session 2018-22**, **Session 2017-21**)
HNAD-202	Physiology and Biochemistry of Micronutrients (**Session 2016-20**)
HNAD-301	Dietetics –I (**Session 2017-21**)
HNAD-302	Assessment of Nutritional Status (**Session 2016-20**)
HNAD-303	Dietetics-I (**Session 2016-20**)

HNAD-304	Infant Young Child Feeding (Session 2022-26)

M.Sc (Hons) Food Science & Technology
FN-515 Nutrition Policy and Public Health (**Session 2014-16**)
Food Additives (Session 2022-24)
Sustainable Food Systems (Session 2024-26)

M.Sc (Hons) Human Nutrition & Dietetics

HND-503	Clinical Nutrition and Dietetics (**Session 2016-18, Session 2017-19**)
FN-505	Advanced Dietetics (**Session 2015-17**)
HNAD-507	Paediatrics and Geriatric Nutrition (**Session 2016-18**, **Session 2017-19, 2021-23, 2022-24, 2023 – 25, 2024-26**)
FN-515	Nutrition Policy and Public Health (**Session 2014-16**)

Ph.D. Food Science & Technology

FST-707	Food Industry Waste Management (**Session 2017-22, 2022-23, 2023-27**)

RESEARCH GRANTS

1. "Nutritional analysis of conventional and wild vegetation of district Muzaffar garh and developing value added products" with Doaba Foundation, Pakistan, 2021. (**PKR 2.1M**)
2. "Dietary quality of Zn biofortified wheat cultivars of Pakistan" Global Alliance for Improved Nutrition, 2023. **(PKR 1.35M)**
3. "Sensory independent study on sensory evaluation for acceptability for fortified flour products" funded by Food Fortification Program, Mott MacDonald, UK, 2019. (**PKR 1.1M**)
4. "Technology development for Industrial production of mango kernel oil" funded by Higher Education Commission of Pakistan under Technology Development Fund, 2019. (**PKR 12M**)
5. "Flavor volatiles of mango cultivars in Punjab Chaunsa Mango Cluster: characterization and pilot scale essential oil production" Higher Education Commission of Pakistan, 2022. (**PKR 3.97M**)
6. "Vegetables drying and value addition – a way forward to establish rural entrepreneurship in South Punjab funded by Pakistan Agricultural Research Council, 2018. (**PKR 3.6M**)
7. "Application of vegetables flour in micronutrients deficiency management", funded by Bahauddin Zakariya University, Multan, Pakistan, 2017. (**PKR 0.18M**)
8. "Effect of supplementation and diet modification on vitamin B12 and folic acid status of gastritis patients", funded by Bahauddin Zakariya University, Multan, Pakistan, 2016. (**PKR 0.15M**)
9. "Characterization and quantification of phenolic compounds derived from pomegranate peel of indigenous white rind cultivar", funded by Bahauddin Zakariya University, Multan, Pakistan, 2015. (**PKR 0.147M**)
10. "Antimicrobial and Food Stability Features of Pomegranate Peel Extracts", funded by Bahauddin Zakariya University, Multan, Pakistan, 2014. (**PKR 0.098M**)

AWARDS

1. Certificate of appreciation as researcher for the year 2017-18 issued by the Vice Chancellor, Bahauddin Zakariya University, Multan

2. Awarded travel grant by Higher Education Commission of Pakistan for paper presentation in Turkey, 2018.
3. International Postdoctoral Fellowship for Sweden by Punjab Higher Education Commission of Pakistan. 2021

PUBLICATIONS

SCIENTIFIC ARTICLES (IMPACT FACTOR : 368.689)

1. Khan, M. A. A., Suleman, R., Muzamil, M., Ismail, T., Zahoor, M. A., Liu, H., ... & Ahmed, I. A. M. (2026). Unlocking the outcomes of Syzygium cumini concentrate marination on the physicochemical and sensorial properties, oxidative and microbial stability of beef. *Food Chemistry: X*, 104673. (**IF 9.2**)
2. Saeed, S., Ismail, T., Noman, A. M., Ibrahim, M., Liccardo, M., & Stiuso, P. (2026). Sprouted Fenugreek-Enriched Wheat Flatbread Attenuates Postprandial Glycemic and Insulinemic Responses in Healthy Adults: A Randomized Crossover Pilot Study. (**IF 5.8**)
3. Ashraf, S., Ismail, T., Akhtar, S., Khan, M.Z., Daraz, M., Bukhari, S.W., Qamar, M., Mubarak, M.S. 2026. Phytochemical investigation of Phyllanthus emblica (Amla) for therapeutic application in urinary tract infection (UTI) management and development of functional tea. Ultrasonics Sonochemistry, 107927. **(IF 10.2)**
4. Arooj, A., Ismail, T., Akhtar, S., Qamar, M., Sestili, P., Zeppa, S. D., ... & Esatbeyoglu, T. (2026). Mango peel extracts prevent liver injury and enhance hematopoiesis: Mechanistic insights from an in vivo study. Journal of Agriculture and Food Research, 102974. **(IF 7.2)**
5. Perveen, S., Akhtar, S., Qamar, M., Waseem, M., Ahmed, N., Arooj, A., ... & Ismail, T. (2026). Impact of Maturity Stage on Nutritional Quality, Bioactive Compounds, and Anti-nutrients in Dried Moringa oleifera Lam. Flowers. Food Chemistry Advances, 101342.
6. Fatima, B. I., Akhtar, S., Khan, M. Z., Qamar, M., Ismail, T., Saeed, W., ... & Jafari, S. M. (2026). Valorization of Banana Biomass: Nutritional and Phytochemical Insights With Applications in Food and Allied Industries. *eFood*, *7*(2), e70143. **(IF 5.7)**
7. Saeed, W., Qamar, M., Suleman, R., Amir, R. M., Waseem, M., Bhatti, S. A., ... & **Ismail, T.** (2026). Carissa carandas L. and Its Methanol Extracts Promote Hematopoiesis and Thrombocytopoiesis: A Sub-Acute Toxicological Study in Experimental Rats. *Food Science & Nutrition*, *14*(3), e71647. **(IF 3.8)**
8. Deng, H., Chu, Z., Hongsibsong, S., **Ismail, T.,** Perveen, S., Gao, Y., ... & Yin, Q. (2026). High-throughput detection, dietary exposure assessment, and producing Fungi of 16 masked mycotoxins in dried longan in Asia. *Food Research International*, 119026. **(IF 8.0)**
9. Javeria, A., Suleman, R., Waseem, M., Muzamil, M., Khan, M. A. A., **Ismail, T**., ... & Pawase, P. A. (2026). Nutritional and antioxidative characterisation, antimicrobial, and sensory stability of ultrasound-assisted Agaricus bisporus (JE Lange) lmbach dried powder-based biscuits. *International Journal of Food Science and Technology*, *61*(1), vvag052. **(IF 3.1)**
10. Muzamil, M., Suleman, R., Waseem, M., **Ismail, T.,** Shoaib, M., Qamar, M., ... & Mugabi, R. (2025). Unlocking the impact of citric acid and sugar on the nutritional, physicochemical, microbial and sensorial attributes of mango fruit leathers. *Food Chemistry: X*, 103478. (**IF 8.2**)
11. Saeed, M. A., Suleman, R., **Ismail, T**., Qamar, M., Sattar, D. E. S., Zulfiqar, S., ... & Aljobair, M. O. (2026). Supplementation of chicken meat balls with quinoa flour for enhancing the quality and nutritional profile. *Cogent Food & Agriculture*, *12*(1), 2600134. (**IF 2.3**)
12. Ayub, A. R., Waseem, M., Ahmad, Z., Alshammari, J. M., **Ismail, T.**, Khan, M. A., ... & Abdullahi, M. A. (2025). Probing the Effect of Ultrasonication, Probiotic Lacto-Fermentation, and Blanching on Bioactive Compounds, Antioxidants Activities, and Antinutrients of Tomato. *Food Science & Nutrition*, *13*(9), e70970 **(IF 3.8)**.
13. Saeed, W., Qamar, M., **Ismail, T.,** Khan, M. Z., & Esatbeyoglu, T. (2025). Nutritional, Antinutritional, and Phytochemical Profiling of Raw and Fermented Carissa carandas Puree

and it's Utilization in Ice Cream Development. *Journal of Agriculture and Food Research*, 102205. (**IF 6.2**)

14. Javed, M. A., Suleman, R., Waseem, M., **Ismail, T.,** Alsulami, T., Sattar, D. E. S., ... & Osei Tutu, C. (2025). Novel Colocasia esculenta Starch-Clove Extract Packaging Films for Enhanced Oxidative Stability, Microbial Quality, and Sensory Acceptability of Chicken. *Journal of Food Processing and Preservation*, *2025*(1), 5563606. (**IF 2.5**)
15. Perveen, S., Akhtar, S., Qamar, M., Saeed, W., Amin, M., & **Ismail, T.** (2025). Growth maturity stage defines nutritional, anti-nutrients and functional food aspects of Moringa oleifera Lam. leaves. *Food Chemistry Advances*, *7*, 101010.
16. Suleman, R., Zahoor, M.A., Qarni, M.A., Saleh, I.A., Rao, W., Hussain, M., **Ismail, T**., Akhtar, S., Okla, M.K., Alaraidh, I.A. and AbdElgayed, G., 2025. Assessment of heavy metals and microbial loads in Nile tilapia (Oreochromis niloticus) from different farms and rivers. *Scientific Reports*, *15*(1), p.5055. (**IF 3.9**)
17. Suleman, R., Choudhary, H., Garcia-Galicia, I. A., **Ismail, T.,** Qamar, M., Zahoor, M. A., Aljobair, M. O. (2024). Utilization of flaxseed powder in controlling lipid oxidation and quality deterioration of fried goat meat patties. *Cogent Food & Agriculture*, *11*(1). https://doi.org/10.1080/23311932.2024.2444340. (**IF 2.3**)
18. Suleman, R., Choudhary, H., Waseem, M., Alshammari, J.M., Muzamil, M., Liu, H., **Ismail, T.,** Khan, M.A., Qamar, M. and Tutu, C.O. 2024. Nutritional and antioxidative characterization, antimicrobial and sensorial stability of flaxseed powder supplemented mutton patties. *Food Chemistry: X*, p.102098. **(IF 8.2)**
19. Khan, F. I., Akhtar, S., Qamar, M., **Ismail, T.**, Saeed, W., Esatbeyoglu, T., & Jafari, S. M. (2024). A comprehensive review on guava: Nutritional profile, bioactive potential, and health-promoting properties of its pulp, peel, seeds, pomace and leaves. *Trends in Food Science & Technology*, 104822. **[IF 15.4]**
20. Nsabimana, S., **Ismail, T.,** & Lazarte, C. E. 2024. Enhancing Iron and Zinc Bioavailability in Maize (Zea mays) through Phytate Reduction via Fermentation, alone or combined with Soaking and Germination. Frontiers in Nutrition. (**IF 5.1**)
21. Waseem, M., Akhtar, S., **Ismail, T.,** Al Sulami, T., Qamar, M., Shahwar, D., Suleman, R., Saeed, W., Tutu, CO. 2024. Effect of thermal and non-thermal processing on Technofunctional, nutritional, safety and sensorial attributes of potato powder. Food Chemistry X, 101896. https://doi.org/10.1016/j.fochx.2024.101896. **(IF 8.2)**
22. Perveen, S., Akhtar, S., **Ismail, T.,** Qamar, M., Saeed, W., Younis, M., & Esatbeyoglu, T. (2024). Comparison of nutritional, antioxidant, physicochemical, and rheological characteristics of whole and sprouted wheat flour. *LWT*, *209*, 116679. (**IF 6.6**)
23. Saeed, W., **Ismail, T.,** Qamar, M., Esatbeyoglu, T., 2024. Bioactivity Profiling and Phytochemical Analysis of Carissa carandas Extracts: Antioxidant, Anti-inflammatory, and Anti-UTI Properties. Antioxidants, *13*(9), 1037; https://doi.org/10.3390/antiox13091037 (**IF 6.6**)
24. Perveen, S., Akhtar, S., Qamar, M., Saeed, W., Suleman, R., Younis, M., **Ismail, T.,** Esatbeyoglu, T. 2024. The effect of *Lactiplantibacillus plantarum* fermentation and blanching on microbial population, nutrients, anti-nutrients and antioxidant properties of fresh and dried mature *Moringa oleifera* leaves. Journal of Agriculture and Food Research, 18, 101366. https://doi.org/10.1016/j.jafr.2024.101366 (**IF 6.2**)
25. Saeed, W., **Ismail, T.,** Qamar, M., Khan, M. Z., Ahmad, N., Mubarak, M. S., & Esatbeyoglu, T. (2024). Carissa carandas: A Multi-Faceted Approach to Health, Wellness, and Commerce. *Journal of Agriculture and Food Research*, 18, 101274. (**IF 6.2**)
26. Chu, R., Uaila, E., **Ismail, T**., & Lazarte, C. E. (2024). Effect of Short-Term Lactic Fermentation on Polyphenol Profile and Antioxidant Capacity in White and Red Quinoa Varieties. *Foods*, *13*(15), 2413. **(IF 5.1)**

27. **Ismail, T.,** Akhtar, S., Qamar, M., Esatbeyoglu, T., Sestili, P., Saeed, W., & Lazarte, C. E. (2024). Effect of crop maturity stages and lactic acid fermentation on nutrient absorption properties, and bioaccessibility of Fe, Zn and Ca in Spinacia oleracea L. *Journal of Food Composition and Analysis*, 106427. **(IF 4.6)**
28. Younis, M., Akhtar, S., **Ismail, T.,** Qamar, M., Sattar, D., Saeed, W., Mubarak, M.S., Bartkiene, E., Rocha, J.M. 2024. Lactic acid fermentation ameliorates intrinsic toxicants in Brassica campestris L. leaves harvested at different growth stages. Foods, *13*(12), 1826; https://doi.org/10.3390/foods13121826 **(IF 5.1)**
29. Khan, M., Akhtar, S., Akram, I., Rehman, A. A., & **Ismail, T.** (2025). Impact of Long-Term Camel Milk Consumption on Hepatic and Renal Biomarkers of Camel Nomads—An Observational Cross-Sectional Study from Southern Punjab, Pakistan. *Journal of Health and Allied Sciences NU*, *15*(01), 039-048. DOI: 10.1055/s-0044-1787559 **(IF 0.4)**
30. Padhani, Z., Khan, M., Mirani, M., Rizvi, A., Yasin, R., Chauhadry, I.A., **Ismail, T.,** Akhtar, S., Begum, K., Humayun, K., Iqbal, J., Naseem, H.A., Malik, K.A., Bhutta, Z.A., Das, J., . 2024. Efficacy of Zinc Fortified and Fermented Wheat Flour: A Randomized Controlled Trial Protocol. PLOS ONE, 19(6): e0304462. https://doi.org/10.1371/journal. pone.0304462 **(IF 2.6)**
31. Waseem, M., Akhtar, S., Mehmood, T., Qamar, M., Saeed, W., Younis, M., Perveen, S., **Ismail, T.** and Esatbeyoglu, T., 2024. Nutritional, safety and sensory quality evaluation of unleavened flatbread supplemented with thermal and non-thermal processed spinach powder. Journal of Agriculture and Food Research, 16, p.101114. https://doi.org/10.1016/j.jafr.2024.101114 **(IF 6.2)**
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BOOKS

Ismail, T., Akhtar, S., & Lazarte, C. E. (Eds.). (2023). *Neglected Plant Foods of South Asia: Exploring and valorizing nature to feed hunger*. Springer Nature.

BOOK CHAPTERS

1. **Ismail, T.,** Qamar, M., Khan, M., Rafique, S., & Arooj, A.. (2023). Agricultural Biodiversity and Food Security: Opportunities and Challenges. In *Neglected Plant Foods of South Asia: Exploring and valorizing nature to feed hunger* (pp. 1-27). Cham: Springer International Publishing.
2. Akram, I., Layla, A., & **Ismail, T.** (2023). Exploring neglected and underutilized plant foods to fight malnutrition and hunger in South Asia. In *Neglected Plant Foods of South Asia: Exploring and valorizing nature to feed hunger* (pp. 51-71). Cham: Springer International Publishing.
3. Qmar, M., Ahmad, N., Ismail, T., Esatbeyoglu, T., Akhtar, S., Mubarak, M.S., 2023. Medicinal uses, phytochemistry, and pharmacological properties of *Acorus calamus.* In: Bachheti, A., Bachheti, R.K., Husen, A. (Eds), Aquatic Medicinal Plants, Taylor & Francis Group.
4. Akhtar, S., **Ismail, T.,** Layla, A., Hussain, M., & Qamar, M. (2022). An Overview of Plant-Based Protein Rich Products. In;Manickavasagan, A., Lim, L., Ali, A. *Plant Protein Foods*, pp. 27-60, Springer, Cham.
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6. Akhtar, S., **Ismail**, T., Hussain, M. (2019). Micronutrient fortification of flours – developing countries perspective. In: Preedy V, Watson R, Patel V. Flour and breads and their fortification in health and disease prevention. Elsevier Academic Press, USA.
7. Akhtar S, **Ismail T**, Layla A. 2018. Pomegranate bioactive compounds and health benefits. In: Merillon J, Ramawat K.G. Bioactive molecules in food. pp. 1-27. Springer, USA.
8. Riaz, M., **Ismail, T.,** Akhtar, S. (2017). Harvesting, Threshing, Processing, and Products of Rice. In: B.S. Chauhan et al. (eds.), *Rice Production Worldwide.* Springer International Publishing AG. DOI 10.1007/978-3-319-47516-5_16. (In Press).
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10. Akhtar, S., Hussain, M., **Ismail, T.,**& Riaz, M. (2016). Ethnic Fermented Foods of Pakistan. In: J.P. Tamang (ed.), *Ethnic Fermented Foods and Alcoholic Beverages of Asia* (pp. 119-137). Springer India.

NATIONAL PUBLICATIONS (Non-Impacted) (AVAILABLE ONLINE)

1. Asif, M., Aslam, M., **Ismail, T.,** Altaf, S., Rahman, A. (2020). Neck Circumference as Screening Measure for Identifying Children with Central Obesity, A study from Pakistan. *Pak Pediatr J*, *44*(3), 277-83.
2. Akhtar S, **Ismail T**, Riaz M. 2015. Safety assessment of street vended juices in Multan-Pakistan: A study on prevalence levels of trace elements. International Journal of Food and Allied Sciences 1 (1), 1-10.
3. Akhtar S, **Ismail T**, Riaz M, Shahbaz M, Amin K. 2015. Minerals and heavy metals in raw and ultra heat treated commercial milks in Pakistan. International Journal of Food and Allied Sciences 1 (1), 18-24.

PROCEEDINGS (AVAILABLE ONLINE)

1. **Ismail, T.**, Akhtar, S., Riaz, M., Tarar, O.M., Ismail, A., 2012. Nutritional and biochemical evaluation of sorghum supplemented sourdough flatbread. Proceedings of 3rd International Conference 'Frontiers in Agriculture' held at Dankook International Cooperation on Agriculture, Dankook University, Cheonansi, Republic of Korea during October 3-5, 2012

TRAINING MANUALS (In Local Language for Public Literacy)

1. Recipe book on Nutritious Foods for Infant young child, pregnant and lactating mother
2. Food & Nutrition: Nutritional needs of mothers and young child & Healthy meals preparation guidelines
3. Nutritional significance of dehydrated vegetables and rural entrepreneurship opportunities

NATIONAL AND INTERNATIONAL CONFERENCES (PARTICIPATION AND PAPER PRESENTATION)

1. Presented paper titled 'Vacuum assisted low temperature evaporated camel milk concentrate ameliorates streptozotocin induced diabetes and its complications'' in 2nd International conference on Agriculture, Forest, Food Sciences & Technologies, Izmir, Turkey, April 02-05, 2018

2. Presented poster titled "Exploring pomegranate to extend the shelf life of shrimps" in 02 days international conference on "Malnutrition in South Asia: The Peril Persists" Organized by Department of Food Science & Technology, Bahauddin Zakariya University, Multan, February 23-24, 2015.
3. Presented paper titled "Pomegranate peel and baggase supplementation improve nutritional and lipids stability of supplemented cookies" in 02 days International conference on "Malnutrition Kills: can we see the writing on the wall?" Organized by Institute of Food Science & Nutrition, Bahauddin Zakariya University, Multan, April 07-08, 2016.
4. Participated in two days international conference on "Global trends in safe & healthy food &Layallpur food & poultry products festival" Organized by Institute of Home and Food Sciences, GC University, Faisalabad, March 7-8, 2016.
5. Presented paper titled "Non-toxic and lipid modulating response of pomegranate peel extracts on sub chronic exposure to albino Wistar male rats" in 02 days 3rd International conference on "Safe food for all" Organized by Institute of Food Science & Nutrition, Bahauddin Zakariya University, Multan, 2017.
6. Presented paper titled "Effect of long term proton pump inhibitors consumption on vitamin B12 and folic acid status of gastritis patients" in 02 days 3rd International conference "Agriculture, Food and Animal Sciences" Organized by Sindh Agriculture University, Tandojam, Pakistan January 10-11, 2017.
7. Participated in 3rd Invention to Innovation Summit 2017, held at UET Peshawar, Pakistan, Nov 29-30, 2017
8. Presented paper titled "Pomegranate peel extracts inhibit microbial growth and lipid oxidation in minced shrimps " in 03 days 11th Biennial International conference of Pakistan Society for Microbiology on "Applied microbial genomics in public health, food, pharma and agriculture" Organized by Institute of Food Science & Nutrition, Bahauddin Zakariya University, Multan & Pakistan Society for Microbiology, December 18-20, 2017.
9. Presented paper "Development and physicochemical characterization of persimmon (*Diospyros kaki*) fruit powder by using foam mat drying technique" in 30th All Pakistan Food Science Conference & Food and Nutrition Expo – 2019. Organized by Pakistan Society of Food Scientists & Technologists held at University of Lahore, December 10-11, 2019.

WORKSHOPS/TRAININGS

Sr. No.	Name & Place	Type of Training	Duration		Degree/Certification/ Diploma obtained
			From	To	
1	Health Department, Govt. of Punjab, District Multan.	Intern Food Inspector	May 2007 to May 2008		Certificate
2	University of veterinary and animal science, Lahore	Hygiene Monitoring of Food and Food Products	July 05-09, 2010		Certificate

3	Department of Food Science & Technology, Bahauddin Zakariya University	Home scale processing and preservation of fruits and vegetables	December 11, 2010	Certificate
4	Asian Productivity Organization at Chamber of Commerce Multan	Food Safety Management System ISO 22000 for Auditors and Lead Auditors	March 28-30, 2011	Certificate
5	University of Agriculture Faisalabad, Faisalabad	Nutrition in Emergency	July 4-8, 2011	Certificate
6	UCA, Bahauddin Zakariya University, Multan	Statistical modelling for improving the Standards of Research and Education for	January 23-25, 2012	Certificate
7	University of Karachi, Karachi	ASM –KU National Microbiology Teachers Training Workshop	September 27-30, 2013	Certificate
8	Department of Food Science & Technology, Bahauddin Zakariya University, Multan	ASM Scientific writing and publishing workshop	October 2, 2013	Certificate
9	Biological Safety Association of Pakistan at Institute of Pure and Applied Biology, BZU, Multan	Biosafety and biosecurity issues – Health, Research and Industry	December 10, 2013	Certificate
10	Food And Agriculture Organization, Lahore	Integrated Food Security Phase Classification	March 24-28, 2014	Certificate
11	Department of Food Science & Technology, Bahauddin Zakariya University, Multan	Community Based Management of Acute Malnutrition in Pakistan	February 25, 2015	Certificate
	ORIC at Bahauddin Zakariya University, Multan	Writing Successful Research Proposal	August 23, 2017	Certificate
12	ORIC at Bahauddin Zakariya University, Multan	Research Grant Application Writing	November 8, 2017	Certificate
13	Nutrition International, BZU, Multan	Effective implementation of USI program titled “Role of Civil Society and Academia	December 11, 2017	Certificate
14	Pakistan Society for Microbiology, BZU, Multan	Research Ethics & Integrity	December 18-20, 2017	Certificate
15	ORIC at Bahauddin Zakariya University, Multan	Faculty Teaching Program	April 19, 2018.	Certificate
16	Department of Applied Psychology, Bahauddin Zakariya University, Multan	Basics of SPSS	May 01, 2018	Certificate
17	Institute of Food Science & Nutrition, Bahauddin Zakariya University, Multan	Manuscript Writing Skills	May 03, 2018	Certificate
18	ORIC, Bahauddin Zakariya University, Multan	Entrepreneurship: A Silver Bullet for Personal Growth and Development	October 24, 2018	Certificate

19	ORIC, Bahauddin Zakariya University, Multan	Understanding Endnote and Nvivo – Research Made Easy	December, 2017	Certificate

EVENTS ORGANIZED

1. Organized 1st *Multani Sohan Halwa* Exhibition on January 30th , 2026 at Bahauddin Zakariya University, Multan
2. Organized one day national stakeholders conference on "Food Value Addition & Innovation" at Bahauddin Zakariya University, Multan. April 28, 2025.
3. Organized one day national stakeholders conference on "Food Value Addition Sector and Its Impact on Economic Growth of Pakistan" at Bahauddin Zakariya University, Multan. May 09, 2024.
4. Organized One day seminar on "Emerging Infectious Diseases and Diagnostics" in Collaboration with American Society for Microbiology at Department of Food Science & Technology, BZU Multan, February 12, 2014.
5. Organized one day seminar on "Food Safety and Health – Challenges and Solutions" at Department of Food Science & Technology, BZU Multan on June 11, 2014.
6. Member organizing committee, Workshop on Biosafety in Pakistan – Challenges and Solutions, Organized by Institute of Food Science & Nutrition, BZU, Multan on November 24, 2014.
7. Member Conference organizing committee, Two days International Conference on Malnutrition in South Asia – The Peril Persists, Feb 23-24, 2015.
8. Member Conference Organizing Committee, Two days International Conference on Malnutrition Kills! Can we see the writing on the wall, Organized by Institute of Food Science & Nutrition, BZU Multan, April, 2016.
9. Member Conference Organizing Committee, 3rd I International Conference on Safe Food for All & Food Expo, Organized by Institute of Food Science & Nutrition, BZU Multan, March 2-3, 2017.
10. Organized one day training workshop on Food Product Development –Keys to Success at Institute of Food Science & Nutrition, Bahauddin Zakariya Multan, August 29, 2017
11. Member Conference Organizing Committee, 11th Biennial International Conference on Applied Microbial Genomics in Public Health, Food, Pharma and Agriculture, Organized by Institute of Food Science & Nutrition & Pakistan Society for Microbiology at BZU Multan, December 18-20, 2017.
12. Organized one day training workshop on "Upgradation of various skills to be part of professional life" at Institute of Food Science & Nutrition, BZU Multan in Collaboration with Almarai Food Company, KSA.
13. Member organizing committee, International Seminar on Current Issues in Food Safety – The Way forward, Organized by Institute of Food Science & Nutrition, BZU, Multan on March 04,2018

CONSULTANCY

1. Embracing ancestral wisdom: Harnessing indigenous knowledge for climate adaptation and resilience in Pakistan" with Agha Khan University, Karachi starting from April, 2026 to December, 2026
2. Efficacy of Zn fortified fermented wheat (EZAFFAW): Product development and randomized controlled trial with Agha Khan University, Karachi starting from June 01, 2023 to December 31, 2023

3. Raisins expert (Raisin Production Through Dehydration Technology) for the project on Implementation of climate technology demonstrations project, CABI, Pakistan (June 26, 2023 to July 31, 2023)

TRAININGS CONDUCTED

1. Instructor in Teachers Annual Training Workshop on "Nutritional Care in Special Children" held on Aug 2017 at Al-Noor Special Children School & College, Multan.
2. Instructor and Team Member in Three months training program "Fruits and Vegetables Processing" under the umbrella of Punjab Skill Development Fund, Punjab (January 2016 – March 2016).
3. Instructor and Team Member in a four month training project entitled "Skill for Employability" under the umbrella of Punjab Skill Development Fund, Punjab. (January 2012 – April 2012)

EXTERNAL EXAMINER

1. M.Phil/ Ph.D. thesis evaluator and external examiner for Government College University, Faisalabad, Pakistan
2. M.Phil. thesis evaluator and external examiner for Islamia University Bahawalpur, Pakistan
3. M.Phil. thesis evaluator and external examiner for MNS University of Agriculture ,Multan, Pakistan
4. M.Phil. thesis evaluator and external examiner for University of Agriculture, Faisalabad, Pakistan

SCIENTIFIC JOURNALS REVIEWER

1. Journal of Berry Research
2. Journal of the Science of Food and Agriculture
3. Journal of Food Quality
4. Journal of Pharmacy and Pharmacology
5. Journal of Food Biochemistry
6. Journal of Herbal Medicine
7. Pharmaceutical Biology
8. Advances in Integrated Medicine
9. Journal of Food Processing and Preservation
10. Peer J
11. Journal of American College of Nutrition
12. Diabetes and Metabolic Syndrome: Clinical Research & Reviews

Research Interests Food Science & Nutrition, Food Safety

References

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