



## Nauman Khalid, PhD

*Fellow of Institute of Food Science and Technology, UK  
Fellow of Advance Higher Education (FHEA), UK  
Gold Medal, Pakistan Academy of Sciences  
Editor-in-Chief, Nutrition and Health, Sage International  
Editorial Board Member, ACS Food Science and Technology  
Top 2% Scientist (2021, 2022, 2023, 2024), Stanford University*

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**ResearcherID:** G-8134-2015

**Loop profile:** 299373

## Education

### **The University of Tokyo**

PhD, Agroinformatics

*(Major, Food Science and Technology)*

**Tokyo, Japan**

### **The University of Tokyo**

MSc, Global Agricultural Sciences

*(Major, Food Science and Technology)*

**Tokyo, Japan**

### **PMAS - Arid Agriculture University**

BSc (Hons) *Agriculture Food Technology*

**Rawalpindi, Pakistan**

## Dr. Nauman's Brief outlook

Dr. Nauman Khalid is a **Fellow of the Institute of Food Science and Technology and Fellow of Advance Higher Education** and has vast experience in teaching and researching various food science and nutrition specializations. His expertise includes emulsions and encapsulation, nutritional interventions, public health, food safety, and functional food development. He ranked among the **world's top 2% of scientists** by Stanford University in **2021, 2022, 2023 and 2024**. He has published extensively in numerous journals with over 350 peer-reviewed articles, conference proceedings, and international presentations. His H index is 63, with over 48000 citations.

He is the **Editor-in-Chief** of Nutrition and Health and a **Board Member** of ACS Food Science and Technology. He holds a PhD in Food Science and Nutrition from the University of Tokyo, Japan. He has a post-doctoral degree from Deakin University, Australia, as an Alfred Deakin Post Doctorate Researcher, and from Loughborough University, UK, as an IAS Fellow.

Dr. Nauman established Pakistan First Private Sector, **School of Food and Agricultural Sciences**

**(SFAS)** at **University of Management and Technology (UMT)**, Lahore Pakistan. The SFAS is the only School in South Asia and Pakistan that is accredited from **Institute of Food Technologists' (IFT) Higher Education Review Board (HERB)** for providing undergraduate degree in Food Science and Technology and Food Safety and Quality Management. The SFAS is also accredited from National Agriculture Education Accreditation Council of Pakistan. The SFAS offers degree programs in field of Food Science and Technology, Food Quality Management, Human Nutrition and Dietetics and Agribusiness Management. The SFAS also offered MS and PhD in Food Technology, Food Quality Management and Human Nutrition and Dietetics.

Dr. Nauman Khalid is a senior professional and provide technical assistance to **provincial, national, and international food regulatory bodies**. His contributions include development of legislative policy briefs and instruments, revision and development of food safety standards and regulations for Punjab and Khyber Pakhtunkhwa (KPK) Food Authorities. His success includes **formulation of Punjab Pure Food Rules for Packaging and Contact Materials** and **Punjab Pure Food Rules for Functional Foods and Nutraceuticals**. He is also nominated tutor for **Highfield** awarding body for compliance Dubai, Middle East for various courses related to HACCP, Food Safety for Manufacturing, Retail, Catering and Supervision. He developed training modules and conducted numerous training workshops for food regulators, processors and laboratory and field staff on quality assurance, quality control, hygienic standards, and food safety standards to achieve compliance to safety and quality standards.

He worked with national/international institutions, departments, and organizations like Deakin University, Australia; University of Tokyo, Japan; University of Tsukuba, Japan; Putra University, Malaysia; Loughborough University, UK; UAE University, UAE; Imam Abdul Rehman bin Faisal University, Saudi Arabia; Sohar University, Oman and many others. He works as a Professor of Nutrition at the College of Health Sciences, Abu Dhabi University UAE. Currently, he works as founding Dean and Professor at SFAS, UMT, Lahore, Pakistan, and Professor of Nutrition at the College of Health Sciences, Abu Dhabi University, Abu Dhabi, United Arab Emirates.

## **Research areas**

### **1. Bioactive and functional food research**

Including extraction & separation of bioactives from waste by-product (e.g., antioxidants, functional lipid, collagen, gelatin, carotene and vitamins), evaluating and developing suitable bioactive delivery systems (including microencapsulation) for bioactive components such as omega 3 fatty acids, phytosterols and vitamins.

### **2. Functional food product development**

Utilization of functional food ingredients to formulate value-added and specialty food products; sensory evaluation for product acceptance; relation of food properties and sensory attributes.

### **3. Lipid science and antioxidants**

Including emulsion properties and stability, characterization of fats & oils, omega-3 fatty acids, lipid oxidation and antioxidant determination.

### **4. Relation of food properties and processing**

Including physicochemical, nutritional, sensory qualities and microbiological safety of foods and both thermal (spray drying, common heating treatment e.g., baking, pan fried) and non-thermal (e.g., high-pressure processing, and microfluidics) processing as well as post-harvest treatment.

### **5. Metabolic Health and Obesity**

Including research on the mechanisms underlying obesity and metabolic disorders. This includes studying the effects of diet on metabolism, weight management strategies, and the role of gut microbiota.

### **6. Food Security and Sustainability**

Including investigation of the availability, accessibility, and utilization of food resources. This area also explores sustainable food systems and their impact on nutrition and health.

### **7. Public Health Nutrition**

Research on how dietary habits and nutritional status affect public health. This area includes developing and evaluating nutrition policies, programs, and interventions to improve population health.

## Research and Teaching Experience

<i>Sep 2022-to date</i>	<b>Professor/Dean</b> School of Food and Agricultural Sciences University of Management and Technology, Lahore, Pakistan
<i>Feb 2023- Jan 2025</i>	<b>Professor</b> College of Health Sciences Abu Dhabi University, Abu Dhabi, UAE
<i>Aug 2016-Aug 2022</i>	<b>Associate Professor/Director</b> School of Food and Agricultural Sciences University of Management and Technology, Lahore, Pakistan
<i>Jan 2017 to date</i>	<b>Senior Scientific Panel Member</b> Punjab Food Authority, Government of Punjab Lahore, Pakistan
<i>Jan 2018-May 2018</i>	<b>Visiting Associate Professor</b> College of Food and Agriculture UAE University, Al Ain, United Arab Emirates
<i>Sep 2016-Aug 2018</i>	<b>Alfred Deakin Post-Doctoral Research Fellow</b> Center of Chemistry and Biotechnology Deakin University, Australia
<i>Sep 2017-Sep 2017</i>	<b>IAS Fellow</b> Faculty of Materials and Engineering Loughborough University, Leicester, United Kingdom
<i>Nov 2016-Jan 2017</i>	<b>Researcher</b> Algal Biomass Research and Development Center Tsukuba University, Japan
<i>Oct 2015 – Jul 2016</i>	<b>Researcher</b> The Alliance for Research on North Africa (ARENA) Tsukuba University, Japan
<i>Oct 2015 –Mar 2016</i>	<b>Visiting Researcher</b> National Food Research Institute, Food Engineering Division Ibaraki, Tsukuba, Japan
<i>Jan 2012 – Sep 2015</i>	<b>Research Internee, PhD</b> National Food Research Institute, Food Engineering Division Ibaraki, Tsukuba, Japan
<i>May 2010 – Aug 2010</i>	<b>Quality Assurance Manager</b> Atlantis Premium Waters Islamabad, Pakistan

## Awards & Grants

1. Pakistan Academy of Sciences Gold Medal in Agricultural Sciences (2021)
2. Top 2% Scientist list as per Stanford University USA Database (2021, 2022, 2023)
3. Focal person and advisor of KPK Food Safety and Halal Food Authority for establishment of accredited food testing laboratories.
4. Master trainer for polishing new entrants in Punjab Food Authority
5. Member Scientific Panel, Punjab Food Authority.
6. Reviewer for National Research Project for Universities Research Projects, Higher Education Commission, Pakistan.
7. Reviewer for Pakistan Science Foundation grants
8. Certified Food Safety Professional UK with Certification for food safety management Levels 1, 2, 3 and level 4 from Highfields Middle East.
9. Member Academic Council of University of Management and Technology (UMT) Lahore, Pakistan
10. Member Board of Advanced Studies and Research of UMT Lahore, Pakistan
11. Member Dean's Committee, UMT Lahore, Pakistan
12. Steering Committee Member of Office of Research and Commercialization, Board of Advanced Studies and Research, UMT Lahore, Pakistan
13. Chairperson, Biosafety Ethics Committee, UMT Lahore, Pakistan
14. Chairperson, Staff Youth Committee, UMT Lahore, Pakistan
15. Highest Publication Awards from UMT Lahore on 19<sup>th</sup> Convocation
16. Highest Publication Awards from UMT Lahore on 18<sup>th</sup> Convocation
17. Highest Publication Awards from UMT Lahore on 17<sup>th</sup> Convocation
18. Best Junior Research Award, Foods Journal, MPDI, AG Basel, Switzerland (Year 2018)
19. Institute of Advanced Studies Fellowship, Loughborough University, UK (Year 2019)
20. Higher Education Commission, Pakistan approved PhD supervisor (Year 2017-Current)
21. Deakin University Australia, approved PhD supervisor (year 2016-2018)
22. Alfred Deakin Post-Doctoral Research Fellowship, Deakin University, Australia (Year 2016)
23. Scholarship: The University of Tokyo Fellowship for PhD studies (Year 2012)
24. Scholarship: MEXT (Monbukagakusho) for MSc studies (Year 2010)
25. Scholarship: Merit Scholarship for BSc (Hons) studies (Year 2006)

## Professional memberships

- Institute of Food Science and Technology, UK (Jan 2022-Present)
- European Federation of Food Science and Technology (Jan 2009-Present)
- World Public Health Nutrition Association (Jan 2023-Present)
- International Society of Food Engineering (Jan 2012-Present)
- International Society of Organic Agriculture Research (Aug 2017-Present)
- Society of Chemical Industry, UK (Feb 2017-Present)
- Society of Chemical Engineers Japan (Dec 2011- Mar 2013)
- Institute of Food Technologists (Jan 2011-Jan 2012)
- South African Society of Food Science and Technology (Jan 2010-Jan 2011)
- Japan Society of Food Engineering (Jun 2011-Jun 2017)

## Professional certifications

- OHAS-18001 Operational Health and Safety Management System- Tokyo Japan
- EMS-14001 Environmental Safety Management System-NPO Pakistan
- ISO 17025 Laboratory Accreditation System Training/Continual Improvement
- Halal Food Processing – Bureau verities Pakistan
- Project Management-NPO Pakistan
- ISO 22000 Food Safety and Quality Management System Auditing- NPO Pakistan
- Developing Core Competencies in Teaching and Learning, Dammam University, KSA, 5-star QS Ranking Deanship of Academic Development

## Nominated Tutor (2018- Present)

- Highfields Awarding Body for Compliance Dubai, Middle East
- Nominated as a tutor for the following courses of the High field (Tutor: 29843)
  - *HABC Level 2 Award in Food Safety for Manufacturing (QCF) (Tutor)*
  - *HABC Level 2 Award in Food Safety for Retail (QCF) (Tutor)*
  - *HABC Level 2 Award in Food Safety in Catering (QCF) (Tutor)*
  - *HABC Level 3 Award in Food Safety Supervision for Manufacturing (QCF) (Tutor)*
  - *HABC Level 3 Award in Food Safety Supervision for Retail (QCF) (Tutor)*

- *HABC Level 3 Award in Supervising Food Safety in Catering (QCF) (Tutor)*
- *HABC Level 4 Award in Managing Food Safety in Catering (QCF) (Tutor)*
- *Level 1 Award in Food Safety for Manufacturing (Tutor)*
- *Level 1 Award in Food Safety for Retail (Tutor)*
- *HABC Level 2 Award in HACCP for Catering (Tutor)*
- *HABC Level 2 Award in HACCP for Manufacturing (Tutor)*
- *HABC Level 3 Award in HACCP for Food Manufacturing (QCF) (Tutor)*
- *HABC Level 3 Award in Supervising HACCP for Catering (Tutor)*

## Teaching and Research

*SFAS, University of Management and Technology, Lahore*

I involved in designing new courses and degree programs for SFAS ranging from Food Science and Technology, Dairy Science and Technology, Food Safety and Quality Management, Human Nutrition and Dietetics and Agribusiness Management, Post graduate diploma in Climate Change and Food Security and Nutrition and International Certification in Food Laws and Regulations.

## Teaching assignments

1. *FST 3101 Food Quality Management 3.0 Credits*
2. *FST 4101 Food Laws and Regulations 3.0 Credits*
3. *FST 4109 Internships 6.0 Credits*
4. *FT 506 Emerging Technologies in Food Processing 3.0 Credits*
5. *FQ 501 Food Safety and Quality Management 3.0 Credits*
6. *FQ 512 Food Legislation 3.0 Credits*
7. *FQ 601 Food Fraud Mitigation 3.0 Credits*
8. *HND 501 Contemporary Issues in Food Science and Nutrition 3.0 Credits*
9. *FT 605 Probiotics and Prebiotics*

*Graduate School of Life and Environmental Sciences, University of Tsukuba, Japan*

1. *02RC105 Food Chemistry 4.0 Credits*
2. *02RC106 Food Engineering 4.0 Credits*

3. *02RC107 Bioresource Engineering 4.0 Credits*

*College of Food and Agriculture, UAE University, Al Ain, UAE*

1. *FDSC460 Hazard Analysis Critical Control Point 3.0 Credits*
2. *FDSC465 Food Safety Management 3.0 Credits*
3. *FDSC378 Cereal Technology 3.0 Credits*
4. *FDSC790 Concept Multi FDSC Studies 3.0 Credits*
5. *FDSC319 Food packaging 3.0 Credits*

*College of Health Sciences, Abu Dhabi University, UAE*

1. *HND226 Food Chemistry 3.0 Credits*
2. *HND226L Food Chemistry and Analysis 2.0 Credits*
3. *HND331 Food Microbiology and Sanitation 3.0 Credits*
4. *BMS247 Basic Biochemistry 3.0 Credits*
5. *HND333 Food Processing 3.0 Credits*
6. *HND333L Food Processing Lab 1.0 Credit*
7. *HND421 Seminar in Clinical Nutrition 1.0 Credit*
8. *HND438 Human Nutrition Research Tutorial 2.0 Credits*
9. *HND221 Health and Fitness 3.0 Credits*
10. *HND321 Seminar in Food Service Management 1.0 Credit*
11. *HND334 Medical Nutrition Therapy-II 3.0 Credits*
12. *HND334L Medical Nutrition Therapy-II 1.0 Credit*
13. *HND201 Health and Wellness 3.0 Credits*
14. *HND221 Principles of Human Nutrition 3.0 Credits*



## Research Statistics

Publications	203
Total Impact Points	>800
Citations google Scholar, H index	7408, 44
Citations Web of Science, H index	6800, 42
Citations Scopus, H index	7100, 43

## Total Research Statistics (Including Supporting Publications)

Publications	250
Total Impact Points	>2000
Citations google Scholar, H index	48639, 63
Citations Web of Science, H index	35378, 48
Citations Scopus, H index	38655, 53

## Research Projects

Nov 2019-Oct 2021	PI	Formulation and characterization of functional saponins as food-grade emulsifiers from food waste	2019-364-CPH College of Public Health, Imam Abdul Rehman bin Faisal University, Dammam, Saudi Arabia	SAR 186,200
Sep 2019-Aug 2020	PI	Fabrication of improved nutraceutical foods with biopolymers based highly concentrated vitamin D micro/nanoemulsions	2019-218-CPH College of Public Health, Imam Abdul Rehman bin Faisal University, Dammam, Saudi Arabia	SAR 80,000
Sep 2016-Aug 2018	PI	Formulation and characterization of inexpensive micro/nonencapsulated delivery system containing astaxanthin using lab-on-a-chip and conventional devices	ID 404087, Deakin University, Australia	AUD 10,000

Dec 2018- Nov 2021	Co-PI	Formulation of fortified foods with newly devised biopolymers- based vitamin D nanoemulsions	8709/Federal/NRPU/ R&D/HEC/2017 HEC, Pakistan	Rs.6,807,700
May 2022- on going	Co-PI	Isolation and Identification of therapeutic agents involved in the activation of PPAR to ameliorate Type 2 Diabetes	2016186/NRPU/R&D /HEC/2021, HEC Pakistan	Rs. 6,626,300
April 2022- on going	Co-PI	Formulating the spectral data to differentiate Halal and Non-Halal-slaughtered chicken meat based on quality parameters	2015913/NRPU/R&D /HEC/2021, HEC Pakistan	Rs. 6,819,500
July 2023- on going	PI	Whey Proteins as an Encapsulating Material for Stabilizing Polyphenols in Water-in-oil Emulsions	PSF/Res/P-UMT/ Agr (502)	Rs 3,234,800
Nov 2024-on going	PI	Comparative studies on texture profile, <i>in vitro</i> digestion and <i>in vivo</i> toxicological studies of low-fat mozzarella cheese formulated using plant based mucilage	ADU/19300895	AED 50,000

## Editorial Responsibilities

### Editor-in-Chief

#### Nutrition and Health (SAGE Publications, ISSN 0260-1060)

##### *Responsibilities*

Extensively involved in managing peer reviews and assigning thematic issues to different scientists and researchers in field of Food Science and Nutrition, finalizing issues and involvement in future growth of Journal.

### Associate Editor

#### Frontiers in Nutrition (Food Chemistry Section) (Frontiers Media S.A, ISSN 2296-861X)

#### *Responsibilities*

Extensively involved in managing thematic reviews in areas of Food Chemistry, assigning peer reviewers, assessing the quality of publication and designing new issues in areas of food chemistry.

#### **Editorial board Member**

##### **ACS Food Science and Technology (ACS Publications, ISSN 2692-1944)**

#### *Responsibilities*

Extensively involved in managing peer reviews and assigning thematic issues to different scientists and researchers in field of Food Science and Nutrition. Providing insights in future growth of journal.

#### **Associate Editorial Board Member**

##### **Recent Patents on Food, Nutrition and Agriculture (Bentham Science, ISSN 1876-1429)**

#### *Responsibilities*

Extensively involved in managing peer reviews and assigning thematic issues to different scientists and researchers in field of Food Science and Nutrition.

#### **Editorial Board Member**

##### **Functional Food Science (FFS) journal, Functional Food Center Inc.**

#### *Responsibilities*

Extensively involved in managing peer reviews and assigning thematic issues to different scientists and researchers in field of Functional Foods.

#### **Editorial Board Member**

##### **Bioactive Compounds in Health and Disease, Functional Food Center Inc. (ISSN 2574-0334)**

#### *Responsibilities*

Extensively involved in managing peer reviews and assigning thematic issues to different scientists and researchers in field of Functional Foods and Nutraceuticals.

#### **Editorial Board Member**

##### **Functional Foods in Health and Disease, Functional Food Center Inc. (ISSN 2160-3855)**

### *Responsibilities*

Extensively involved in managing peer reviews and assigning thematic issues to different scientists and researchers in field of Functional Foods and Nutraceuticals.

### **Editorial Board Member**

#### **Food Science and Nutrition Cases, CABI Digital Library (ISSN 3006-6395)**

### *Responsibilities*

Extensively involved in managing peer reviews and assigning case studies to different scientists and researchers in field of Food Science and Nutrition. Designing the case studies that reflects student learning abilities.

### **Editorial Board Member**

#### **Nurture, Nurture Publishing Group. (ISSN 1994-1625)**

### *Responsibilities*

Extensively involved in managing peer reviews and assigning thematic issues to different scientists and researchers in field of Functional Foods and Nutraceuticals.

### **MS/PhD Thesis Supervised**

No.	Student Name	University	Year	Degree	Supervisor Type	Title
1.	Mashal Khan	UMT, Lahore	2024	MS Human Nutrition and Dietetics	Supervisor	Formulation and characterization of modified yogurt using encapsulated black cumin seed oil for improving blood glucose level
2.	Sameen Tahir	UMT, Lahore	2024	MS Human Nutrition and Dietetics	Supervisor	Parental Perception of Nutritional Intake, Cooking and Food Skills Among Primary School Students in Lahore
3.	Zonaria Amjad	UMT, Lahore	2024	MS Human Nutrition and Dietetics	Supervisor	Knowledge, Attitude, and perception regarding plant based milks in Lahore Pakistan
4.	Zainab Fatima	UMT, Lahore	2024	MS Food	Supervisor	The influence of

	Khan			Quality Management		perceived food quality, perceived value, and satisfaction on customers' revisit and word-of-mouth intentions toward organic food restaurants
5.	Tayyaba Zulfiqar	UMT, Lahore	2024	MS Human Nutrition and Dietetics	Supervisor	Evaluation of sports nutrition knowledge among recreational university athletes in Pakistan
6.	Syeda Afnan Mujahid	UMT, Lahore	2023	MS Food Technology	Supervisor	Formulation and characterization of chicken nuggets supplemented with beef and chicken liver
7.	Sawera Asghar	UMT, Lahore	2023	MS Food Technology	Supervisor	Formulation and characterization of chicken nuggets supplemented with mutton and fish liver
8.	Misha Arooj	UMT, Lahore	2023	MS Human Nutrition and Dietetics	Supervisor	Formulation and assessment of antidiabetic pulao using fenugreek seeds and indian rennet as promising herbs
9.	Ain ul Raza	UMT, Lahore	2023	MS Human Nutrition and Dietetics	Supervisor	Sociopsychological analysis of eating behaviors at university cafeteria
10.	Maryam Ijaz	UMT, Lahore	2023	MS Human Nutrition and Dietetics	Supervisor	Information-seeking behaviors, attitudes, and beliefs about pregnancy-related nutrition and supplementation in Pakistan
11.	Noshaba Shoukat	UMT, Lahore	2023	MS Human Nutrition and Dietetics	Supervisor	Perceived versus actual risk factors for developing type 2 diabetes mellitus in Pakistani population
12.	Ramish Ansar Butt	UMT, Lahore	2023	MS Human Nutrition and Dietetics	Supervisor	Formulation and characterisation of low-fat mozzarella cheese using plant-based mucilages
13.	Saher Naveed	UMT, Lahore	2023	MS Human Nutrition and Dietetics	Supervisor	Formulation and assessment of diabetic biryani as a modified local cuisine for type-2 diabetic patients

14.	Saleha Khan	UMT, Lahore	2023	MS Human Nutrition and Dietetics	Supervisor	Formulation and evaluation of anti-diabetic whole wheat cookies supplemented with bitter gourd
15.	Hafiza Sara Siddiqui	UMT, Lahore	2023	MS Food Quality Management	Supervisor	Assessment of consumer attitudes and perception towards the selection of processed versus raw milk among households of lahore city
16.	Rimsha Arshad	UMT, Lahore	2023	MS Food Quality Management	Supervisor	Evaluation of perception and knowledge regarding folic acid supplements among females
17.	Muhammad Qasim	UMT, Lahore	2022	PhD Islamic Thought and Civilization	Co-Supervisor	Remodeling and Unification of Halal Certification Process
18.	Zainab Bintay Anis	UMT, Lahore	2022	MS Food Quality Management	Co-Supervisor	Effect of food quality and nutritional attributes on consumer choices during COVID-19 pandemic
19.	Sara Haider	UMT, Lahore	2022	MS Food Quality Management	Supervisor	Quality Assessment Of fried oil from different street food vendors and restaurants in Gilgit, Pakistan
20.	Saima Sattar	UMT, Lahore	2022	MS Food Quality Management	Supervisor	Selection of Processed and packaged potato-based snacks among university students: Cross-sectional study with reference to food environment and dietary behavior
21.	Nida Islam	UMT, Lahore	2022	MS Food Quality Management	Supervisor	Risk assessment of carbonated drinks with reference to physical and psychological health
22.	Ghazala Shaikh	UMT, Lahore	2022	MS Food Quality Management	Supervisor	Predicting consumer demand for healthy snacks considering knowledge, attitude and preferences of mothers
23.	Ayesha Noor-ul-Ain	UMT, Lahore	2022	MS Food Quality Management	Supervisor	Quality and safety evaluation of conventional and organic eggs from different supermarkets and bakeries of Lahore, Pakistan
24.	Maham Tariq	UMT, Lahore	2021	MS Food Technology	Supervisor	Formulation of fennel seed candies enriched with carrot juice for improving nutritive quality of candies

25.	Zunaira Alam	UMT, Lahore	2021	MS Food Technology	Supervisor	Diet diversity of university students in Pakistan during COVID-19 lockdown
26.	Hina Fareed	UMT, Lahore	2021	MS Food Technology	Supervisor	Value addition of chicken nuggets using chickpea and kidney bean flour
27.	Hafiz Zulqarnain	UMT, Lahore	2021	MS Food Technology	Supervisor	Assessment of drinking water quality in government primary schools of Dera Ghazi Khan
28.	Um-e-Aiman	UMT, Lahore	2021	MS Food Technology	Co-Supervisor	Antioxidant analysis and physicochemical characterization of jaggery infused wheat bread
29.	Maria Iqbal	UMT, Lahore	2021	MS Food Technology	Co-Supervisor	Effect of gelatinized rice starch on sensory quality and storage attributes of set-style yogurt
30.	Rabbia Khan	UMT, Lahore	2021	MS Food Technology	Supervisor	Use of okra mucilage to study different functional and sensory attributes of low-fat mozzarella cheese
31.	Ayesha Anwar	UMT, Lahore	2021	MS Food Technology	Supervisor	Effect of beef fat replacement with linseed oil-based emulsion on quality parameters and nutritional profile of beef patties
32.	Azba Shafiq	UMT, Lahore	2021	MS Food Technology	Supervisor	Evaluating the effectiveness of saponins against biofilms formation
33.	Misbah Mahtab	UMT, Lahore	2021	MS Food Technology	Supervisor	Formulation of konjac based candies for diabetic patients
34.	Jawairia Asghar	UMT, Lahore	2021	MS Food Technology	Supervisor	Extraction and characterization of gelatin from bones of <i>Labeo rohita</i>
35.	Mahnoor Akhtar	UMT, Lahore	2021	MS Food Technology	Supervisor	Evaluating the effectiveness of alfalfa saponins for increasing shelf life of tomatoes: crude vs emulsified forms
36.	Nida Sehair	UMT, Lahore	2021	MS Food Technology	Supervisor	Isolation and identification of microbial communities from Citrus limetta waste
37.	Mazhar Rehman	UMT, Lahore	2021	MS Food Technology	Supervisor	Process optimization for the development of patties with combination of broiler and ostrich meat
38.	Raheela Akhtar	UMT, Lahore	2021	MS	Co-	Quantification of poppy

				Food Technology	Supervisor	proteins through different methods, proximate and sensory evaluation of bread fortified with poppy protein extracts
39.	Maira Iqbal	UMT, Lahore	2021	MS Food Technology	Co-Supervisor	Development of lemongrass oil emulsion-based aloe vera edible coating to enhance the shelf life of cerry
40.	Fakhar ul Islam	UMT, Lahore	2021	MS Food Technology	Co-Supervisor	Physicochemical and sensory evaluation of camel milk ice cream enriched with date syrup
41.	Muaz Awan	UMT, Lahore	2021	MS Food Technology	Supervisor	Quality assessment of cooking oils used by street food vendors in Lahore, Pakistan
42.	Soban Manzoor	UMT, Lahore	2020	MS Food Technology	Supervisor	Developing a biobased washing solution to reduce cypermethrin residues on fruits
43.	Muhammad Motassim Khan	UMT, Lahore	2020	MS Food Technology	Supervisor	Assessing the effectiveness of baking soda to reduce cypermethrin residues on cauliflowers
44.	Muhammad Bassar Haider	UMT, Lahore	2020	MS Food Technology	Supervisor	Formulation of bio-based absorbent to reduce cypermethrin residues on tomatoes
45.	Grace R Lara	University of Tsukuba, Japan	2020	PhD Bioresource Technology	Co-supervisor	Enhancing storage stability of fresh cut lotus using different emulsified systems
46.	Noamane Taarji	University of Tsukuba, Japan	2017	PhD Food Innovation	Co-supervisor	Formulation of surface active saponins for stabilization of functional emulsions from argan extracts
47.	Hakiki Melanie	University of Tsukuba, Japan	2017	PhD Food Innovation	Co-supervisor	Stabilization of functional emulsions using modified seaweed extracts
48.	Yiguo Zhao	University of Tsukuba, Japan	2017	PhD Agriculture	Co-supervisor	Valorization of kudzu starch for various emulsified products using surface active techniques
49.	Zhaoxiang Ma	University of Tsukuba, Japan	2017	MS Food Innovation	Co-supervisor	Formulation and characterization of fucoxanthin loaded emulsions using microchannel emulsification
50.	Zhang Chen	University of Tsukuba, Japan	2017	MS Food Innovation	Co-supervisor	Gypenosides as natural emulsifier for stabilization of O/W emulsions
51.	Tai Boon Tan	Putra University	2016	PhD trainee Food Science	Co-supervisor	Formulation of multiple concentrated surface-



		Malaysia		and Technology		active oils using microchannel emulsification
52.	Cezar AS Rabelo	University of Tsukuba, Japan	2016	MS Bioresource Technology	Co-supervisor	Formulation and characterization of anthocyanins loaded W/O emulsions using conventional methods
53.	Hamza Shahbaz Bhatti	Arhus University Denmark	2017	MS Animal Sciences	Erasmus Mundus Co-supervisor	Formulation and characterization of amino acid loaded emulsions using W/O and W/O/W emulsification technique

## Publication Highlights

[authors]: [title]. [details]

## Books

1. **Khalid, N**, Ahmad, A, Ahmed, A (2012) *Micronutrients deficiencies in 185 million people of pakistan special reference to zinc and iron*. Lambert Academic Publishing, ISBN: 978-3-8473- 0114-1
2. Nazir, W, **Khalid, N** (2012) *Production of Oyster Mushroom (Pleurotus osteratus): Special Reference to Pakistan*. Lambert Academic Publishing, ISBN: 978-3-8473-2920-6

## Book Chapters

1. **Khalid, N.**, Suleria, H. A. R., & Ahmed, I. (2016). *Handbook of Functional Beverages and Human Health*, Edited by Fereidoon Shahidi, Cesarettin Alasalvar, 03/2016: chapter 40: pages 489-498; CRC Press., ISBN: 978-146-659641-2
2. El-Abbassi, A., El Fadeli, S., El-Bouzidi, L., Lahrouni, L., **Khalid, N**: *Recent Advances in Microencapsulation of Bioactive Compounds*. Recent Progress in Medicinal Plants: Analytical and Processing Techniques, Edited by J.N. Govil, 03/2015: chapter 8: pages 129-146; Stadium Press LCC, USA., ISBN: 1-62699-078-6
3. Ghazanfar, S., **Khalid, N.**, Ahmed, I., & Imran, M. (2017). *Probiotic yeast: Mode of action and its effects on ruminant nutrition*. Yeast-Industrial Applications, IntechOpen, 179-202.

4. Ahmad, A., & **Khalid, N.** (2018). *Dietary fibers in modern food production: a special perspective with  $\beta$ -glucans*. In Biopolymers for Food Design (pp. 125-156). Academic Press.
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**2022 (Supporting Publications (Public Health))**

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## 2021 (Core Publications)

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## 2021 (Supporting Publications (Public Health))

1. Ward JL, Azzopardi PS, Francis KL, Santelli JS, Skirbekk V, Sawyer SM, et al. Global, regional, and national mortality among young people aged 10–24 years, 1950–2019: a systematic analysis for the Global Burden of Disease Study 2019. The Lancet. 2021;398(10311):1593-618.
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