

New Mexico Diabetes Advisory Council

June 5, 2026 Speaker Bio

Dr. Zahra Ezzat Zadeh is Assistant Professor and Extension Food and Nutrition Specialist at New Mexico State University, College of Agricultural, Consumer and Environmental Sciences. She is a passionate nutrition educator and advocate, dedicated to translating cutting-edge nutrition research into practical, accessible knowledge and clinical practice. She holds a Ph.D. in Nutrition and Food Sciences from Florida State University, with a minor in Nutrition, Metabolism, and Genetics from University of Calgary. She completed her postdoctoral training at the Cedars-Sinai Diabetes and Obesity Research Institute and the UCLA Center for Human Nutrition in California, where she conducted research at the intersection of diet, nutrition, and chronic metabolic diseases and gut microbiome. During this time, she also practiced as a Registered Dietitian Nutritionist, deepening her clinical and translational expertise.

Dr. Zadeh's scholarly work has been published in respected journals such as *Nutrition Research*, *Frontiers in Nutrition*, and the *Journal of Aging Research*, and has been showcased at prestigious conferences including the American Society for Nutrition, Experimental Biology, and the Biennial Berry Health Benefits Symposium. Her research has received multiple awards and recognitions including the, Recognition Award from American Society for Nutrition, Basic Science Committee at The Obesity Society, a Dissertation Award from Florida State University.

Beyond academia, Dr. Zadeh brings a wealth of experience as a registered dietitian and nutrition counselor. As an active member of the Academy of Nutrition and Dietetics; she has delivered personalized nutrition counseling, developed and led workshops and seminars, and worked to empower individuals through science-based guidance.

Dr. Zadeh is a dedicated nutrition educator, her vision is to live in a world where no one develops a disease condition that can be prevented by nutrition education. She draws on her diverse experiences in academia, clinical practice, and community outreach to inspire and educate students, professionals, and community members alike.