

Dr. Mian Kamran Sharif

Associate Professor (Tenured)/ HEC Recognized Supervisor

National Institute of Food Science & Technology

Faculty of Food, Nutrition & Home Sciences

University of Agriculture, Faisalabad-38040, Pakistan.

Chair Product Development and Value Addition PKNC

Master Trainer & Team Leader Pak-Korea Nutrition Center (School Advisor Group)

Master Trainer Early Childhood Development

Master Trainer Baby Friendly Hospital Initiative Assessors

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PERSONAL INFORMATION

Permanent Address	Mohallah Machi Wara, Kila Road, Chawinda Tehsil Pasrur, District Sialkot.
Present Address	P-9, University Villas, Near DMC University Campus, Daewoo Road, Faisalabad.
Date of Birth	13-07-1979
N.I.C. No.	34602-0734196-1
Religion	Islam
Marital Status	Married
Nationality	Pakistani
Domicile	Sialkot (Punjab)
Field of Specialization	Food Technology / Nutrition and Food Safety
ORCID	0000-0001-6244-1002

PROFESSIONAL QUALIFICATION

- Post Doctorate (Nutrition)
Session 2012
Institute of Food Science, College for Agriculture and Life Sciences, Cornell University, Ithaca-14850, New York, USA.
- Ph. D. Food Technology
Session 2004-2009
National Institute of Food Science & Technology, University of Agriculture, Faisalabad, Pakistan.
- M.Sc. (Hons.) Food Technology
Session 2001-2003 - 1st Division (86.84%) with 3.98//4.00 CGPA
Institute of Food Science Technology & Technology, University of Agriculture, Faisalabad, Pakistan.
- B.Sc. (Hons.) Agric. (Food Technology)
Session 1997-2001-1st Division (80.15%) with 3.84/4.00 CGPA

Institute of Food Science & Technology, University of Agriculture, Faisalabad, Pakistan.

- Post Graduate Diploma in Diet & Nutrition
Session 2016-17
Allama Iqbal Open University, Islamabad.

ACADEMIC EDUCATION

- F. Sc. (Pre-Medical)
Session 1995-1997 - 1st Division (70.00%)
Government College University, Lahore, Pakistan.
- Matriculation (Science)
Session 1994-1995 - 1st Division (86.82%)
Government T. I. High School Chawinda, Pakistan.

TRAININGS AND COURSES

- | | |
|---|--------------------------|
| Master Trainer Baby friendly Hospital Initiative (BFHI)
Hospital Internal Assessors Training of Trainers for
Core Master Trainers, Department of Health
in collaboration with UNICEF, Lahore. | 03-07-2024
06-07-2024 |
| Capacity Building Workshop for Core Master Trainers
on Early Childhood Development (ECD), University of Child
Health Sciences, Lahore. | 24-10-2023
26-06-2023 |
| PKNC Master Trainer Invitational Training under Pakistan-
Korea Nutrition Center supported by KOICA, Chungnam
National University, Daejeon, Republic of South Korea. | 25-05-2023
26-06-2023 |
| Curriculum Scholar under Curriculum Exchange Program
US-Pakistan Center for Advanced Studies in Agriculture
And Food Security, University of California, Davis, USA. | 19-03-2017
19-06-2017 |
| Practical Inspection of Food and Food Establishments
and use of Food Inspection Kits". Organized by UNIDO
under EU funded TRTA II Programme, Hotel One,
Mall Road Lahore | 3-07-2013
7-07-2013 |
| "HACCP and HACCP Plans" Training Program in
Support of Capacity Development for Agricultural
Trade in Afghanistan and Pakistan. Deliver by
University of Idaho. Supported by USDA Foreign
Agricultural Service at Uni. Agric. Faisalabad. | 21-07-2011
23-07-2011 |
| "Hygiene: GMP and SSOP" Training Program in
Support of Capacity Development for Agricultural
Trade in Afghanistan and Pakistan. Deliver by
University of Idaho. Supported by USDA Foreign
Agricultural Service at Uni. Agric. Faisalabad. | 19-07-2011
20-07-2011 |

- “Good Agricultural Practices” Training Program in Support of Capacity Development for Agricultural Trade in Afghanistan and Pakistan. Deliver by University of Idaho. Supported by USDA Foreign Agricultural Service at Uni. Agric. Faisalabad. 18-07-2011
- Training on “Infant and Young Child Feeding (IYCF)” Health Services Academy, Islamabad 23-05-2011
27-05-2011
- Food Safety Training Courses on International Standards & Regulations “Hazard Analyses and Critical Control Points – HACCP” Organized by URS, A project funded by European Union, Lahore. 29-11-2006
30-11-2006
- Food Safety Training Courses on International Standards & Regulations “Introduction to Food Safety Management Systems – ISO 22000:2005” Organized by URS, A project funded by European Union, Lahore. 27-11-2006
28-11-2006
- 34th Post Graduate Training Course on Nuclear and Other Advanced Techniques in Agricultural and Biological Research NIAB, Faisalabad 06-11-2006
17-11-2006
- Diploma in Computer Applications Computer Center Zila Council, Faisalabad Pakistan. 12-06-2000
12-06-2001
- Industrial training/Internship VITA Food Industries (Pvt.) Ltd. Faisalabad Pakistan. 15-11-2000
31-12-2000
- National Cadet Corps (NCC) Training Govt. College Lahore, Pakistan. 22-04-1996
09-01-1997

DISTICTIONS & AWARDS

- HEC Recognized Supervisor (1-HEC/HRD/HAS/2018/17667)
- Research Productivity Award 2012 & 2015-16
- HEC Post-Doctoral Fellowship (Phase II, Batch V) 2012

RESEARCH INTEREST

- Human nutrition and food safety
- Process-based food fortification
- Functional and nutraceutical foods
- Food processing and preservation
- Rice and its by-products
- Fat and oil

International Journal Articles

1. Naz T., **Sharif MK**, Shukat R and Israr B. **2025**. Characterizing germination effects on nutrient and anti-nutrient profiles in cereal-based protein-enriched supplement. *Journal of Food Measurement and Characterization*. DOI: <https://doi.org/10.1007/s11694-025-03158-0> (ISI-IF 2023=2.99)
2. Abuzar, Sharif HR, **Sharif MK**, Arshad R, Haq IU, Ashraf W and Rehman A. **2024**. A comprehensive review exploring the nutraceutical potential and industrial applications of peach waste. *Food Rev. Int.* 40(10):3530-3554. DOI: <https://doi.org/10.1080/87559129.2024.2366844> (ISI-IF 2024= 6.70)
3. Arshad M, Kousar S, Din A, Afzaal M, Faisal MN, **Sharif MK**, Rasheed H, Saeed F, Akram N, Ahmed F and Khan MR. **2024**. Hepatoprotective efficacy of quinoa seed extract against CCl4- induced acute liver toxicity in rat model. *Food Sci. Nutri.* 0, 1-12. DOI: <https://doi.org/10.1002/fsn3.4149> (ISI-IF 2024= 4.20)
4. Sharif HR, **Sharif MK** and Raza H. **2024**. Editorial: Exploiting the potential of native and modified legume proteins for the development of functional foods. *Front. Nutr.* 11:1361730. DOI: <https://doi.org/10.3389/fnut.2024.1361730> (ISI-IF 2024= 4.40)
5. Rafique H, Hu X, Ren T, Dong R, Aadil RM, Zou L, **Sharif MK** and Li L. **2024**. Characterization and exploration of the neuroprotective potential of oat protein derived peptides in PC12 cells and scopolamine-induced zebrafish. *Nutrients*. 16(1):117. DOI: <https://doi.org/10.3390/nu16010117> (ISI-IF 2024= 5.80)
6. Abuzar, Sharif HR, **Sharif MK**, Arshad R, Rehman A, Ashraf W, Karim A, Raza H, Khalid W, Asar TO and Al-Sameen MA. **2023**. Potential industrial and nutritional applications of shrimp by-products: a review. *Int. J. Food Prop.* 26(2):3407-3432. <https://doi.org/10.1080/10942912.2023.2283378> (ISI-IF 2024= 3.60)
7. Riaz, K., Butt MS, **Sharif MK** and Faisal MN. **2023**. Therapeutic efficacy of spirulina against ovalbumin and cigarette smoke induced asthma specific stress biomarkers in Sprague Dawley rats. *Food Sci. & Nutri.* 11: 972-982. DOI: <http://dx.doi.org/10.1002/fsn3.3132> (ISI-IF 2024= 4.20)
8. Shah FU, **Sharif MK**, Ahmad Z, Amjad A, Javed MS, Suleman R, Sattar D, Amir M and Anwar MJ. **2022**. Nutritional characterization of the extrusion-processed micronutrient-fortified corn snacks enriched with protein and dietary fiber. *Front. Nutr.* 9:1062616 DOI: <https://doi.org/10.3389/fnut.2022.1062616> (ISI-IF 2024= 4.40)
9. Maqsood M, Khan MI, **Sharif MK** and Faisal MN. **2022**. Phytochemical characterization of *Morus nigra* fruit ultrasound-assisted ethanolic extract for its cardioprotective potential. *J. Food Biochem.* 00:e14335. <https://doi.org/10.1111/jfbc.14335> 14335 (ISI-IF 2024= 3.80)

10. Abbas S, **Sharif MK**, Sibt-e-Abbas M, Teferra TF, Sultan MT, and Anwar MJ. **2022**. Nutritional and therapeutic potential of sesame seeds. Hindawi J. Food Quality. 1: 6163753. <https://doi.org/10.1155/2022/6163753> (**ISI-IF 2024= 3.00**)
11. Gulam G, Huma N, **Sharif MK** and Zia M. **2022**. Probing a best suited brown rice cultivar for the development of extrudates with special reference to physico-chemical, microstructure and sensory evaluation. Food Sci. Technol. Campinas. 42: e103521. <https://doi.org/10.1590/fst.103521> (**ISI-IF 2022= 3.117**)
12. Faiqa J, Sidra J, **Sharif MK**, Pasha I, Ayesha R, Manzoor M, Sahar A, Emad K and Aadil RM. **2021**. Development and storage stability of chickpea, mung bean and peanut-based ready to use therapeutic food (RUTF) to tackle Protein-energy malnutrition. Food Sci. Nutr. 9:4589-4596. (**ISI-IF 2024= 4.20**)
13. Azeem M, **Sharif MK**, Shah FUH, Ali M, Nazir MA, Rizwan M, Wadood SA and Ejaz R. **2021**. Does iron-fortified chewing gum influence the biochemical profile of school-going children (6–10 yrs.)? Italian J. Food Sci. 33(1):29-38. (**ISI-IF 2024= 1.60**)
14. Abbas S, **Sharif MK**, Sultan MT, Ahmad AN, Anwar MJ and Zhu M. **2020**. Development and characterization of micronutrient fortified sesame cake flour supplemented doughnuts. Progress in Nutr. 22 (4): e2020062 DOI: <https://doi.org/10.23751/pn.v23i1.8742>. (**ISI-IF 2022= 0.567**)
15. Saadat S, Akhtar S, Ismail T, **Sharif MK**, Shabbir U, Ahmad N and Ali A. **2020**. Multilegume bar prepared from extruded legumes flour to address protein energy malnutrition. Ital. J. Food Sci. 32(1): 167-180. (**ISI-IF 2024= 1.60**)
16. Bashir S, **Sahrif MK**, Javed MS, Amjad A, Khan AA, Shah FUH, and Khalil AA. **2020**. Safety assessment of Spirulina platensis through Sprague dawley rats modeling. Food Sci. Technol. 40(2):376-381. (**ISI-IF 2022= 2.602**)
17. Ahsan F, **Sharif MK**, Butt MS, Rauf A, Shariati MA, Imran M, Gondal TA, Khan A, Atif M, Mabkhot YN, Asayari A, Muhsinah AB and Algarni H. **2019**. Legumes and leafy vegetables based multi-mix pakoras to alleviate iron and protein deficiency among school aged children. BioCell. 43(1-1): 8-15. (**ISI-IF 2024= 0.80**)
18. Shah FUH, **Sharif MK**, Bashir S and Ahsan F. **2019**. Role of healthy extruded snacks to mitigate malnutrition. Food Rev. Int. 35(4):299-323. (**ISI-IF 2024= 6.70**)
19. Sharif, HR, Williams PA, **Sharif MK**, Abbas S, Majeed H, Masamba KG, Safdar W and Zhong F. **2018**. Current progress in the utilization of native and modified legume proteins as emulsifiers and encapsulants - A review. Food Hydrocoll. 76:2-16. (**ISI-IF 2024= 11.30**)
20. Sharif, HR, Williams PA, **Sharif MK**, Khan MA, Majeed H, Safdar W, Shamoona M, Shoaib M, Haider J and Zhong F. **2017**. Influence of OSA-starch on the physio chemical characteristics of flax seed oil-eugenol nanoemulsions. Food Hydrocoll. 66: 365-377. (**ISI-IF 2024= 11.30**)

21. Shah FUH, **Sharif MK**, Butt MS and Shahid M. **2017**. Development of protein, dietary fiber and micronutrient enriched extruded corn snacks. *J. Texture Stud.* 48: 221-230. **(ISI-IF 2024= 3.40)**
22. Bashir S, **Sharif MK**, Butt MS, Rizvi SSH, Paraman I and Ejaz R. **2017**. Preparation of micronutrients fortified spirulina supplemented rice-soy crisps processed through novel supercritical fluid extrusion. *J. Food Process Preserv.* 41(3): 1-14. **(ISI-IF 2024= 2.50)**
23. Waqas A, Butt MS, **Sharif MK** and Iqbal T. **2017**. Effect of storage on cooking quality attributes and fortificants stability in edible-coated iron-folate fortified Basmati rice. *J Food Process. Preserv.* 40(5): 925-933. **(ISI-IF 2024= 2.50)**
24. Waqas A., Butt MS, Dolan K, **Sharif MK**, Sultan MT, Ullah A, Rashid S and Haq IU. **2017**. Pasting properties of pectin coated iron-folate fortified basmati rice. *J Food Process Preserv.* 41(4): 1-7. **(ISI-IF 2024= 2.50)**
25. Shah FUH, Rasool G, **Sharif MK**, Pasha I, Ahmad S and Sharif HR. **2016**. Determination of trans fat in traditional Pakistani breakfast and snack foods. *Int. Food Res. J.* 23(2):849-853. **(ISI-IF 2024= 1.10)**
26. Sibt-e-Abbas M, Butt MS, Sultan MT, **Sharif MK**, Ahmad AN and Batool R. **2015**. Nutritional and functional properties of protein isolates extracted from defatted peanut flour. *Int. Food Res. J.* 22(4):1533-1537. **(ISI-IF 2024= 1.10)**
27. Paraman I, **Sharif MK**, Supriyadi S and Rizvi SSH. **2015**. Agro-food industry byproducts into value added extruded foods. *Food Bioprod Process.* 96:78-85. **(ISI-IF 2024= 4.20)**
28. **Sharif MK**, Rizvi SSH and Paraman I. **2014**. Characterization of supercritical fluid extrusion processed rice-soy crisps fortified with micronutrients and soy protein. *LWT-Food Sci Technol.* 56(2):414-420. **(ISI-IF 2024= 6.00)**
29. **Sharif MK**, Butt MS, Anjum FM and Khan SH. **2014**. Rice bran: a novel functional ingredient. *Cri Rev Food Sci Nutr.* 54(6):807-816. **(ISI-IF 2024= 10.30)**
30. Butt MS, Imran A, **Sharif MK**, Ahmad RS, Xiao H, Imran M and Rasool HA. **2014**. Black tea polyphenols: a mechanistic treatise. *Cri. Rev. Food Sci. Nutr.* 54(8): 1002-1011. **(ISI-IF 2024= 10.30)**
31. Imran A, Butt MS and **Sharif MK**. **2012**. Phytochemical density of some promising commercial tea brands. *Int. J. Food Prop.* 15(1):99-108. **(ISI-IF 2024= 3.60)**
32. Khan SH, Butt MS, **Sharif MK**, Sameen A, Mumtaz S and Sultan MT. **2011**. Functional properties of protein isolates extracted from stabilized rice bran by microwave, dry heat and parboiling. *J. Agric. Food Chem.* 59(6): 2416-2420. **(ISI-IF 2024= 6.00)**
33. Khan SH, Butt MS and **Sharif MK**. **2011**. Biological quality and safety assessment of rice bran protein isolates. *Int. J. Food Sci. Technol.* 46(11):2366-2372. **(ISI-IF 2024= 3.10)**

34. Butt MS, Anjum FM, Rehman SU, Nadeem MT, **Sharif MK** and Anwar M. **2008**. Selected quality attributes of fine basmati rice: effect of storage history and varieties. *Int. J. Food Prop.* 11(3):698-711. (**ISI-IF 2024= 3.60**)
35. Nasir M, Butt MS, **Sharif MK**, Sultan MT and Sadiq M. **2008**. Rheological behavior of defatted maize germ – wheat blends (Abstract). *Cereal Foods World (Supplement)*. 53(4): A70. (**ISI-IF 2020 = 0.538**)
36. Butt MS, Shahzadi N, **Sharif MK** and Nasir M. **2007**. Canonical correlation: a multivariate technique to determine the contribution of various dependent and independent variables. *Int. J. Food Sci. Technol.* 42(12):1416-1423. (**ISI-IF 2024= 3.10**)
37. Shahzadi N, Butt MS, **Sharif MK** and Nasir M. **2007**. Effect of guar gum on the serum lipid profile of Sprague dawley rats. *LWT-Food Sci Technol.* 40(7):1198-1205. (**ISI-IF 2024= 6.00**)
38. Butt MS, Ahmad A and **Sharif MK**. **2007**. Influence of pectin and guar gum composite flour on plasma biochemical profile of streptozotocin induced diabetic male albino rats. *Int. J. Food Prop.* 10 (2):345-361. (**ISI-IF 2024= 3.60**)
39. Butt MS, Rasool J, **Sharif MK** and Aziz A. **2006**. Preparation and characterization of cake rusks by using red palm oil fortified shortening. *Food Sci. Technol. Int.* 12(1):85-90. (**ISI-IF 2024= 2.30**)
40. Ajmal M, Butt MS, **Sharif K**, Nasir M and Nadeem MT. **2006**. Preparation of fiber and mineral enriched pan bread by using defatted rice bran. *Int. J. Food Prop.* 9(4):623-636. (**ISI-IF 2024= 3.60**)
41. Butt MS, Shahzadi N, **Sharif MK** and Nasir M. **2006**. Guar gum: a miracle therapy for hypercholesterolemia, hyperglycemia and obesity. *Cri Rev Food Sci Nutr.* 47(4):389-396. (**ISI-IF 2024= 10.30**)
42. Waheed M, **Sharif MK**, Ghazanfar M, Ahmed H, Hameed A, Nudrat N, Amjad F, Iftikhar M, Ahmed A, Saba I, Sabir A and Abdullah MZ. **2024**. Exploring the therapeutic potential of garlic through the formation of functional spread. *Journal of Population Therapeutics & Clinical Pharmacology.* 31(6): 625-637. DOI: <https://doi.org/10.53555/jptcp.v31i6.6546>
43. Saleem R, Sharif MK, Khan MI and Faisal MN. **2024**. Accessing Pakistani commercial honey for its compositional, quality, safety, antibacterial and phytochemical analysis: a pre-clinical screening. *Journal of Population Therapeutics and Clinical Pharmacology.* 31(8): 1445-1462. DOI <https://doi.org/10.53555/kr6h4v86>
44. Aslam MS, **Sharif MK**, Butt MS and Jamil A. **2024**. Impact of geographical variations on nutritional quality of sea buckthorn in Northern Pakistan. *Journal of Population Therapeutics & Clinical Pharmacology.* 31(4): 3778-3795. DOI: <https://doi.org/10.53555/jptcp.v31i4.5995>
45. Qureshi S, **Sharif MK**, Khan MI and Zia MA. **2024**. Development of functional bulgar using Pakistani wheat varieties and characterization with respect to phytochemical and organoleptic properties. *Journal of Tianjin University Science and Technology.* 57(8): DOI: 10.5281/zenodo.13353992

46. Javid M, Shukat R, **Sharif MK** and Faisal MN. **2024**. Nutritional composition and functional groups profile of ginger rhizome: a comparative study on ginger from various origins grown in Pakistan. *Journal of Tianjin University Science and Technology*. 57(12): DOI: 10.5281/zenodo.14293462
47. Razzak MA, **Sharif MK**, Naz T, Rauf MA, Shahid F, Shahzad R, Saleem R, Aslam T and Inam A. **2024**. Evaluating the bioactive compounds of beetroot and their pharmacological activities in promoting health. *Eur. J. Health Sci.* 10(1): 12-30. DOI: <https://doi.org/10.47672/ejhs.1802>
48. Rauf MA, **Sharif MK**, Naz T, Razzak MA, Shahid F, Aslam T, Ali R and Ahmad T. **2024**. Utilization of chia seed mucilage to reduce the fat contents in muffins. *J. Survey Fisheries Sci.* 11(2): 56-61.
49. Ejaz R, **Sharif MK**, Sameen A, Batool R, Tehseen S and Aziz M. **2023**. Arsenic in rice: An emerging challenge in context of food security. *Food Nutr. Chem.* 1(1):10. Doi:10.18686/fnc.v1i1.1
50. Rehman TU, **Sharif MK**, Majeed M, Hussain MB, Khan MU, Radionova NS, Shariati MA and Shevaldova TV. **2018**. Effects of rheological behavior on cereal legumes blended flours. *J. Microbiol. Biotechnol. Food Sci.* 7(6):636-640.
51. Naz T, **Sharif MK**, Shukat R and Israr B. **2025**. Amino acid optimization through germination in food supplements: impact on growth performance outcomes in rats. *Pak. J. Agri. Sci.* 62(1):141-149. DOI: 0.21162/PAKJAS/25.411 (ISI-IF 2024= 0.80)
52. Saleem M, **Sharif MK**, Butt MS and Faisal MN. 2023. Assessment of antidiabetic and cyto-regenerative activity of ficus carica through gene expression analysis in diabetic rat model. *Pro. Pak. Aca. Sci.: B. Pak. Aca. Sci. Life Environ. Sci.* 60(3): 443-454. DOI: [http://doi.org/10.53560/PPASB\(60-3\)840](http://doi.org/10.53560/PPASB(60-3)840)
53. Saleem M, **Sharif MK** and Roma S. **2022**. Bitter melon: a comprehensive review. *Pak. J. Sci. Ind. Res. Ser. B: Biol. Sci.* 65B(3):297-302.
54. Saleem M, **Sharif MK** and Saleem R. **2021**. Antidiabetic potential of Aloe barbadensis miller. *RADS J. Biol. Res. Appl. Sci.* 12(1):81-89. DOI: <https://doi.org/10.37962/jbas.v12i1.294>
55. Ramzan S, **Sharif MK** and Ejaz R. **2021**. Utilization of probiotics for the development of non-dairy (oat and barley based) milk products targeting lactose intolerant individuals. *RADS J. Biol. Res. Appl. Sci.* 12(1): 1-8. DOI: <https://doi.org/10.37962/jbas.v12i1.372>
56. Riaz A, Pasha I, **Sharif MK** and Javeria S. **2021**. Bisphenol A and its analogues: human exposure and biological effects - a review. *Pak. J. Sci. Ind. Res. Ser. A: Phy. Sci.* 64A(2): 173-190. DOI: <https://doi.org/10.52763/PJSIR.PHYS.SCI.64.2.2021.173.190>
57. Wadood SA, **Sharif MK**, Ashraf MN, Ejaz R, Kosar G, Azeem and Murtaza G. **2021**. Estimation of heavy metals and associated health risk in selected vegetables grown in peri-urban areas of Multan and Rawalpindi, Pakistan. *Pak. J. Sci. Ind. Res. Ser. B: Biol. Sci.* 64B(1):55-63. DOI: <https://doi.org/10.52763/PJSIR.BIOL.SCI.64.1.2021.55.63>

58. Javed F, **Sharif MK**, Pasha I and Jamil A. **2021**. Probing the nutritional quality of ready-to-use therapeutic foods developed from locally grown peanut, chickpea and mungbean for tackling malnutrition Pak. J. Agri. Sci., 58(1): 205-212. DOI: 10.21162/PAKJAS/21.700 (**ISI-IF 2024= 0.80**)
59. Sheraz A, **Sharif MK**, Butt MS, Akram Z, Yousaf S, Imran M, Nadeem and Yousaf MR. **2020**. Development of nutritious probiotic sportsman drink. Pak. J. Pharmaceutical Sci. 33(1): 191-197. (**ISI-IF 2024= 0.80**)
60. Ejaz R, **Sharif MK**, Pasha I and Zia MA. **2020**. Cooking and eating quality characteristics of some Pakistani rice varieties. Pak. J. Agri. Sci. 56(2): 525-533. (**ISI-IF 2024= 0.80**)
61. Abbas, S., **Sharif MK**, Butt MS and Shahid M. **2020**. Screening of Pakistani sesame cultivars for nutritive value and bioactive components. Pak. J. Agri. Sci., 57(3): 743-751. (**ISI-IF 2024= 0.80**)
62. Riaz A, Pasha I and **Sharif MK**. **2020**. Pearson's correlation between physico-chemical aspects of wheat flour and quality attributes of cookies. Pak. J. Sci. Ind. Res. Ser. B: Biol. Sci. 63B(1):1-8.
63. Kausar, G., Sharif MK, Saeed M and Shahid M. 2020. Screening of Pakistani coarse rice cultivars from Punjab and Sindh for end-use quality. Pak. J. Agri. Sci. 56(4): 1149-1155. (**ISI-IF 2024= 0.80**)
64. Murtaza G, Sharif MK, Nazir A and Sharif M. **2019**. Production of antioxidants enriched mutton and its utilization in meatballs. Pakistan Journal of Food Sciences.
65. Ejaz R, **Sharif MK**, Pasha I and Zia MA. **2019**. Physical characterization of brown and white fractions of approved rice varieties of Pakistan. Pak. J. Sci. Ind. Res. Ser. B: Biol. Sci. 62B(3):139-147.
66. Ijaz A, Sharif MK, Shah FUH, Imran Pasha, M. Sharif and Roma Saleem. **2018**. Hypocholesterolemic impact of soymilk-based pudding in human subjects. Pak. J. Food Sci. 28(4):1-9.
67. Manzoor MS, Pasha I, Ahmad S, **Sharif MK** and Chughtai MFJ. **2018**. Fortification and stability of iodine in bread to mitigate iodine deficiency disorder. Pak. J. Sci. Ind. Res. Ser. B. Biol. Sci. 61B(3):145-150.
68. Bashir MK, Ashfaq M, Sharif MK and Ali G. **2018**. Food safety perceptions vs reality: the case of peri-urban areas of Rawalpindi, Pakistan. J. Anim. Plant. Sci. 28(4): 1128-1141. (**ISI-IF 2024= 0.60**)
69. Awan KJ, Butt MS, **Sharif MK** and Hussain F. **2018**. Compositional profiling of selected Pakistani date cultivars. Pak. J. Agri. Sci. 55(3):575-581. (**ISI-IF 2023= 0.80**)
70. Riaz A, Pasha I, Sharif MK and Jamil A. **2018**. Physico-chemical and organoleptic properties of cookies supplemented with chemically modified starch. Pak. J. Agri. Sci. 55(1):169-174. (**ISI-IF 2024= 0.80**)

BOOK CHAPTERS

1. **Sharif MK**, Butt MS, Sharif HR and Nasir M. **2017**. Sensory evaluation and consumer acceptability. In: Handbook of Food Science & Technology. Zahoor, T and Butt, M.S (Eds.). University of Agriculture, Faisalabad Press, Pakistan. pp 361-386. (ISBN: 978-969-8237-97-4).

2. **Sharif MK**, Shah F, Butt MS and Sharif HR. **2017**. Role of nanotechnology in enhancing bioavailability and delivery of dietary factors. In: Nanotechnology in the Agri-Food Industry: Nutrient Delivery (Vol. V). Academic Press, Elsevier Inc., London, UK. pp 587-614 (ISBN: 9780128043042).
3. **Sharif MK** and Khalid R. **2018**. Nutraceuticals: myths vs. realities. In: Handbook of Food Bioengineering, Vol. 8: Therapeutic Foods. Holban, A.M and A.M. Grumezescu (Eds). Academic Press, Elsevier Inc., London, UK. pp 3-21 (ISBN: 978-0-12-811517-6).
4. **Sharif MK**, Mahmood S and Ahsan F. **2018**. Role of probiotics towards the improvement of gut health with special reference to colorectal cancer. In: Handbook of Food Bioengineering, Vol. 11. Diet, Microbiome and Health. Holban, A.M and A.M. Grumezescu (Eds). Academic Press, Elsevier Inc., London, UK. pp 35-50 (ISBN: 978-0-12-811440-7).
5. **Sharif MK**, Awan KA, Butt MS and Sharif HR. **2018**. Nanotechnology: a pioneering rebellion for food diligence. In: Handbook of Food Bioengineering, Vol. 12. Impact of Nanoscience in the Food Industry. Grumezescu, A.M and Holban, A.M (Eds). Academic Press, Elsevier Inc., London, UK. pp 29-56 (ISBN: 978-0-12-811441-4).
6. **Sharif MK**, Javed K and Nasir A. **2018**. Food borne illness: threats and control. In: Handbook of Food Bioengineering, Vol. 15: Foodborne Diseases. Holban, A.M and A.M. Grumezescu (Eds). Academic Press, Elsevier Inc., London, UK. pp 501-523 (ISBN: 978-0-12-811444-5).
7. **Sharif MK**, Butt MS, Saleemi MK and Arshad MI. **2018**. Malnutrition in children and one health. In: Developing Sustainable Agriculture: A Case Study of Pakistan. Khan, IA and Khan, MS (Eds). CRC Press/Taylor & Francis Group, Boca Raton, Florida, USA. pp 595-612.
8. **Sharif MK**, Zahid A and Shah FH. **2018**. Role of food product development in increased food consumption and value addition. In: Handbook of Food Bioengineering, Vol. 18: Food processing for increased quality and consumption. Grumezescu, A.M and Holban, A.M (Eds). Academic Press, Elsevier Inc., London, UK. pp 455-479 (ISBN: 978-0-12-811447-6).
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10. **Sharif MK**, Ejaz R and Pasha I. **2018**. Nutritional and therapeutic potential of spices. In: Handbook of Food Bioengineering, Vol. 8: Therapeutic, Probiotic, and Unconventional Foods. Grumezescu, A.M and Holban, A.M (Eds). Academic Press, Elsevier Inc., London, UK. pp 181-199 (ISBN: 978-0-12-814625-5).
11. Sharif, M.K. M. Saleem, H.R. Sharif and R. Saleem. **2022**. Enrichment and fortification of traditional foods with plant protein isolates. In: Plant Protein

- Foods, 1st Ed. Manickavasagan, A., L. Lim, and A. Ali (Eds.). Springer International Publishing, NY, USA.
12. Sharif, M.K., K. Sarwar, A. Nimrah and M.A. Bashir. **2024**. Food security, food safety and Sanitation. In: Food Security in the Developing World. Bashir, M.K., S.S.M. Schilizzi and G. Ali (Eds.). John Wiley & Sons Ltd., The Atrium, Chichester, UK.

COMMUNITY SERVICES

- Instructor 6-months diploma course “Advanced Food Production”. Jointly offered by Punjab Skills Development Fund and Department of Continuing Education, Faculty of Social Sciences, University of Agriculture, Faisalabad.
- Training of Trainers, Training and consultative workshop “Nutritional awareness of school going children and review of nutrition & food safety curricula practices at Higher Education Institutes of Pakistan”. February 22-23, 2018. Organized by GAIN and National Institute of Food Science & Technology, University of Agriculture, Faisalabad.
- Training of Teacher and Students, Laboratory School and College System, University of Agriculture, Faisalabad.

PROJECTS COMPLETED

AS PI

1. Evaluation of rice in different zones of the Punjab with special reference to arsenic contents. Sponsored by Nestle Pakistan Limited.
2. Delivery of protein and micro-nutrients to school going children through shelf stable ready-to-eat crispy nutribars. Sponsored by Pakistan Science Foundation.
3. Development and nutritional evaluation of micronutrients fortified rice-based sweet snack bars made from parboiled puffed rice for school nutrition programs. Sponsored by Higher Education Commission, Pakistan.

AS CO-PI

1. Developing and exploring the role of edible coatings to improve the quality and shelf life of whole and minimally processed fruits. Sponsored by Higher Education Commission, Pakistan.
2. Food utilization among poor households in peri-urban areas of North and South Punjab, Pakistan. Sponsored by International Food Policy Research Institute, Washington, DC, USA.
3. Development of dairy based encapsulation material for improved bioaccessibility of probiotics. Sponsored by Higher Education Commission, Pakistan.

AS TEAM MEMBER

1. Situation analysis of large-scale wheat flour, edible oil & ghee fortification.
Sponsored by Micronutrient Initiative (MI), Islamabad.
2. Nutritional awareness of school going children and review of nutrition & food safety curricula practiced at higher educational institutes of Pakistan.
Sponsored by Global Alliance for Improved Nutrition (GAIN).

PROJECT IN PROGRESS

AS PI

1. Specific nutrient enforced recipes development by using locally available ingredients: A way to improve child and community nutrition. Sponsored by Chungnam National University, South Korea.
2. Chair: Product Development & Value Addition, in Project "Establishment of Pak-Korea nutrition center (PKNC) to improve child and community nutrition". Sponsored by Korea International Cooperation Agency (KOICA) and Higher Education Commission, Pakistan.

AS CO-PI

1. Sustainable and healthy food chain: a step forward to improve the health of mother and child. Sponsored by Higher Education Commission, Pakistan. Rs. 3.68 million.
2. Tackling protein energy malnutrition and micronutrients deficiency in vulnerable population by transforming food system. Sponsored by Higher Education Commission, Pakistan.