Research interests
endocrinology & metabolism
body fat composition
cardiometabolic risk
omics
microbiome
aging
epigenetics
polyphenols
weight Loss
diet

Qualifications
PhD, Ben-Gurion University of the Negev
1996 → 2002
Master, Hebrew University of Jerusalem
1993 → 1996

Research outputs
The effect of high-polyphenol Mediterranean diet on visceral adiposity: the DIRECT PLUS randomized controlled trial
Zelicha, H., Kloting, N., Kaplan, A., Yaskolka Meir, A., Rinott, E., Tsaban, G., Chassidim, Y., Bluher, M., Ceglarek, U.,
Isermann, B., Stumvoll, M., Quayson, R. N., von Bergen, M., Engelmann, B., Rolle-Kampczyk, U. E., Haange, S. B.,
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Changes in Circulating miR-375-3p and Improvements in Visceral and Hepatic Fat Contents in Response to Lifestyle
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The Effects of the Green-Mediterranean Diet on Cardiometabolic Health are Linked to Gut Microbiome Modifications: A
Randomized Controlled Trial
Rinott, E., Meir, A. Y., Tsaban, G., Zelicha, H., Kaplan, A., Knights, D., Tuohy, K., Scholz, M. U., Koren, O., Stampfer, M. J., Wang, D. D., Shai, I. & Youngster, I., 10 Mar 2022, In: Genome Medicine. 14, 1, 29.

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**Effect of green-Mediterranean diet on intrahepatic fat: The DIRECT plus randomised controlled trial**
Meir, A. Y., Rinott, E., Tsaban, G., Zelicha, H., Kaplan, A., Rosen, P., Shelef, I., Youngster, I., Shalev, A., Blüher, M., Ceglarek, U., Stumvoll, M., Vrhovsek, U., Diotallevi, C., Hu, F., Stampfer, M. & Shai, I., 1 Nov 2021, In: Gut. 70, 11, p. 2085-2095 10 p.

**The effect of weight-loss interventions on cervical and chin subcutaneous fat depots; the central randomized controlled trial**
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**Dynamics of intrapericardial and extrapericardial fat tissues during long-term, dietary-induced, moderate weight loss**

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**ASK1 (MAP3K5) is transcriptionally upregulated by E2F1 in adipose tissue in obesity, molecularly defining a human dysmetabolic obese phenotype**

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**Intrahepatic fat, abdominal adipose tissues, and metabolic state: magnetic resonance imaging study**

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**Effects of initiating moderate wine intake on abdominal adipose tissue in adults with type 2 diabetes: A 2-year randomized controlled trial**

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