



TAUSEEF AHMAD KHAN

MBBS · MSc Epidemiology · PhD Epidemiology

Nutrition Epidemiologist | SRMA Methodologist | AI-Enabled Nutrition Evidence Synthesis

Senior Research Associate · Department of Nutritional Sciences · Temerty Faculty of Medicine · University of Toronto

tauseef.khan@utoronto.ca · [Google Scholar](#) · [ResearchGate](#)

Canadian Citizen · Languages: English, Urdu, Pashto

CAREER SUMMARY

I am an epidemiologist and nutrition scientist investigating how dietary sweeteners—from sugar-containing foods to low-calorie sweeteners and natural sweeteners like honey—shape the risk of obesity, diabetes, and cardiovascular disease. My work synthesizes evidence from published nutrition studies through systematic reviews and meta-analyses using both established and innovative methods, including GRADE assessments, substitution/change analyses, pattern-mixture models, network meta-analysis, and non-linear dose–response modelling. As the methodological lead in our laboratory, I design statistical frameworks for clinical trials and train graduate students to produce high-impact publications. My research has directly informed the dietary guidelines of Diabetes Canada, the Canadian Cardiovascular Society, and the European Association for the Study of Diabetes (EASD).

EDUCATION

PhD, Epidemiology

2007–2012

London School of Hygiene & Tropical Medicine, UK

Instrumental analysis of genetic variants to assess the role of lipids with stroke risk. Supervisor: Prof. Juan Pablo-Casas

MSc, Epidemiology

2006–2007

London School of Hygiene & Tropical Medicine, UK

MBBS (Bachelor of Medicine, Bachelor of Surgery)

1996–2001

Aga Khan University, Karachi, Pakistan

PROFESSIONAL EXPERIENCE

Lead developer, Toronto 3D AI-Assisted Nutrition Evidence Synthesis Workflow, 2026–present.

Designing a human-gated, auditable system for systematic reviews and meta-analyses of dietary interventions and nutritional exposures, integrating nutrition-specific comparator and energy-control classification, source verification, reproducible R analysis, GRADE, clinical-importance thresholds and provenance tracking.

Senior Research Associate

Mar 2020–Present

Department of Nutritional Sciences, Temerty Faculty of Medicine, University of Toronto

Methodological lead for systematic reviews, meta-analyses, and clinical trials. Supervise 5–7 graduate students annually.

Post-doctoral Fellow

Jul 2015–Mar 2020

Department of Nutritional Sciences, University of Toronto

Method development in systematic reviews and meta-analyses of fructose-containing foods and low-calorie sweeteners. Supervisor: Prof. John Sievenpiper

Senior Research Associate

Nov 2012–Jul 2015

Vascular Physiology Unit, Institute of Cardiovascular Science, University College London

Epidemiological and statistical support for trials and cohorts assessing obesity and cardiovascular phenotype in adolescents.

Research Fellow

Jan 2005–Aug 2006

Aga Khan University, Karachi, Pakistan

Supervisor for a Bill & Melinda Gates Foundation funded cluster randomized trial of zinc with micronutrient intervention in Sindh, Pakistan.

Medical House Officer (Paediatrics)

Jan 2004–Dec 2005

*National Institute of Child Health, Karachi, Pakistan***Research Assistant**

Sep 2002–Jan 2004

Aga Khan University, Karachi, Pakistan

Vaccine-preventable childhood diseases in Pakistan.

AWARDS & HONOURS**Applied Physiology, Nutrition, and Metabolism Award for Nutrition Translation**

2025

*Canadian Nutrition Society***Toronto 3D Post-doctoral Scholarship**

2021

Rising Star Award in Research

2019

*Unity Health (St Michael's Hospital)***Clinical Research Award**

2019

*For outstanding published scientific manuscript with direct clinical relevance (Lancet Diabetes & Endocrinology)***Toronto 3D Post-doctoral Scholarship**

2018

Rank Prize Fund Travel Award

2017

Graduate Teaching PhD Scholarship

2008

RESEARCH FUNDING*Obtained ~\$1.5 million CAD on grants led and submitted as Acting Principal Applicant (API) with the permission of lab Chair John Sievenpiper (PI). University of Toronto policies prevent a research associate from applying as Principal Applicant.***\$450,000 CAD — Diabetes Canada End-Diabetes Award**

2025–2028

Non-Sugar Sweeteners and Type 2 Diabetes: A Mega-Cohort Pooling Project to Strengthen Causal Inference. Sievenpiper JL, Khan TA.

\$150,000 USD — Fruit Juice Science Centre

2023–2025

Substitution of pure fruit juice for sugar-sweetened beverages and cardiometabolic disease risk in the EPIC Cohort. Sievenpiper JL, Khan TA.

\$96,800 USD — National Honey Board USA (USDA Checkoff)

2022–2023

Compositional analysis of honey: supplemental analysis of US floral honeys. Sievenpiper JL, Kendall C, Cao R, Cui S, Khan TA. [Wrote proposal, submitted on behalf of PI]

\$90,000 USD — IAFNS (formerly ILSI North America)

2020–2022

Systematic Review and Network Meta-Analyses of Low-Calorie Sweeteners and Glycemic Response. Sievenpiper JL, Khan TA, Kendall C. [Wrote full proposal]

\$250,000 USD — National Honey Board USA (USDA Checkoff)

2020–2022

Compositional analysis of honey with a focus on rare sugars. Sievenpiper JL, Kendall C, Cao R, Cui S, Khan TA. [Initiated collaboration, wrote full proposal]

\$22,000 USD — ILSI North America

2019–2021

Metabolic and physiological properties of rare sugars. Sievenpiper JL, Khan TA. [Wrote full proposal]

\$300,000 CAD — Canadian Institutes of Health Research (CIHR)

2017–2022

STOP SUGARS NOW Trial: RCT of replacing sugar-sweetened beverages with non-nutritive sweetened beverages or water on gut microbiome and metabolic outcomes. Sievenpiper JL, Comelli E, Khan TA. [Co-conceived idea, wrote full proposal]

\$3,750 CAD — Bee Maid Honey Limited Canada

Effect of honey on cardiometabolic risk: systematic review and meta-analyses. Sievenpiper JL, Khan TA. [Conceived idea, wrote grant]

PEER-REVIEWED PUBLICATIONS

N = 101 (19 first/co-first/last author, 3 corresponding author) · Citations: 8070 · h-index: 47 [Google Scholar]

1. Erlich MN, Ghidana D, Blanco Mejia S, Ayoub-Charette S, Vittes Combe C, **Khan TA**, Ramdath D, Crewson H, Beck A, Silva C, Ramdath DD, Metherel AH, Bazinet RP, Leiter LA, Kendall CWC, Jenkins DJA, Chiavaroli L, Sievenpiper JL. Rationale, Design, and Participant Baseline Characteristics of the Soy Treatment Evaluation for Metabolic Health (STEM) Trial. *Nutrients*. 2026;18:1026. [DOI](#)
2. Shyam S, Ayoub-Charette S, Khandpur N, Kavanagh ME, **Khan TA** (corresponding author). Plant-based meat alternatives: understanding the benefits and trade-offs for human and environmental health. *Eur J Clin Nutr*. 2026. [DOI](#)
3. Ayoub-Charette S, Nguyen M, Chiavaroli L, Mattes RD, de Souza RJ, **Khan TA**, Higgins KA, Saxena N, MacKay D, Panahi S, Sievenpiper JL, Malik VS. Low- and no-calorie sweeteners and health: unravelling the evidence and controversy. *Appl Physiol Nutr Metab*. 2026;51:1-11. [DOI](#)
4. Ayoub-Charette S, Kavanagh M, **Khan TA**, Sievenpiper JL. Reconciling Conflicting Evidence on Low- and No-Calorie Sweeteners and Cardiometabolic Outcomes: An Umbrella Review Using Naïve and Bias-Adjusted Methods. *Appl Physiol Nutr Metab*. 2025; ahead of print. [DOI](#)
5. **Khan TA**, Ayoub-Charette S, Shyam S. Structural funding bias in red meat research: The elephant in the room. *Am J Clin Nutr*. 2025 Aug 9:S0002-9165. [DOI](#)
6. Semnani-Azad Z, **Khan TA**, Chiavaroli L, et al. Intermittent fasting strategies and their effects on body weight and other cardiometabolic risk factors: systematic review and network meta-analysis of randomised clinical trials. *BMJ*. 2025;389. [DOI](#)
7. Ayoub-Charette S, McGlynn N, Lee D, **Khan TA**, et al. Non-nutritive-Sweetened Beverages Are Similar to Water in SSBs Reduction: STOP Sugars NOW Trial. *Curr Dev Nutr*. 2025;9.
8. Viscardi G, Back S, Ahmed A, Yang S, Mejia SB, Zurbau A, **Khan TA**, Selk A, Messina M, Kendall CW, Jenkins DJ. Effect of soy isoflavones on measures of estrogenicity: a systematic review and meta-analysis of randomized controlled trials. *Adv Nutr*. 2025;16(1):100327. [DOI](#)
9. Zhu Y, Liu R, Mats L, Zhu H, **Khan T**, et al. Antioxidant and anti-inflammatory activities of major phenolics from selected floral honeys. *J Food Bioact*. 2024;28. [DOI](#)
10. **Khan TA**, Ayoub-Charette S, Sievenpiper JL. Non-nutritive Sweeteners and Health: Reconciling Evidence and Interrogating Guideline Disconnects. *Adv Nutr*. 2024;15(12). [DOI](#)
11. Erlich MN, Ghidana D, Blanco Mejia S, **Khan TA**, et al. Substituting soymilk for cow's milk and intermediate cardiometabolic outcomes: systematic review and meta-analysis. *BMC Med*. 2024;22(1):336. [DOI](#)
12. Ayoub-Charette S, **Khan TA**, et al. Lack of Biological Plausibility and Major Methodological Issues Cast Doubt on the Association between Aspartame and Autism. *Nutrients*. 2024;16(5):675. [DOI](#)
13. Jenkins DJ, Willett WC, Yusuf S, Hu FB, Glenn AJ, Liu S, ... **Khan TA** et al. Association of glycaemic index and glycaemic load with type 2 diabetes, cardiovascular disease, cancer, and all-cause mortality. *Lancet Diabetes Endocrinol*. 2024;12(2):107-18. [DOI](#)
14. Noronha JC, Nishi SK, **Khan TA**, et al. Weight management using meal replacements and cardiometabolic risk reduction in pre-diabetes/metabolic syndrome: systematic review and meta-analysis of RCTs. *Obes Rev*. 2024;e13751. [DOI](#)
15. Nguyen M, Jarvis SE, Chiavaroli L, Mejia SB, Zurbau A, **Khan TA**, et al. Consumption of 100% Fruit Juice and Body Weight in Children and Adults: Systematic Review and Meta-Analysis. *JAMA Pediatr*. 2024 Jan 16. [DOI](#)
16. Siu T, sahye-pudaruth S, Mannan F, et al. ...**Khan T**, Kendall C. Association of Serum TMAO Levels With Cardiovascular Disease and All-Cause Mortality: Systematic Review and Dose-Response Meta-Analysis. *Circulation*. 2023;148(Suppl 1):A13681.
17. Chen V, **Khan TA**, Chiavaroli L, et al. Response to comment on "Relation of fruit juice with adiposity and diabetes depends on how fruit juice is defined." *Eur J Clin Nutr*. 2023;77(12):1178-9. [DOI](#)
18. Zurbau A, **Khan TA**, Wolever TM, Sievenpiper JL. Unveiling the optimal soluble dietary fiber for type 2 diabetes: galactomannans take the lead? *Am J Clin Nutr*. 2023;118(4):834-6. [DOI](#)
19. **Khan TA**, Lee JJ, Ayoub-Charette S, et al. WHO guideline on the use of non-sugar sweeteners: a need for reconsideration. *Eur J Clin Nutr*. 2023;77(11):1009-13. [DOI](#)
20. DNSG of the EASD. Evidence-based European recommendations for the dietary management of diabetes. *Diabetologia*. 2023:1-21. [Writing group member: low-calorie sweetener and low-risk lifestyle recommendations] [DOI](#)
21. Lee JJ, **Khan T**, Sievenpiper JL. Response to Comment on Lee et al. *Diabetes Care*. 2023;46(4):e99-100. [DOI](#)

22. Ayoub-Charette S, McGlynn ND, Lee D, **Khan TA**, et al. Rationale, Design and Participants Baseline Characteristics: STOP Sugars NOW Trial. *Nutrients*. 2023;15(5):1238. [DOI](#)
23. **Khan TA**, Field D, Chen V, et al. Combination of Multiple Low-Risk Lifestyle Behaviors and Incident Type 2 Diabetes: Systematic Review and Dose-Response Meta-analysis. *Diabetes Care*. 2023;46(3):643-56. [DOI](#)
Led the project, developed methodology, completed analysis, wrote the paper.
24. Zhang R, Noronha JC, **Khan TA**, et al. Effect of Non-Nutritive Sweetened Beverages on Postprandial Glycemic and Endocrine Responses: Systematic Review and Network Meta-Analysis. *Nutrients*. 2023;15(4):1050. [DOI](#)
Wrote the funded grant, supervised students, developed methodology and STATA code, co-wrote the paper.
25. Chiavaroli L, Cheung A, Ayoub-Charette S, ...**Khan T**. Important food sources of fructose-containing sugars and adiposity: systematic review and meta-analysis of controlled feeding trials. *Am J Clin Nutr*. 2023 Feb 23. [DOI](#)
26. Nasser SM, Rana AA, Doffinger R, Kafizas A, **Khan TA**, Nasser S. Elevated free interleukin-18 associated with severity and mortality in COVID-19 patients. *Intensive Care Med Exp*. 2023;11(1):1-9. [DOI](#)
27. Chen V, **Khan TA**, Chiavaroli L, et al. Relation of fruit juice with adiposity and diabetes depends on how fruit juice is defined. *Eur J Clin Nutr*. 2023;77(7):699-704. [DOI](#)
28. Nguyen M, Jarvis SE, Tinajero MG, ... **Khan TA**, et al. Sugar-sweetened beverage consumption and weight gain: systematic review and meta-analysis. *Am J Clin Nutr*. 2022 Dec 20. [DOI](#)
29. Ahmed A, Tul-Noor Z, Lee D, ... **Khan TA** (corresponding author), Sievenpiper JL. Effect of honey on cardiometabolic risk factors: systematic review and meta-analysis. *Nutr Rev*. 2022 Nov. [DOI](#)
Initiated the project, obtained the grant, supervised and served as corresponding author.
30. Almaatani D, Zurbau A, ... **Khan TA**, Sievenpiper JL, Van Den Heuvel M. Parents' stress and parental feeding practices: systematic review and meta-analysis. *Matern Child Nutr*. 2022;e13448. [DOI](#)
31. Yu J, Balaji B, Tinajero M, Jarvis S, **Khan T**, et al. White rice, brown rice and the risk of type 2 diabetes: systematic review and meta-analysis. *BMJ Open*. 2022;12(9):e065426. [DOI](#)
32. Qi X, Chiavaroli L, Lee D, ... **Khan TA**, et al. Important Food Sources of Fructose-Containing Sugars on Inflammatory Biomarkers: Systematic Review and Meta-Analysis. *Nutrients*. 2022;14(19):3986. [DOI](#)
33. Chen V, Zurbau A, Ahmed A, **Khan TA**, et al. Effect of oats and oat β -glucan on glycemic control in diabetes: systematic review and meta-analysis of RCTs. *BMJ Open Diabetes Res Care*. 2022;10(5):e002784. [DOI](#)
34. Massara P, Zurbau A, Glenn AJ, Chiavaroli L, **Khan TA**, et al. Nordic dietary patterns and cardiometabolic outcomes: systematic review and meta-analysis. *Diabetologia*. 2022;65(12):2011-31. [DOI](#)
35. Jovanovski E, Nguyen M, ... **Khan TA**, et al. Viscous vs non-viscous fibre from cereal sources and lipid lowering: systematic review and meta-analysis of RCTs. *Br J Nutr*. 2022 Aug 5:1-3. [DOI](#)
36. Lee JJ, **Khan TA**, McGlynn N, et al. Relation of Change or Substitution of Low- and No-Calorie Sweetened Beverages With Cardiometabolic Outcomes. *Diabetes Care*. 2022;45(8):1917-30. [DOI](#)
Co-developed the idea, supervised, developed methodology, trained student, finalized analysis, co-wrote.
37. Lee D, Chiavaroli L, Ayoub-Charette S, **Khan TA**, et al. Important food sources of fructose-containing sugars and NAFLD: systematic review and meta-analysis. *Nutrients*. 2022;14(14):2846. [DOI](#)
38. Jayedi A, **Khan TA**, Aune D, et al. Body fat and risk of all-cause mortality: systematic review and dose-response meta-analysis. *Int J Obes*. 2022;46(9):1573-81. [DOI](#)
Developed dose-response methodology, code, analysis, prepared results, co-wrote.
39. McGlynn N, **Khan T**, et al. Effect of Non-Nutritive Sweetened Beverages on Cardiometabolic Risk: Network Meta-Analysis of RCTs. *JAMA Netw Open*. 2022;5(3):e222092. [DOI](#)
Co-developed study, supervised student, developed all network analyses methodology, co-wrote.
40. Hosseini F, Jayedi A, **Khan TA**, Shab-Bidar S. Dietary carbohydrate and risk of type 2 diabetes: systematic review and dose-response meta-analysis. *Sci Rep*. 2022;12(1):2491. [DOI](#)
Developed dose-response methodology, code, analysis, results, co-wrote.
41. Noori M, Jayedi A, **Khan TA**, et al. Mediterranean dietary pattern and bone mineral density: dose-response meta-analysis. *Eur J Clin Nutr*. 2022;1-8. [DOI](#)
Developed dose-response methodology, code, analysis, results, co-wrote.
42. Kazemi A, Soltani S, ... **Khan T**, et al. Major food sources of fructose and cardiovascular disease, cancer, and all-cause mortality: dose-response meta-analysis. *Crit Rev Food Sci Nutr*. 2021;1-4. [DOI](#)
Developed dose-response methodology, code, analysis, results, co-wrote.
43. **Khan TA**, Sievenpiper JL, Fernstrom JD. Dietary Glutamic Acid, Obesity, and Depressive Symptoms in Patients With Schizophrenia. *Front Psychiatry*. 2021;12:725786. [DOI](#)
Conceived the commentary, developed statistical issues, wrote the paper.
44. Glenn AJ, Boucher BA, Kavcic CC, **Khan TA**, et al. Development of a Portfolio Diet Score. *Nutrients*. 2021;13(8):2850. [DOI](#)

45. Chiavaroli L, Lee D, Ahmed A, ... **Khan TA**, et al. Low glycaemic index or load dietary patterns on glycaemic control in diabetes: systematic review and meta-analysis. *BMJ*. 2021;374. [DOI](#)
Developed methodology, tools and code for the meta-analysis.
46. Ahmed A, **Khan TA**, Ramdath D, et al. Rare sugars and their health effects in humans: systematic review and narrative synthesis. *Nutr Rev*. 2022;80(2):255-70. [DOI](#)
Developed the idea, obtained grant, supervised student, co-wrote.
47. Zurbau A, Noronha JC, **Khan TA**, et al. Effect of oat β -glucan on postprandial blood glucose and insulin: systematic review and meta-analysis. *Eur J Clin Nutr*. 2021;75(11):1540-54. [DOI](#)
Developed ratio-of-means and dose-response meta-analysis methodology, wrote code, supervised analysis.
48. Shahinfar H, Jayedi A, **Khan TA**, et al. Coffee consumption and cardiovascular diseases and mortality in type 2 diabetes: systematic review and dose-response meta-analysis. *Nutr Metab Cardiovasc Dis*. 2021;31(9):2526-38. [DOI](#)
Developed methodology, conducted meta-analysis, wrote methods, revised manuscript.
49. Jayedi A, Emadi A, **Khan TA**, et al. Dietary fiber and survival in women with breast cancer: dose-response meta-analysis. *Nutr Cancer*. 2021;73(9):1570-80. [DOI](#)
Developed methodology, code, dose-response meta-analysis, wrote methods, revised manuscript.
50. Ayoub-Charette S, Chiavaroli L, ... **Khan TA**, et al. Food Sources of Fructose-Containing Sugars and Fasting Blood Uric Acid: Systematic Review and Meta-Analysis. *J Nutr*. 2021 Jun 4. [DOI](#)
51. Zeraatkar D, Bhasin A, ... **Khan TA**, et al. Systematic reviews and meta-analyses of nutritional epidemiology studies often have serious methodological limitations. *Am J Clin Nutr*. 2021;113(6):1578-92. [DOI](#)
52. **Khan TA**, Sievenpiper JL. Low-calorie sweeteners with carbohydrate do not impair insulin sensitivity: Re-analysis highlighting the importance of the comparator. *Cell Metab*. 2021;33(2):225-6. [DOI](#)
Re-analysed published data to highlight a key flaw in study comparator design. Published as commentary.
53. Jovanovski E, Mazhar N, ... **Khan T**, et al. Viscous fiber supplementation and obesity indicators: systematic review and meta-analysis. *Eur J Nutr*. 2021;60(1):101-12. [DOI](#)
54. Vors C, Allaire J, Mejia SB, **Khan TA**, Sievenpiper JL, Lamarche B. Letter to the Editor Reply re: DHA and EPA inflammation. *Adv Nutr*. 2021;12(1):278-9. [DOI](#)
55. Zurbau A, Au-Yeung F, Mejia SB, **Khan T**. Relation of Different Fruit and Vegetable Sources With Incident Cardiovascular Outcomes. *J Am Heart Assoc*. 2020;9:e017728. [DOI](#)
56. **Khan TA**, Sievenpiper JL. Low-energy sweeteners and cardiometabolic health: is there method in the madness? *Am J Clin Nutr*. 2020;112(4):917-9. [DOI](#)
Wrote the paper.
57. Jayedi A, Soltani S, Zargar MS, **Khan TA**, Shab-Bidar S. Central fatness and the risk of all-cause mortality: systematic review and dose-response meta-analysis of 72 prospective cohort studies. *BMJ*. 2020;370. [DOI](#)
Developed all methodology, tools and code for dose-response meta-analysis. Widely covered in media.
58. Vors C, Allaire J, Mejia SB, **Khan T**, et al. Comparing effects of DHA and EPA on inflammation markers using pairwise and network meta-analyses. *Adv Nutr*. 2020. [DOI](#)
59. Li D, Nishi S, ... **Khan T**, et al. Nitrate-rich interventions on blood pressure and arterial stiffness: systematic review and meta-analysis. *J Hypertens*. 2020;38. [DOI](#)
60. Semnani-Azad Z, **Khan TA**, Mejia SB, et al. Food sources of fructose-containing sugars and incident metabolic syndrome: systematic review and meta-analysis. *JAMA Netw Open*. 2020;3(7):e209993. [DOI](#)
Co-developed idea, supervised student, developed methodology, analysis, co-wrote.
61. **Khan TA**, Chiavaroli L, Bazinet RP, Sievenpiper JL. Apparent conflicts of interest do not preclude scientific rigor. *Am J Clin Nutr*. 2020;111(4):915-6. [DOI](#)
Independently developed idea, wrote the piece.
62. Jovanovski E, Mazhar N, ... **Khan T**, et al. Viscous fiber and obesity on calorie-restricted diets: systematic review and meta-analysis of RCTs. *Eur J Nutr*. 2020:1-2. [DOI](#)
63. Braunstein CR, Noronha JC, **Khan TA**, et al. Fructose and its epimers on postprandial carbohydrate metabolism: systematic review and meta-analysis. *Clin Nutr*. 2020;39(11):3308-18. [DOI](#)
64. Jovanovski E, Mazhar N, ... **Khan T**, et al. Dietary viscous fiber and body weight independently of energy restriction: systematic review and meta-analysis. *Am J Clin Nutr*. 2020 Jan 3. [DOI](#)
65. Liu Q, Ayoub-Charette S, **Khan TA**, et al. Food Sources of Fructose-Containing Sugars and Incident Hypertension: Systematic Review and Dose-Response Meta-Analysis. *J Am Heart Assoc*. 2019;8:e010977. [DOI](#)
Supervised student, developed methodology, analysis, co-wrote.
66. **Khan TA**, Tayyiba M, Agarwal A, et al. Relation of Total Sugars, Sucrose, Fructose, and Added Sugars with CVD Risk: Systematic Review and Dose-response Meta-Analysis. *Mayo Clin Proc*. 2019:1-16. [DOI](#)
Developed idea/methods, conducted analysis, wrote. First paper to show non-linear dose-response for fructose-containing sugars.

67. **Khan TA**, Chiavaroli L, Zurbau A, Sievenpiper JL. Lack of consideration of a dose-response relationship can lead to erroneous conclusions regarding 100% fruit juice and cardiometabolic disease. *Eur J Clin Nutr.* 2019;1-5. [DOI](#)
Independently developed the idea for non-linear relationships, ran analysis, wrote the paper.
68. Vigiouliouk E, Glenn AJ, Nishi SK, ... **Khan T**, et al. Pulses and cardiometabolic disease outcomes: umbrella review and updated systematic review and meta-analysis. *Adv Nutr.* 2019;00:1-11. [DOI](#)
69. Uusitupa M, **Khan TA**, Vigiouliouk E, et al. Prevention of Type 2 Diabetes by Lifestyle Changes: Systematic Review and Meta-Analysis. *Nutrients.* 2019;11(11):2611. [DOI](#)
Led project under Professor Uusitupa, performed all data collection/analysis, co-wrote.
70. Glenn AJ, Vigiouliouk E, ... **Khan TA**, et al. Vegetarian dietary patterns and major cardiovascular outcomes: systematic review and meta-analysis. *Front Nutr.* 2019;6:80. [DOI](#)
71. **Khan TA**, Malik VS, Sievenpiper JL. Artificially Sweetened Beverages and Stroke, CHD, and All-Cause Mortality in the Women's Health Initiative. *Stroke.* 2019;50. [DOI](#)
Developed idea and wrote the response piece.
72. Ayoub-Charette S, Liu Q, **Khan TA**, et al. Food sources of fructose-containing sugars and incident gout: systematic review and meta-analysis. *BMJ Open.* 2019;9:e024171. [DOI](#)
73. Blanco MS, Messina M, ... **Khan TA**, et al. Soy Protein Decreases Circulating LDL and Total Cholesterol: meta-analysis of 46 studies. *J Nutr.* 2019 Apr 22. [DOI](#)
74. Noronha JC, Nishi SK, Braunstein CR, **Khan TA**, et al. Liquid meal replacements on cardiometabolic risk in T2D: systematic review and meta-analysis of RCTs. *Diabetes Care.* 2019;42(5):767-76. [DOI](#)
75. Becerra-Tomás N, Blanco Mejía S, ... **Khan T**, et al. Mediterranean diet, cardiovascular disease and mortality in diabetes: systematic review and meta-analysis. *Crit Rev Food Sci Nutr.* 2019;1-21. [DOI](#)
76. Masi S, Georgiopoulos G, **Khan T**, et al. Patterns of adiposity, vascular phenotypes and cognitive function in the 1946 British Birth Cohort. *BMC Med.* 2018;16(1):75. [DOI](#)
Co-developed study design, cleaned dataset, performed statistical analysis.
77. D'Aiuto F, Gkraniyas N, Bhowruth D, **Khan T**, et al. Systemic effects of periodontitis treatment in patients with T2D: a 12-month RCT. *Lancet Diabetes Endocrinol.* 2018;6(12):954-65. [DOI](#)
Led statistical analysis using multilevel linear regression. Paper won the Annual Clinical Research Award from the American Academy of Periodontology 2019.
78. Braunstein CR, Noronha JC, Glenn AJ, ... **Khan TA**, et al. Acute Feeding Equivalence Trial of Small Doses of Fructose and Allulose: FACE Trial. *Nutrients.* 2018;10(6):750. [DOI](#)
79. Wade KH, Chiesa ST, Hughes AD, ... **Khan T**, et al. Assessing the causal role of BMI on cardiovascular health in young adults: Mendelian randomization. *Circulation.* 2018;138(20):2187-2201. [DOI](#)
80. Chiavaroli L, Nishi SK, **Khan TA**, et al. Portfolio Dietary Pattern and Cardiovascular Disease: Systematic Review and Meta-Analysis of Controlled Trials. *Prog Cardiovasc Dis.* 2018 May 26. [DOI](#)
81. Noronha JC, Braunstein CR, Glenn AJ, **Khan TA**, et al. Small doses of fructose and allulose on postprandial glucose metabolism in T2D: double-blind RCT. *Diabetes Obes Metab.* 2018;20(10):2361-70. [DOI](#)
82. Sievenpiper JL, **Khan TA**, Ha V, Vigiouliouk E, Auyeung R. Importance of study design in assessment of non-nutritive sweeteners and cardiometabolic health. *CMAJ.* 2017;189(46):E1424-5. [DOI](#)
Joint first author, developed the idea, wrote the paper.
83. Choo VL, Vigiouliouk E, Blanco Mejia S, ... **Khan TA**, et al. Food sources of fructose-containing sugars and glycemic control: systematic review and meta-analysis. *BMJ.* 2018;363:k4644. [DOI](#)
84. Tsilas CS, de Souza RJ, ... **Khan T**, et al. Relation of total sugars, fructose, and sucrose with incident type 2 diabetes: systematic review and meta-analysis. *CMAJ.* 2017;189(20):E711-720. [DOI](#)
85. **Khan TA**, Sievenpiper JL. Controversies about sugars: results from systematic reviews and meta-analyses on obesity, cardiometabolic disease and diabetes. *Eur J Nutr.* 2016;55(Suppl 2):25-43. [DOI](#)
Developed idea, conducted research, wrote the paper.
86. Jamnik J, Rehman S, ... **Khan TA**, et al. Fructose Intake and Risk of Gout and Hyperuricemia: Systematic Review and Meta-Analysis. *BMJ Open.* 2016;6(10):e013191. [DOI](#)
87. **Khan TA**, Sievenpiper JL. Metabolic Improvement with Fructose Restriction: Is It the Fructose or the Weight Loss? *Obesity.* 2016;24(3):549. [DOI](#)
Developed idea, wrote manuscript.
88. O'Neill F, McLoughlin E, ... **Khan T**, et al. Reproducibility and Biological Variability of HDL's Vascular Functional Assays. *Atherosclerosis.* 2015;241(2):588-94. [DOI](#)
89. Hudson LD, Rapala A, **Khan T**, et al. Arterial stiffening in obese children and adolescents using pulse wave velocity: systematic review and meta-analysis. *Atherosclerosis.* 2015;241(2):376-86. [DOI](#)
90. O'Neill F, Riwanto M, ... **Khan T**, et al. Structural and functional changes in HDL with low grade and chronic inflammation. *Int J Cardiol.* 2015;188:111-6. [DOI](#)

91. Masi S, D'Aiuto F, Martin-Ruiz C, **Khan T**, et al. Rate of Telomere Shortening and Cardiovascular Damage: A Longitudinal Study. *Eur Heart J*. 2014;35(46):3296-3303. [DOI](#)
92. Charakida M, **Khan T**, Johnson W, et al. Lifelong Patterns of BMI and Cardiovascular Phenotype at ages 60–64 in the 1946 British Birth Cohort. *Lancet Diabetes Endocrinol*. 2014;2(8):648-54. [DOI](#)
Obtained data, cleaned it, conducted analysis, co-wrote.
93. Charakida M, de Groot E, Loukogeorgakis SP, **Khan T**, et al. Variability and Reproducibility of Flow-Mediated Dilatation. *Eur Heart J*. 2013;34(45):3501-7. [DOI](#)
94. **Khan TA**, Shah T, Prieto D, et al. Apolipoprotein E genotype, cardiovascular biomarkers and risk of stroke: Systematic review and meta-analysis of 14,015 stroke cases. *Int J Epidemiol*. 2013;42(2):475-92. [DOI](#)
PhD thesis work: developed a consortium of prospective cohort studies and obtained bespoke data for analysis.
95. Charakida M, Jones A, Falaschetti E, **Khan TA**, et al. Vascular adaption to obesity in Childhood. *J Am Coll Cardiol*. 2012;60(25):2643-50. [DOI](#)
96. Holmes MV, Shah SH, Angelakopoulou A, **Khan TA**, et al. Complex disease genetics: present and future translational applications. *Genome Med*. 2009;1(11):104. [DOI](#)
97. Zaidi AKM, Thaver D, Ali SA, **Khan TA**. Pathogens associated with sepsis in newborns and young infants. *Pediatr Infect Dis J*. 2009;28(1 Suppl):S10-8. [DOI](#)
98. **Khan TA**, Madni SA, Zaidi AKM. Acute respiratory infections in Pakistan: have we made any progress? *J Coll Physicians Surg Pak*. 2004;14(7):440-448.
Led the study, wrote the paper.
99. Khurram IM, Khan SA, ... **Khan TA**. Risk factors for clinical infection in patients colonized with MRSA. *JPM*. 2004;54(8):408-12.
100. **Khan TA**, Zaidi AKM. Vaccine-Preventable Childhood Diseases in Pakistan – A Situational Analysis. *J Infect Dis Pak*. 2003;12(2):49-56.
Led the project, wrote the paper.
101. Ali SA, **Khan TA**, Zaidi AKM. Neonatal sepsis in Peshawar. *Arch Dis Child Fetal Neonatal Ed*. 2002;87(3):F233. [DOI](#)

PRE-PRINT

1. Jayedi A, **Khan TA**, Mirrafiei A, et al. Dose-dependent effect of nuts on blood pressure: systematic review and meta-analysis of RCTs. medRxiv. 2021.

BOOK CHAPTERS

1. **Khan TA**, Ayoub-Charette S, Sievenpiper JL, Comelli EM. Non-Nutritive Sweeteners and Their Effects on Human Health and the Gut Microbiome. Encyclopedia of Gastroenterology. Elsevier; 2019.
2. Ayoub-Charette S, López-Domínguez L, **Khan TA**, Sievenpiper JL, Comelli EM. Dietary Emulsifiers and their Effects on the Gut Microbiome. Encyclopedia of Gastroenterology, 2nd Ed. 2019.
3. **Khan TA**. 'HONEYBEE' in A. Walker, C. Fitzpatrick (ed.), Muhammad in History, Thought, and Culture: An Encyclopedia of the Prophet of God, ABC-CLIO. 2013.

BOOKS

1. Iqbal F, **Khan TA**. Understanding Islam: Dispelling myths about Jihad, Oppression and Violence in Islam. Ahmadiyya Muslim Community; 2018. 158 pages.

REPORTS

1. Turner K, **Khan T**, Kirkwood B. A Review of the Effectiveness of Supplementary Feeding Strategies. MAINSTREAMING NUTRITION IN MATERNAL CHILD HEALTH. The World Bank. 2007.
2. **Khan TA**, Zaidi AKM. Indoor Air Pollution and Child Health in Pakistan. World Health Organization. 2005.
3. Zaidi AKM, **Khan TA**, Akram DS. Early Child Health and Survival Strategies in Pakistan. In: Bhutta ZA (ed). Maternal and Child Health in Pakistan. Oxford University Press. 2003.
4. **Khan T**, Hussain M. National Nutrition programmes and projects of Pakistan. Report for Government of Pakistan and UNICEF. 2003.

THESIS

1. **Khan TA**. Using Lipid Gene Variants as Instruments to Dissect Biological Pathways. PhD Thesis. London School of Hygiene & Tropical Medicine. 2012.

INVITED SPEAKER PRESENTATIONS (22)

1. **Sweet Choices, Serious Consequences: Navigating Added Sugars, Low- and No-Calorie Sweeteners in Oral & Overall Healthcare. American Dental Association (ADA) Annual Meeting, Indianapolis, IN.**
Oct 2026 (forthcoming)
2. **Low- and No-Calorie Sweeteners: Reconciling Evidence, Guidelines, and New Directions. IAFNS Food Classification Research Roundtable: Processing, Formulation, and Nutrition, Washington, DC.**
Mar 2026
3. **Rare sugars and honey and small quantities of sugars to promote healthy foods consumption. 6th ICQC Meeting, Kalamata, Greece.**
Oct 2025
4. **Updates on a mega-cohorts pooling project for low- and no-calorie sweeteners and health outcomes. 6th ICQC Meeting, Kalamata, Greece.**
Oct 2025
5. **Systematic overview of global guidelines for low- and no-calorie sweeteners. 6th ICQC Meeting, Kalamata, Greece.**
Oct 2025
6. **Low and no calorie sweeteners as a tool for sugars reduction: Moving from evidence to harmonized guidelines. 42nd DNSG meeting, Ottawa, Canada.**
Jun 2025
7. **Low- and no-calorie sweeteners and health: Current evidence and path forward. CNS Webinar.**
Apr 2025
8. **Low-Calorie Sweeteners: Health Evidence and Nutritional Guidance. International Nutrition and Health Symposium, Dubai.**
Sep 2024
9. **The Health Benefits of Maple Syrup: the role of rare sugars. Ontario Maple Syrup Association, North Bay, Ontario.**
Jul 2024
10. **Interpretation, Inference and Future Directions: Panel Discussion on Observational Studies. ASN Conference, Chicago.**
2024
11. **Non-nutritive sweeteners and health: Reconciling the evidence. CNS Thematic Conference, Toronto.**
Jan 2024
12. **Synthesis of evidence on Low and non-caloric sweeteners, body weight and other health effects. DIFSC Dubai Food Conference.**
Dec 2023
13. **Recommendations and regulation on low/no calorie sweeteners: Global and Brazilian perspectives. ISA-SBAN Webinar.**
Dec 2023
14. **The effect of floral honey on health and honey rare sugars. Alberta Beekeepers AGM, Edmonton.**
Nov 2023
15. **Evidence basis for WHO guideline on non-sugar sweeteners. Reformulation of Food Products Conference, Ankara, Turkey.**
Jun 2023
16. **Navigating the WHO guideline on non-sugar sweeteners. DNSG, Pula, Croatia.** Jun 2023
17. **International guidelines on non-sugar sweeteners and health. Food Additive Summit, Muscat, Oman.**
May 2023
18. **Evidence on low- and non-calorie sweeteners: The WHO guideline and reconsideration. GCC Standardization workshop, Riyadh, Saudi Arabia.**
Mar 2023
19. **Low-calorie sweeteners on acute metabolic risk factors: updated evidence. IAFNS press briefing (virtual).**
Feb 2022
20. **WHO's 2022 Draft Guidelines on Non-Sugar Sweeteners. IAFNS/IFIC/CCC Seminar (virtual).**
Aug 2022
21. **The role of food sources of sugars and non-caloric sweeteners on cardiometabolic disease. CCC Annual Meeting, Washington DC.**
Nov 2018

22. Apolipoprotein E Genotype and ischaemic stroke. Cambridge Strangeways Laboratory. 2010

CONFERENCE SESSION CHAIR

Co-Chair, Session 16 — Short Oral Abstracts. 43rd International Symposium on Diabetes & Nutrition (DNSG/EASD), Montbrió de Camp, Tarragona, Spain.

Jun 2026

Co-chaired with Stephanie Nishi (17 June 2026).

CONFERENCE ABSTRACTS & PRESENTATIONS

Total: 109 (First/presenting author: 24 · Supervising co-author: 65 · Collaborating co-author: 18)

A complete list of all conference abstracts is available upon request. Below are selected first-author presentations:

1. **Khan TA**, Ahmad S, Ayoub-Charette S, et al. Substitution of Low- and No-Calorie Sweetened Beverages for Sugar-Sweetened Beverages and Cardiometabolic Outcomes: A Systematic Review and Meta-substitution Analysis of Mega-Cohort Studies of $\geq 100,000$ participants. 43rd International Symposium on Diabetes & Nutrition (DNSG/EASD), Montbrió de Camp, Tarragona, Spain, 15 Jun 2026. Short Oral (SO14), Session 7.
2. **Khan TA**, et al. Effect of rare sugars on cardiometabolic outcomes: systematic review and meta-analysis. Rare Sugar Congress, Takamatsu, Japan, Mar–Apr 2023. Poster.
3. **Khan TA**, et al. Important food sources of sugars and type 2 diabetes: systematic review and meta-analysis. Diabetes Canada Conference, Calgary, Nov 2022. Poster.
4. **Khan TA**, et al. Important food sources of sugars and type 2 diabetes. 39th DNSG/EASD International Symposium, Athens, Greece, Jun 2022. Oral.
5. **Khan TA**, et al. Effect of intermittent fasting strategies on cardiometabolic risk factors: network meta-analysis of RCTs. 38th DNSG/EASD Symposium, Spain (virtual), Jun 2021. Poster.
6. **Khan TA**, et al. Effect of intermittent fasting strategies: network meta-analysis of RCTs. CNS Thematic Conference, Jan 2021. Poster.
7. **Khan TA**, et al. Important food sources of sugars and type 2 diabetes. CNS, Niagara Falls, Canada, May 2019. Poster.
8. **Khan TA**, et al. Important food sources of sugars and type 2 diabetes. 36th DNSG/EASD Symposium, Opatija, Croatia, Jun 2018. Oral.
9. **Khan TA**, et al. Important Food Sources of Sugars and Type 2 Diabetes. Diabetes Canada Conference, Halifax, 2018. Poster.
10. **Khan TA**, et al. Low-risk lifestyle behaviours and diabetes. CIHR INMD Meeting, Toronto, 2018. Poster.
11. **Khan TA**, et al. The effect of honey intake on lipid risk factors. Rank Prize Fund Mini-symposium, Grasmere, UK, 2017. Oral.
12. **Khan TA**, et al. Low-risk lifestyle behaviours and incident type 2 diabetes. 35th DNSG/EASD Symposium, Skagen, Denmark, Jun 2017. Poster.
13. **Khan TA**, et al. Relation of Fructose-Containing Sugars with CVD. ASN/EB, Chicago, 2017. Poster.
14. **Khan TA**, et al. Honey consumption and cardiometabolic risk. Tahir Heart Institute Conference, Rabwah, Pakistan, 2016. Oral.
15. **Khan TA**, et al. Low risk lifestyle behaviours and CV Events. 34th DNSG/EASD Symposium, Prague, 2016. Oral.
16. **Khan TA**, et al. Total Sugars, Fructose-Containing Sugars and CVD Risk. ASN/EB, San Diego, 2016. Poster.
17. **Khan TA**, et al. Association of waist circumference and physical activity on arterial stiffness. ACC, Washington DC, 2014. Poster.
18. **Khan TA**, et al. Lipoprotein(a): An investigation into causal mechanism of CHD risk. EAS Satellite Meeting, Copenhagen, 2011. Oral.
19. **Khan TA**, et al. Lipoprotein(a): causal mechanism of CHD risk. Conference on Genetics of Complex Diseases, London, 2011. Oral.
20. **Khan TA**, et al. APOE Genotype and ischaemic stroke. 78th EAS Conference, Hamburg, Germany. Oral.
21. **Khan TA**, et al. APOE Genotype and ischaemic stroke. EAS Summer School, Cambridge, UK, 2009. Oral.

SELECT MEDIA INTERVIEWS & COVERAGE

1. VOI Breakfast show — Honey and its healing properties. Oct 2025.
2. Newswise Live Event: Do No-Calorie Sweeteners Affect Health? Feb 2023.
3. Medscape — Do Artificial Sweeteners Alter Post-Meal Glucose, Hunger Hormones? Mar 2023.
4. Fox News — Honey as an alternative to sugar? Jan 2022.
5. India TV News — Honey intake and blood sugar/cholesterol. Dec 2022.
6. Evening Standard — Raw honey could help reduce blood sugar and cholesterol. Nov 2022.
7. Metro — Honey is good for your heart and metabolism. Nov 2022.
8. Geo News — Study shows miraculous health benefits of honey. Nov 2022.
9. University of Toronto Media — Study suggests honey reduces cardiometabolic risks. Nov 2022.
10. New York Times — Where You Carry Body Fat May Affect How Long You Live. Oct 2020.

COMMUNITY TALKS & PUBLIC SCIENCE COMMUNICATION (24)

Regular contributor to public understanding of science through talks, radio interviews, and magazine articles for The Review of Religions, Al-Hakam Weekly, and Voice of Islam. Topics include the science of honey, diet and health, and Quranic inspiration for research (2015–present).

TEACHING

Advanced Meta-analysis Using STATA <i>Meta-Analysis in Nutrition Study Group, University of Toronto</i>	2019–Present
Introduction to Meta-analysis Using STATA <i>Risk Factor Modification Centre Seminar Series, St Michael's Hospital</i>	2018–2019
Course Organizer, EPM307 Global Epidemiology of NCDs <i>MSc Epidemiology (Distance Learning), LSHTM. Led the effort to revise and upgrade the course in 2017–18.</i>	2013–2018
Course Instructor, Introduction to Epidemiology (FIPH705) <i>MSc Public Health Nutrition, University of Westminster, UK</i>	2011
Course Instructor (4 modules) <i>MSc Clinical Trials & MSc Epidemiology (Distance Learning), LSHTM</i> CTM104 Reporting & Reviewing Clinical Trials · CTM201 Protocol Development · CTM207 Design & Analysis of Epi Studies · CTM210 Integrating Module · EPM105 Writing & Reviewing Epi Papers · EPM303 Epidemiology of NCDs · EPM307 Global Epidemiology of NCDs	2007–2019
Course Instructor, Advanced Methods in Epidemiological Analysis <i>Summer Course (in-person), LSHTM</i> Modules: disease frequency, confounding and interaction, cohort/case-control analysis, logistic/Poisson regression, survival analysis, cluster data analysis	2008–2012
Course Instructor, Intensive Course in Epidemiology <i>In-person course, LSHTM</i> Covers: measuring health/disease, study design, statistical inference, regression analysis, systematic review and meta-analysis	2008–2012

SUPERVISION & MENTORING (2015–PRESENT)

As Senior Research Associate, I have supervised, mentored and taught students in the Sievenpiper laboratory at the University of Toronto. Students under my supervision have won numerous competitive awards (CGS-M, BBDC fellowships, Toronto 3D scholarships, travel awards).

Visiting Scientist (1)

- Stefan Kabisch, MD, PhD — Knowledge syntheses of diet and cardiometabolic risk for guidelines development (Jan–Jun 2020)

PhD Students (3)

- Michelle Nguyen — Sugary beverage consumption and cardiometabolic risk (Feb 2022–present)
- Sabrina Ayoub-Charette — Non-nutritive sweeteners on microbiome in STOP SUGARS NOW trial (Sep 2018–present)
- Fei (Rodney) Au-Yeung, MSc — Meta-analyses of food sources of sugars and CVD (Sep 2016–present)

Visiting PhD Student (1)

- Nerea Becerra-Tomás (Universitat Rovira i Virgili, Spain) — Mediterranean diet and CVD in diabetes (Mar–Jun 2017)

MSc Students (8)

- Victoria Chen — Low-risk lifestyle behaviours and mortality (Sep 2022–present)
- Amna Ahmed — Rare sugars in honey and cardiometabolic risk (Sep 2020–present) [Toronto 3D MSc Award; CIHR CGS-M]
- Danielle Lee — Food sources of sugars and ectopic fat (Sep 2019–Sep 2021) [RTC Scholarship]
- Annette Cheung — Food sources of sugars and body weight (Sep 2018–Sep 2020) [Toronto 3D MSc Award ×2]
- Néma McGlynn — Non-nutritive sweeteners on glucose tolerance in STOP SUGARS NOW (Jan 2018–May 2020) [CIHR CGS-M; SMH RTC Scholarship]
- Neshat Deljoomanesh — Genetic variation in fructokinase and metabolic syndrome (Sep 2016–Sep 2017)
- Catherine Braunstein — Acute catalytic effects of fructose and allulose (Sep 2015–Sep 2017) [CGS-M]

- Jarvis Noronha — Acute catalytic effects of fructose and allulose in diabetes (Sep 2015–Sep 2017) [BBDC Travel Award; multiple competition wins; CGS-M; BBDC-Novo Nordisk Studentship]

MPH Project Student (1), MD Project Students (3), Undergraduate Research Students (13), Research Assistants (4)

Full details available upon request. Supervisees have collectively received: Toronto 3D Scholarships, BBDC Hollenberg Studentships, UROP Awards, CIHR CGS-M Awards, DNSG Young Investigator Awards, and multiple competition wins.

PEER REVIEW ACTIVITY

Regular reviewer for: American Journal of Clinical Nutrition, BMJ, Applied Physiology Nutrition and Metabolism, Atherosclerosis, BMC Nutrition, Clinical Obesity, European Journal of Nutrition, European Journal of Clinical Nutrition, Food Science and Nutrition, Nutrients, Nutrition Journal, Obesity, PLoS One, PLoS Medicine.

Paid review: Systematic Review and Meta-Analysis: Stepwise Medical Research — Elsevier Books (2022).

TECHNICAL SKILLS

- Statistical Software: Extensive experience with STATA (pairwise, network, dose-response meta-analysis; linear, logistic, mixed models) and R
- Computing: Endnote, Zotero, MS Office, macOS
- AI-Assisted Research: Claude Code (Anthropic) for research productivity under human oversight — PDF data extraction, systematic review and meta-analysis workflows, reproducible Stata/R pipelines, figure generation, and manuscript preparation; all outputs reviewed and validated by the investigator

PROFESSIONAL MEMBERSHIPS

- Canadian Nutrition Society (since 2018)
- American Society of Nutrition (since 2018)
- Canadian Society of Endocrinology and Metabolism (since 2019)

VOLUNTEER & COMMUNITY SERVICE

National Director of Education (National Secretary Talim) <i>Ahmadiyya Muslim Community Canada</i>	2022–Present
Outreach and Education Secretary <i>Ahmadiyya Muslim Community, Milton</i>	2021–2022
Judgement Coordinator, Abdus Salam Science Fair (GTA)	2016–2022
Judge, 3-Minute Thesis Competition	2016–2019
Editor, Science Section, The Review of Religions <i>Comparative religious magazine presenting teachings from scientific, historical, and archaeological perspectives</i>	2015–Present
Chairman, Review of Religions Research Group Canada	2015–2019
Editor, Tariq Magazine for Youth, AMYA UK	2010–2014
Director of Student Affairs, AMYA UK <i>Organized career seminars, lectures, and mentorship for students</i>	2010–2014
Founding Member, Ahmadi Cycling Club (ACC) UK & Canada <i>Avid road cyclist (~100 km/week)</i>	2012–Present
Head, Ahmadiyya Muslim Research Association, UK	2008–2010

DISCLOSURE

TAK discloses receiving research grants from Diabetes Canada, CIHR, IAFNS (formerly ILSI North America), National Honey Board (USDA Checkoff), and the Toronto 3D Foundation. TAK has received honoraria from IAFNS, IFIC, Calorie Control Council, International Sweeteners Association, AmCham Dubai, and Ontario Maple Syrup Producers' Association. TAK has served as a consultant for Heartland Foods Product Group.