

Iris Shai

Iris Shai, RD, PhD, chair of the Cathedra of Epidemiology named by Dr. Herman Kessel, is a Professor of Nutrition and Epidemiology at BGU in the field of nutrition and chronic diseases, a visiting Professor at Harvard University, and a member in the Government Health Ministry Committee for healthy Nutrition Regulations in Israel. Her focuses are long-term, large scale, compressive dietary randomized controlled trials (RCTs), performed in standards of drugs trials, and long-term cohorts. Following her fellowship, awarded with Fulbright, in Harvard School of Public Health, she leaded, with her international research team, the 2-year Dietary Intervention Randomized Controlled Trial (DIRECT) and 4-year follow-up, comparing the effects of dietary strategies on cardiometabolic risk and plaque regression. In her next trial (CASCADE) she addressed the 2-year effect of moderate alcohol in type 2 diabetes and her recent whole-body MRI trial (CENTRAL) focused on dynamic of human specific fat depots and fuel metabolism across dietary strategies. Currently, she runs the DIRECT PLUS trial, which explores the effect of green Med diet, specifccaly fortified with enriched polyphenols aquatic plant, on the gut-fat-brain axis.