

Programme

Thursday, October 19, 2023
Amphi C



Université Saint-Joseph de Beyrouth
Faculté de pharmacie
Département de nutrition

1:30 pm - 2:00 pm | Inscriptions - Registration

2:00 pm - 2:20 pm | Séance d'ouverture - Opening Session

Allocutions | Speeches

Dr. Khalil Helou, *Chef du Département de nutrition de la Faculté de pharmacie de l'Université Saint-Joseph de Beyrouth* | *Head of the Nutrition Department, Faculty of Pharmacy, Saint Joseph University of Beirut*

Prof. Marianne Abi Fadel, *Doyen de la Faculté de pharmacie de l'Université Saint-Joseph de Beyrouth* | *Dean of the Faculty of Pharmacy, Saint Joseph University of Beirut*

Prof. Salim Daccache S.J., *Recteur de l'Université Saint-Joseph de Beyrouth* | *Rector of Saint Joseph University of Beirut.*

2:20 pm - 3:00 pm | Plenary Session

Moderator: **Ms. Nathalie Asmar Yaghi**

Keynote speaker: **Mr. Naim Khan** - Obesity: a matter of taste
Q&A

Axis I – Diet and Health Outcomes

3:00 pm - 4:00 pm | 1st Session

Moderator: **Ms. Yonna Sacre**

Ms. Nathalie Asmar Yaghi - Dietary patterns and frailty in community-dwelling older Lebanese.

Ms. Mira Daher - Trends and amounts of consumption of low-calorie sweeteners: a cross-sectional study.

Ms. Mia Abou Diwan - Dietary patterns and birth outcomes of healthy Lebanese pregnant women.

Q&A

4:00 pm - 4:30 pm | Break - Poster Session

4:30 pm - 5:30 pm | 2nd Session

Moderator: **Mr. Nassim Fares**

Ms. Jana Jabbour - Dietary practices, weight cycling, and restrained eating of individuals following the ketogenic diet in Lebanon.

Ms. Nicole Fakhoury Sayegh - Effects of spirulina on liver, kidney and pancreatic lesions induced by a fructose-enriched diet in a rat model of non-alcoholic fatty liver disease.

Ms. Sarah Lebbos - The effects of a diet, enriched in fructose and spirulina, on nonalcoholic fatty liver disease characteristics and intestinal microbiota on Wistar male rats.

Q&A

5:30 pm - 6:00 pm | 3rd Session

Moderator: **Ms. Nicole Fakhoury Sayegh**

Ms. Mirella Abou Zeid - World Food Programme - Overview on nutrition and WFP's interventions in Lebanon.

Ms. Catherine Saïid - World Food Programme - Food security updates for Lebanon's residents.

Q&A

18h00 - 18h30 - Poster Session

Friday, October 20, 2023
Amphi B

8:30 am - 9:00 am | Registration

9:00 am - 9:45 am | Plenary session

Moderator: **Mr. Khalil Helou**

Keynote speaker: **Ms. Nahla Hwalla** – Nutraceuticals in Mediterranean diet
Q&A

Axis I – Diet and Health Outcomes

9:45 am - 11:00 am | 4th Session

Moderator: **Ms. Melissa Rizk**

Ms. Liliane Said - Sahtak bi Sahnak, an intervention targeting part of our population and all of our future.

Ms. Maria Jose Demirdjian - The effect of a physical activity program on the wellbeing, perceived stress and sleep quality during the Covid-19 pandemic: interventional study on a sample of Lebanese adults.

Ms. Nagham Sannan - The effects of a nutrition education program on athletes' nutritional knowledge, eating habits and performance.

Ms. Nelda Nader - Will my protein shake heal me? - Sports nutrition strategies to support the injured athlete.

Q&A

11:00 am - 11:15 am | Break - Poster Session

Axis II – Food: Health and Sustainability

11:15 am - 12:30 pm | 1st Session

Moderator: **Mr. Elie Bou Yazbeck**

Ms. Rita Yaacoub - National legislation for trans fatty acid elimination in foods in Lebanon.

Ms. Sima Hamadeh - The food systems integrated approach: knowledge for policy and science journalism.

Mr. Hussein Hassan - Chemical safety of rice marketed in Lebanon.

Ms. Carla Ibrahim - Assessment of the composition of breastmilk substitutes, commercial complementary foods, and commercial snack products commonly fed to infants and young children in Lebanon: a call to action.

Q&A

12:30 pm - 12:45 pm | Break - Poster Session

12:45 pm - 1:45 pm | 2nd Session

Moderator: **Ms. Sima Hamadeh**

Ms. Yara Mahfouz - Predictors of serum polychlorinated dibenzo-p-dioxins and polychlorinated dibenzofurans (PCDD/Fs) levels, and per- and poly-fluoroalkyl substances (PFAS) in a sample of Lebanese pregnant women: application of a machine learning prediction model from sociodemographic, dietary, anthropometric, and environmental factors.

Ms. Christelle El Tomb - Durum and freekeh flours in flatbreads: impacts of partial substitution

Ms. Petra Youssef - Optimization of the authenticity of Lebanese "whole wheat" bread as per LIBNOR definition: special focus on flour chemical and geological characteristics, bread quality and total dietary fibers content.

Q&A

1:45pm - 2:00 pm | Closing Ceremony & Awards