

Programme



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

Monday, April 29, 2024

1:00 PM - 1:30 PM | Inscriptions - Registration - Amphi C

1:30 PM - 1:45 PM | 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

1:45 PM - 2:30 PM | Plenary Session

Moderators: **Mr. Khalil Helou, Ms. Nathalie Asmar Yaghi**

Keynote speaker: **Ms. Nahla Hwalla** - Nutraceuticals in the Mediterranean diet

Q&A

Axis I – Diet and Health Outcomes

2:30 PM - 3:30 PM | 1st Session

Moderator: **Ms. Yonna Sacre**

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

Ms. Mira Dahir - 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

3:30 PM - 4:00 PM | Break - Poster Session

4:00 PM - 5:00 PM | 2nd Session - Amphi C

Moderator: **Ms. Nour Helou**

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.

Q&A

5:00 PM - 5:30 PM | 3rd Session

Moderator: **Ms. Nicole Fakhoury Sayegh**

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

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

Q&A

5:30 PM - 6:00 PM - Poster Session

Tuesday, April 30, 2024

9:00 AM - 9:30 AM | Inscriptions - Registration - Amphi B

Axis I – Diet and Health Outcomes

9:30 AM - 10:30 AM | 4th 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

10:30 AM - 11:15 AM | Plenary session

Moderator: Ms. Nathalie Asmar Yaghi

Keynote speaker: Mr. Naim Khan - *Obesity: A matter of fat taste*

Q&A

11:15 AM - 11:30 AM | Break - Poster Session

11:30 AM - 12:30 AM | Séance d'ouverture - Opening Session - Amphi C

Pr Marianne ABI FADEL | Doyen de la Faculté de pharmacie de l'Université Saint-Joseph de Beyrouth
Dean of the Faculty of Pharmacy of the Saint Joseph University of Beirut

Hommage au Pr Dolla KARAM SARKIS | Tribute to Prof. Dolla KARAM SARKIS
Doyen Honoraire de la Faculté de pharmacie, Vice-recteur à la Recherche
Honorary Dean of the Faculty of Pharmacy, Vice-Rector for Research

Pr Irma MAJDALANI, Experte qualité à l'USJ | Quality expert at USJ

Intermède musical par Mlles Maya et Yara Mahfouz, PhD en Nutrition
Musical interlude by Miss Maya and Miss Yara Mahfouz, PhD in Nutrition

Dr Colette REAUDY | Chef du département de Pharmacie au Ministère de la Santé publique | Head of Pharmacy Department at the Ministry of Public Health

Dr Tamara EL ZEIN | Secrétaire général du CNRS libanais | General secretary of the Lebanese CNRS

Pr Salim DACCACHE s.j | Recteur de l'Université Saint-Joseph de Beyrouth | Rector of the Saint Joseph University of Beirut

12:30 PM - 2:00 PM - Pause déjeuner - Lunch Break

Axis II – Food: Health and Sustainability

2:00 PM - 3:15 PM | 1st Session - Amphi B

Moderator: Mr. Joseph Matta

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

Ms. Rita Yaacoub and Ms. Yasmin Rihawi - 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.

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

3:15 PM - 4:15 PM | 2nd Session - Amphi B

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 chemicals and geological characteristics, bread quality and total dietary fiber content.

Q&A

4:15 PM - 4:30 PM | Séance de Clôture et Remise des Prix - Closing Ceremony & Awards

