

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 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

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 Saïid - 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 Tamara EL ZEIN | Secrétaire général du CNRS libanais | *General secretary of the Lebanese CNRS*

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

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*

