

Scientific Insights for the Dietetic practice

Held on the last Friday of every month

Organized by the Department of Nutrition,
Faculty of Pharmacy, Saint Joseph University of Beirut,
as part of the monthly Seminar Series.

Seminar 1

September 26, 2025 @ 5:30 PM

Medical Sciences Campus
Auditorium C

LEBANESE BREAD UNDER THE LENS... From Grain to Health



Objective:

The seminar delves into the science of bread making, from wheat types and flour composition to breadmaking methods and reformulation potential. It introduces dietitians to the bread value chain while addressing health challenges and opportunities for better guidance in clinical and community settings.

Learning Outcomes:

By the end of this seminar, participants will:

1. Describe the types of wheat and flour used in Lebanese breadmaking and their nutritional and functional properties.
2. Identify and evaluate bread ingredients, fermentation methods, and additives, including gluten-free and high-protein formulations.
3. Apply clinical knowledge related to different types of bread on the Lebanese market, and their integration to different cases of dietary management plans.
4. Get acquainted to Lebanese legislation related to bread and flour composition and labeling.

Target Audience:

Licensed dietitians, nutrition professionals, and clinical practitioners interested in understanding bread formulation in Lebanon and its integration to diet therapy.

Number of CPE credits provided by the Lebanese Order of Dietitians (LOD): 1.5 credits



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Agenda

5:00 PM - 5:30 PM

Internship Certificate Awarding Ceremony

5:30 PM

Opening Remarks

Dr. Khalil Helou (USJ)

Dr. Nathalie Asmar Yaghi (USJ)

Introduction to the seminar scope, structure, and relevance to dietetic practice

Session 1: Lebanese Bread in the Spotlight: Heritage and Nutrition

Dr. Cynthia Helou (USJ) | 15 minutes

Session 2: The Legal Framework for Flour and Bread in Lebanon

Ms. Lena Dergham (Libnor) | 15 minutes

Session 3: From Ingredients to Labels: What Every Dietitian Should Know

Mr. Kifah Ammar (Crown Flour Mills) | 15 minutes

Session 4: Which Breads Should We Recommend, and Under What Conditions?

Dr. Joseph Matta (USJ/IRI) | 15 minutes

Session 5: Overview of Health Considerations and Diseases Associated with Wheat and Bread Consumption

Dr. Nicole Sayegh (USJ) | 15 minutes

Conclusion and Q&A | 15 minutes

Key takeaways, discussion, and closing remarks.