

## OLIVES AND OLIVE OIL... Beyond the Fat Profile

Faculté de pharmacie

Département de nutrition

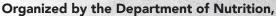
### Scientific Insights for the Dietetic Practice Held on the last Friday of every month

Number of CPE credits provided by the Lebanese Order of Dietitians (LOD): 2 credits

#### Seminar 2

October 31, 2025 @ 5:30 PM

Medical Sciences Campus, Auditorium C



Faculty of Pharmacy, Saint Joseph University of Beirut, as part of the monthly Seminar Series.

# To register

#### PROGRAM OF THE SEMINAR

5:00 - 5:30 PM	Registration and	exhibition area visit
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#### 5:30 – 5:45 PM **Seminar & Opening Remarks** (15 min)

Prof. Hayat Azouri, Dean of the Faculty of Pharmacy (USJ)
Dr. Khalil Helou, Head of Nutrition Department (USJ)
Dr. Nathalie Asmar Yaqhi, Seminar series, Coordinator (USJ)

#### 5:45 – 6:00 PM The Liquid Gold Heritage: How the Olive Shaped History and Health

(15 min)

Dr. Khalil Helou (USJ)

#### 6:00 – 6:15 PM Olive Oil Labeling Regulations in Lebanon (15 min)

Dr. Joseph Matta (USJ)

6:15 – 6:30 PM Coffee break

6:30 – 7:10 PM Olives and Olive Oil: Bioactives, Benefits and Beyond (40 min)

Dr. El Riachy Milad (LARI, USJ)

7:10 – 7:25 PM Oil Tasting: How to Distinguish Between Different Oil Qualities (15 min)

Dr. El Riachy Milad (LARI, USJ)

7:25 – 7:30 PM Q&A (5 min)









## OLIVES AND OLIVE OIL... Beyond the Fat Profile

#### **Target Audience:**

Licensed dietitians, nutrition professionals, and clinical practitioners interested in understanding olives and olive oil in Lebanon, for a better clinical integration to diet therapy.

#### **Overview:**

The seminar delves into the science of olives and olive oil, one of the pillars of the Mediterranean dietary heritage. This seminar will equip dietitians and healthcare professionals with up-to-date, evidence-based insights on the role of olives and olive oil in clinical nutrition and preventive health. Guided by a distinguished researcher in olive bioactive compounds, the session will bridge cutting-edge science with practical healthcare applications and will include an olive oil tasting to demonstrate how to identify key molecular components and assess oil quality.

#### **Learning Outcomes:**

By the end of this seminar, participants will:

- 1. Identify the main phytonutrients in olives and olive oil, including key polyphenols such as hydroxytyrosol, oleuropein, and tyrosol.
- 2. Assess the scientific evidence on the health effects of olives, and olive-derived compounds across different health conditions.
- 3. Understand existing debates and knowledge gaps in olive oil research.
- 4. Compare olive oil categories (refined, virgin, extra virgin) in relation to composition, quality, chemical and physical stability, and health benefits.
- 5. Compare the nutritional profile of olive oil to common types of fats used in cooking.
- Understand olive oil extraction, production, local market, and preservation practices.
- 7. Understand regional characteristics of olives and evaluate both traditional and modern preservation methods.
- 8. Get acquainted with labeling regulations in Lebanon with regards to olive oil.