

OLIVES AND OLIVE OIL...

Beyond the Fat Profile

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

Organized by the Department of Nutrition,
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
- 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 Yaghi, *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)

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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.
6. 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.