

THE CONTROVERSY OF WINE

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): 1.5 credits**

Seminar 3

November 28th, 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

- 5:30 – 5:35 PM **Introduction to the Seminar**
Dr. Nathalie Asmar Yaghi, Seminar series Coordinator (DNFP - USJ)
& Vice-President of the Lebanese Order of Dietitians (LOD)
- 5:35 – 5:55 PM **History & Cultural Aspect of Wine**
Dr. Khalil Helou, Head of Department of Nutrition (DNFP-USJ)
- 5:55 – 6:15 PM Coffee Break & Exhibition Area Visit (20 min)
- 6:15 – 6:35 PM **From Grape to Glass: Exploring the Science, Standards, and Sensory World of Wine**
Mme Mira Merhej, Wine Specialist
- 6:35 – 7:00 PM **Wine and Health: an Update**
Dr. Khalil Helou (DNFP-USJ)
- 7 :00 – 7:15 PM **Round Table and Q&A**
Dr Nathalie Asmar Yaghi (DNFP-USJ)
Dr Nicole Fakhoury-Sayegh (DNFP-USJ)
Dr Nour Helou (DNFP-USJ)

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Target Audience:

Licensed dietitians, nutrition professionals, and clinical practitioners in Lebanon, for a better clinical integration to diet therapy, and a better awareness.

Overview:

Wine has been an integral component of Mediterranean culture and diet for millennia. However, the modern scientific and public health perspectives on alcohol consumption have become increasingly nuanced. This seminar aims to provide healthcare professionals and dietitians with a comprehensive understanding of wine from multiple angles — historical, chemical transformation & production, nutritional composition, metabolic effects for health outcomes, science behind wine pairing, and legislation framework governing its consumption and labeling.

Through a blend of scientific evidence and cultural insight, participants will be equipped to make informed recommendations and critically evaluate wine consumption within a diet and its impact on different health outcomes.

Learning Outcomes:

By the end of the seminar, participants will be able to:

1. Recognize European and international legislation and standards related to wine production, labeling, and health claims.
2. Understand the process of fermentation, additives, tasting and pairing of food with wine.
3. Describe the nutritional composition of different types of wines and their main bioactive compounds (polyphenols, resveratrol, ethanol, etc.).
4. Explain the metabolic pathways of alcohol and how they affect energy balance, liver function, nutrient metabolism, and health.
5. Summarize the current international recommendations on alcohol intake and their rationale (WHO, EFSA, USDA, etc.).
6. Discuss the scientific evidence linking moderate wine consumption to cardiovascular and metabolic health, as well as cancer and mortality risks.
7. Develop evidence-based counseling messages for patients and the public regarding wine consumption within a healthy lifestyle framework.