

Scientific Insights for the Dietetic Practice

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

Number of CPE credits provided by the Lebanese Order of Dietitians (LOD):
1,1.5 credits per seminar respectively.
2 certificates will be provided to all attendees for completion of both seminars.

Seminar 5

NAVIGATING ULTRA-PROCESSED FOODS IN DIETETIC PRACTICE IN LEBANON

June 12, 2026 @ 3:00 PM
Medical Sciences Campus, Auditorium C



Seminar 6

WHAT SHOULD DIETITIANS KNOW ABOUT DRINKING WATER IN LEBANON? From Safety and Standards to Health and Environment

June 12, 2026 @ 4:30 PM
Medical Sciences Campus, Auditorium C



To register 

PROGRAM

SEMINAR 5 (1 CPEU FROM LOD)

Navigating Ultra-Processed Foods in Dietetic Practice in Lebanon

- 3:00 - 3:25 PM **Registration**
- 3:25 - 3:30 PM **Opening Remarks**
Dr Tatiana Papazian, (DNFP - USJ)
- 3:30 - 3:50 PM **Addressing the Health Impact of Ultra-Processed Foods in Dietetic Practice**
Dr Nathalie Yaghi, (DNFP - USJ)
- 3:50 - 4:05 PM **Coffee Break**
- 4:05 - 4:20 PM **Ultra processed foods in Lebanon: perspective of the Ministry of Economy & Trade (MOET)**
Dr Elie Bou Yazbeck, (MET)
- 4:20 - 4:35 PM **Ultra-processed Food Consumption in Lebanon: Health impacts and Findings from the Lebanese National Food Consumption Survey (LEBANON-FCS)**
Dr Maha Hoteit, (FPH, UL)
- 4:35 - 4:45 PM **Q&A**



PROGRAM

SEMINAR 6 (1.5 CPEU FROM LOD)

What Should Dietitians Know About Drinking Water in Lebanon?
From Safety & Standards to Health & Environment

- 5:00 - 5:05 PM **Opening remark**
Dr Mireille Harmouche-Karaki, (DNFP - USJ)
- 5:05 - 5:30 PM **Drinking Water in Lebanon: Types, Standards, and Quality Control Systems of Bottled Water**
Speaker (Talaya Water)
- 5:30 - 5:45 PM **Coffee break**
- 5:45 - 6:00 PM **Micropollutants and Environmental Contaminants in Water**
Dr Nasma Najjar, (DNFP - USJ)
- 6:00 - 6:15 PM **Biofilms in Water Networks: From Microbial Growth to Human Health Risks**
Dr Joelle Jandry, (FA, UL)
- 6:15 - 6:30 PM **Environmental Sustainability of water systems**
Dr Marc Bou Zeidan, (ESIAM, USJ, QOOT)
- 6:30 - 6:45 PM **Q&A & closing remarks**



WHAT SHOULD DIETITIANS KNOW ABOUT DRINKING WATER IN LEBANON? FROM SAFETY AND STANDARDS TO HEALTH AND ENVIRONMENT

Target Audience

Licensed dietitians, nutrition professionals, and clinical practitioners looking to better integrate exercise and physical activity to lifestyle changes of their clients, and patients, in the community and clinical settings, as adjunct to diet therapy.

Seminar Format

In-person seminar (3 hours total) at the the Department of Nutrition, Faculty of Pharmacy, Saint Joseph University of Beirut, Medical Sciences Campus (CSM), Beirut, Lebanon.

Background & Overview for seminar 5:

Ultra-processed foods (UPFs), are increasingly prominent in global dietary patterns. In Lebanon, economic instability, food import dependency, and changing consumer behaviors have accelerated the shift toward packaged and convenience foods.

While international evidence links high UPF consumption to obesity, metabolic syndrome, cardiovascular disease, type 2 diabetes, and certain cancers, translating this evidence into dietetic practice remains complex. Dietitians face practical challenges including:

- Patient reliance on affordable packaged foods
- Confusion around food additives and labeling
- Cultural adaptation of dietary guidance
- Balancing food security concerns with health recommendations

This seminar aims to equip Lebanese dietitians and healthcare professionals with evidence-based knowledge and practical tools to assess, contextualize, and manage UPF exposure in their practice.

Background & Overview for seminar 6:

Water is one of the most consumed dietary components and a central determinant of human health. In Lebanon, concerns related to drinking water quality have increased significantly due to environmental pollution, aging infrastructure, improper waste management, industrial contamination, climate-related stressors, and the widespread use of bottled water.

Dietitians are increasingly questioned by patients regarding:

- the safety of bottled versus tap water,
- microplastics and chemical migration from packaging,
- heavy metal contamination,
- water filtration systems,
- environmental sustainability,
- and the health implications of chronic exposure to micropollutants.

Despite the growing scientific literature, many nutrition professionals have limited training regarding water processing technologies, Lebanese standards and regulations, quality control systems, biofilm formation in water systems, and the environmental impact of plastic packaging and water production.

This seminar aims to provide evidence-based, practice-oriented knowledge to help dietitians critically evaluate drinking water quality, counsel patients appropriately, and understand the intersection between water, nutrition, environmental health, and sustainability in Lebanon.

Learning Outcomes

By the end of the seminar 5, participants will be able to:

- 1- Define ultra-processed foods using the NOVA classification framework.
- 2- Critically evaluate current evidence on the health impact of UPFs.
- 3- Identify potential beneficial or practical roles of certain UPFs in specific clinical contexts.
- 4- Understand the degree of processing within the Lebanese dietary pattern.
- 5- Apply practical strategies to help patients identify and reduce UPF consumption.
- 6- Learn about the regulatory landscape of food additives in Lebanon.
- 7- Analyze the economic drivers influencing UPF consumption, including price, availability, food security, and palatability, marketing.

By the end of the seminar 6, participants will be able to:

- 1- Describe the main sources and types of drinking water available in Lebanon.
- 2- Explain the health implications of micropollutants, heavy metals, microplastics, and packaging-related contaminants.
- 3- Differentiate between water packaging materials and understand migration phenomena associated with polyethylene and plastics and ways to handle bottles for better health.
- 4- Discuss the processing steps and quality control systems used in bottled water production.
- 5- Interpret Lebanese and international standards governing drinking water quality.
- 6- Understand biofilm formation in water systems and identify environmental conditions influencing its development.
- 7- Integrate environmental sustainability considerations into nutrition and hydration counseling.