

Program

Fifth

Nutrition and Food Technology Conference

Evidence *into Action*

USJ



Saint Joseph University of Beirut
Faculty of Pharmacy
Department of Nutrition

On October 22 and 23, 2026

Medical Sciences Campus,
Damascus Road, Beirut

Earn 8 CPEU credits from LOD (Lebanese Order of Dietitians)

For registrations:
usj.edu.lb/I/nutri



THURSDAY, OCTOBER 22, 2026

01:00–02:00 PM	Registration
02:00–03:00 PM	Opening Remarks Dr. Nicole Fakhoury Sayegh <i>Conference coordinator (USJ)</i> Prof. François Boëdec, SJ <i>Rector of Saint Joseph University of Beirut</i> Prof. Hayat Azoury <i>Dean of the Faculty of Pharmacy (USJ)</i> Dr. Nathalie Asmar Yaghi <i>Head of the Department of Nutrition (USJ)</i>
PUBLIC HEALTH AND NUTRITION CHALLENGES IN LEBANON <i>Session chair: Dr. Tatiana Papazian (USJ)</i>	
03:00–03:30 PM	PLENARY SESSION: HEALTH PREVENTIVE MEASURES THROUGH FOOD STANDARDS IN THE LEBANESE ARMY Dr. Khalil El Helou (USJ)
03:30–03:45 PM	Ultra-Processed Food Consumption in Lebanon: Evidence Across the Life Course and Implications for Public Health Prof. Lara Nasreddine (AUB)
03:45–04:00 PM	Associations of Ultra-Processed Food Consumption and Mediterranean Diet Adherence with Weight Status among Lebanese Children: A Cross-Sectional Study Dr. Paula Hajj Boutros (MUBS)
04:00–04:15 PM	Dietary Sources, Estimated Intake, and Health Risks of Industrial Trans-Fats in Lebanon: Findings from the Lebanon National Food Consumption Survey (Lebanon-FCS) Prof. Maha Hoteit (LU)
04:15–04:30 PM	Q&A
04:30–05:00 PM	Break
05:00–05:40 PM	A TRANSFORMATIVE STEP IN WEIGHT MANAGEMENT: BRIDGING MEDICAL AND NUTRITIONAL CARE <i>Symposium by Novo Nordisk</i> Dr. Nada Ghorayeb, MD (HDF-USJ)
05:40–06:30 PM	Multidisciplinary Management of Obesity in the Era of New Pharmacotherapy <i>Panel chairs: Dr. Khalil El Helou (USJ) & Dr. Nicole Fakhoury Sayegh (USJ)</i> Prof. César Yaghi, MD (HDF-USJ) Prof. Toni Abdel Massih, MD (HDF-USJ) Dr. Linda Mahfouz, MD (HDF-USJ) Dr. Ghassan Chakhtoura, MD (HDF-USJ) Dr. Nathalie Asmar Yaghi (DN-FP-USJ)
06:30–07:00 PM	Q&A

FRIDAY, OCTOBER 23, 2026

08:30–09:00 AM Registration

EATING BEHAVIOR, LIFESTYLE, AND HEALTH

Session 1

Session chair: Prof. Nour El Helou (USJ)

09:00–09:30 AM	PLENARY SESSION: FROM HEALTH CLAIMS TO CONSUMER CHOICE: THE ROLE OF SENSORY EVALUATION IN THE FUTURE OF FUNCTIONAL FOODS Prof. Ammar Olabi (AUB)
09:30–09:45 AM	Fat Taste Perception and Obesity: Evidence from the First Lebanese Study Dr. Nathalie Asmar Yaghi (USJ)
09:45–10:00 AM	Exploring the Relationship Between Hedonic Hunger, Eating Attitudes/Behavior and Emotional Regulation, Social Media Use, and Mukbang Addiction Among Youth Dr. Marie Hokayem (USEK)
10:00–10:15 AM	Assessment of Dietary Patterns and Quality of Life Among Lebanese Pregnant Women in Beirut and Mount Lebanon According to Gestational Diabetes Status Dr. Rana Mahfouz (USEK)
10:15–10:30 AM	Nutritional Education, Knowledge, and Needs of Caregivers of Patients Undergoing Hemodialysis in Lebanon Dr. Rana Rizk (LAU)
10:30–10:45 AM	Q&A
10:45–11:00 AM	Break

Session 2

Session chair: Dr. Nasma Hamdi Najjar (USJ)

11:00–11:15 AM	The Effects of a Nutrition Education Program on Nutritional Knowledge, Eating Habits, and Performance of Military Athletes from Lebanon Prof. Nour El Helou (USJ)
11:15–11:30 AM	Fuel. Heal. Return. Sports Nutrition Strategies in Long-Term Injured Athletes Undergoing Rehabilitation. Ms. Nelda Nader
11:30–11:45 AM	The Association Between Sleep Health and Weight Loss Intervention Outcomes: A Longitudinal Study Among Lebanese Overweight Dieters Ms. Mira Alfikany (LIU)
11:45 AM –12:00 PM	Nutritional Status: The Silent Risk of Falls in Hemodialysis Patients Ms. Maria Jose Demerdjian (USJ)
12:00–12:15 PM	Q&A
12:15–13:30 PM	Poster exhibition and lunch break

HIGHLIGHTS ON FOOD SAFETY: FACTS AND EVIDENCE

Session chair: Prof. Joseph Matta (USJ - IRI) & Dr. Cynthia Helou (USJ)

01:30–01:45 PM	Unmasking Hidden Gluten: Evaluating the Compliance of Gluten-Free Products in Lebanon and the United Arab Emirates Prof. Hussein Hassan (LAU)
01:45–02:00 PM	PCB and OCP in Lebanese Dairy Products: National Contamination Patterns and Health Risk Assessment Dr. Sandra Sarkis (IRI)
02:00–02:15 PM	Salt, Acrylamide, and Nutrition: How to Optimize Lebanese Bread Ms. Christelle Tomb (USJ/CFM)
02:15–02:30 PM	Technological Challenges in Healthy Snack Manufacturing Ms. Nivine Hachem (USJ/DIFCO)
02:30–02:45 PM	Q&A
02:45–03:00 PM	Break

IMPACT OF OVERLAPPING CRISES ON NUTRITION AND HEALTH

Session chair: Dr. Nathalie Asmar Yaghi (USJ)

03:15–03:30 PM	The Interplay of Energy Poverty and Food Insecurity: How Social, Cultural, and Political Dynamics Shape Household Nutrition Prof. Lama Mattar (LAU)
03:30–03:45 PM	Food Insecurity, Hunger, Poverty, Coping Strategy Index, and Food Diversity in Chronically Ill Lebanese Adults Post-2019/Pre-2019 Dr. Nicole Fakhoury Sayegh (USJ)
03:45–04:00 PM	Anxiety and Lifestyle Behaviors Among Lebanese University Students During Armed Conflicts: A Cross-Sectional Study Ms. Rawane Rawdat El Balah (USJ)
04:00–04:15 PM	Factors Associated with Frailty Among Older Adults in Lebanon During the 2019 Economic Crisis Ms. Amina Zebiane (USJ)
04:15–05:00 PM	Q&A and closing remarks
05:00–05:15 PM	Awards & White Coat Ceremony

