1. Biography

Antoine Farhat is currently the dean of Faculty of Nursing & Health Sciences at NDU. He has a BS in Biology from the American University of Beirut, Lebanon (1989), an MS and a Ph.D. in Nutrition from McGill University, Canada (1997 and 1999), and completed his postdoctoral research at Penn State University, USA. His long-term research focuses on the assessment of macro and micronutrient consumption in Lebanon with emphasis on insoluble/soluble dietary fiber and glycemic load, ω6:ω3 fatty acid ratio, and trans fatty acids, with these nutrients’ effect on nutrition-related diseases. Other research attractions include functional food, effect of food processing on nutrients losses, and environmental nutrition including consumer health issues closely associated with the food industry where he spent three years as a director of research and development. The best research for Antoine is the one that aims away from reductionism and closer to holistic approaches to humanity’s problems. His teaching concentration is in basic and advanced human nutrition, macro and micronutrients metabolism, and metabolic regulation.

2. Peer-reviewed Journals


3. Peer-reviewed Conference Proceedings


on non-conventional feed resources. Journées de recherche et colloque en productions animales, Conseil des Production Animales du Québec, p. 152.


4. Specialized Reports


3. Farhat, A.G. (2007), “Solid Waste Treatment: Closing the Organic Loop”, Presented on the behalf of Jezzine Municipalities Union to OMSAR. The project received €832,000 of funding for development; it covers all the steps from awareness and separation at home to enriched compost production tailored according to demands of local agricultural soils. The project has been partially implemented.

5. Exhibitions, Competitions and Creative Work

Farhat, A.G. Akiki, P. and Abou-Jaoude, M. (2014), NABU - Nutritional Application for Better You. Nutritional software based on a new concept that helps dietitians formulate and modify diets for their patients with maximum food variety and no error in micronutrients compared to recommendations, in a minimum time frame.