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## Biography

Antoine Farhat is a Professor of Nutrition and currently the Vice-President for University Advancement and formerly 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,  $\omega 6:\omega 3$  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 sustainable food security.

## Peer-reviewed Journals

- Leina El Hosry, Christelle Bou-Mitri, Mira Bou Dargham, Maya Abou Jaoudeh , Antoine Farhat , Jessy El Hayek, Jocelyne Matar Bou Mosleh , Elias Bou-Maroun (2023) Phytochemical composition, biological activities and antioxidant potential of pomegranate fruit, juice and molasses: A review. *Food Bioscience* 55:103034.n 8:32.
- Priscilla Bedran, Christelle Bou Mitri<sup>1</sup>, Samar Merhi, Jacqueline Doumit, Jessy El Hayek Fares and Antoine G. Farhat (2022) The compliance of nutrition claims on pita bread in Lebanon and risk on public health: a cross sectional study. *BMC Nutrition* 8:32.
- Mira Bou Dargham, Jocelyne Matar Boumosleh, Antoine Farhat, Salwa Abdelkhalek, Elias Bou-Maroun, Leina El Hosry (2022) Antioxidant and anti-diabetic activities in commercial and homemade pomegranate molasses in Lebanon. *Food Bioscience* 46: 101540.
- Christelle Bou-Mitri, Alexandria Nivelle Mekanna, Sabine Dagher, Sara Moukarzel, Antoine Farhat (2022) Occurrence and exposure to glyphosate present in bread and flour products in Lebanon. *Food Control* 136: 108894.
- Jocelyne Bou Mosleh, Catherine El Hajj, Antoine Farhat (2021) Sports Nutrition Knowledge and Perceptions among Professional Basketball Athletes and Coaches in Lebanon-A Cross-sectional Study. *BMC Sports Science, Medicine and Rehabilitation*. 13:53.
- Mosad Zineldin, Antoine Farhat and Melita Sogomonjan (2021). Correlation between COVID-19 Pandemic, Emotion Intelligence and Depression. *Acta Scientific Neurology*. Vol. 4 Iss. 4, 54-58.
- Sara Moukarzel, Christoforos Mamas, Antoine Farhat, Antoine Abi Abboud & Alan J Daly (2020). A qualitative examination of barriers against effective medical education and practices related to breastfeeding promotion and support in Lebanon. *Medical Education Online*. Vol. 25, 1723950.

- Bou-Mitri, C., Khnaisser, L., Bou Ghanem, M., Merhi, S., El Hayek Fares, J., Doumit, J. and Farhat, A. (2020). Consumers' exposure to claims on pre-packed bread: the case of a developing country Lebanon, *Nutrition and Food Science*. Vol.50 No. 6, pp. 1033-1051.
- Sara Moukarzel, Maya Abou Jaoude, Antoine Farhat, Marianne Saade, Christoforos Mamas and Alan J. Daly, 2019. Exploring the latitude of attitude: Intentions to breastfeed among adolescents in Lebanese schools. *Maternal & Child Nutrition*; 2019;e12888. <https://doi.org/10.1111/mcn.12888>.
- Megali Mansour, Hani Tamim, Lara Nasreddine, Christelle El Khoury, Nahla Hwalla, Monique Chaaya, Antoine Farhat, Abba M Sibai, 2019. Prevalence and associations of behavioural risk factors with blood lipids profile in Lebanese adults: findings from WHO STEPwise NCD cross-sectional survey. *BMJ Open*. 20;9(8):e026148. doi: 10.1136/bmjopen-2018-026148.
- Sara Moukarzel, Christoforos Mamas, Antoine Farhat and Alan J. Daly, 2019. Getting schooled: teachers' views on school-based breastfeeding education in Lebanon. *International Breastfeeding Journal*. 14:3. <https://doi.org/10.1186/s13006-019-0199-8>.
- Sara Moukarzel, Christoforos Mamas, Melissa F. Warstadt, Lars Bode, Antoine Farhat, Antoine Abi Abboud & Alan J Daly, 2018. A case study on breastfeeding education in Lebanon's public medical school: exploring the potential role of social networks in medical education. *Medical Education Online*. 23:1. <https://doi.org/10.1080/10872981.2018.1527629>.
- El-Hayek Fares, J., Sibelle, Al-Hayek, Jaafar, J., Djabrayan, N., Farhat, A.G., 2018, Factors affecting body composition of Lebanese university students, *Nutrition and Food Science*, Vol. 48(2), pp. 228 – 244.
- Farhat, A.G., Jaalouk, D., and Francis, S., 2016, Nutrients Intake and Adherence to the Mediterranean Diet in Lebanon, *Nutrition and Food Science*, Vol. 46 (2), pp. 272 – 281.
- Jaalouk, D., Abou Jaoude, M., Farhat, A.G., 2016, Breastfeeding and behavioral, cognitive, and body weight among private schoolchildren aged 7-10 years in Lebanon: A cross-sectional study, *Breastfeeding Medicine*, Vol. 11(2): A-3-A-75.
- Farhat, A.G., Jaalouk, D., Moukarzel, S. and Ayoub, J., 2016, Consumption of trans fatty acid and omega 6 to omega 3 ratio in Lebanese adults, *Nutrition and Food Science*, Vol. 46(1), pp. 120 - 129.
- Farhat, A.G. and Hachem, C., 2015, Exercising behavior differences in users and non-users of dietary supplements by sportsmen in Lebanon, *Journal of Sports and Human Performance*, Vol. 3(4), pp. 1-17.
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- Farhat, A., M. Mansour, and R. Atieh, 2011. Dietary Approaches to Polycystic Ovary Syndrome. *Nutrition and Food Science*, Vol. 41 (5), pp. 326 – 343.
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## Peer-reviewed Conference Proceedings

- Christelle Bou-mitri, Lama Khnaysser, Jessy El Hayek, Jaqueline Doumit, Antoine Farhat, 2019. Nutrition and Health Claims Status in Lebanon. 1<sup>st</sup> GHI World Congress on Food Safety and Security, 24 – 28 March 2019, Leiden, The Netherlands, P.36.
- Doris Jaalouk, Maya Abou Jaoude, Antoine Farhat, 2016. Dietary intake in private school children aged 7-10 years in Lebanon: Part 1- Energy and macronutrients intakes, The 22<sup>nd</sup> International Scientific Conference-The Lebanese Association for the Advancement of Science (LAAS), April 14-15, 2016.
- Farhat, A.G. 2015. Biosafety & Biosecurity in relation to food in Lebanon. The Lebanese Association for Biosafety, Biosecurity and Bioethics (LABBB) First symposium on Biosafety, Biosecurity and Bioethics- May 22-24, 2015.
- Farhat, A.G. 2015. Nutritional Solution for Recycled Industrial Food Waste. Solutions for Agri-food Sustainability in the Mediterranean, 2<sup>nd</sup> United Nations Sustainable Development Solution Network Mediterranean Conference, Siena, Italy, March 5-6, 2015.
- Khalil, L and Farhat, A. (2014) Impact of Social Environment on Student Integration and First-Year Academic Performance: Case Study. Proceeding of The 14<sup>th</sup> Annual South East Asian Association for Institutional Research Conference. Aquinas University of Legazpi, Phillipines, October 7-10, 2014, pp. 296-305.
- Farhat, A.G., 2013. The Lebanese Agency for Food Safety. 2<sup>nd</sup> International Nutrition Conference - Health and Food Security. USEK April 17-18, 2013.
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- Farhat, A., L. Normand, E.R. Chavez, S.P. Touchburn, and P.C. Laguë, (1996) Comparaison entre une alimentation conventionnelle et des rations basées sur des déchets de l'industrie agro-alimentaire pour la production de canard à chair. *Journées de recherche et colloque en zootechnie*, Conseil des Production Animales du Québec, p. 223.

## Specialized Reports

- Farhat, A.G. Bou Mitri, C., Doumit, J. and El-Hayek, J. (2017). Nutritional Claims of the Lebanese Bread Products: Prevalence, Truthfulness and Consumer Perceptions. CNRS grant.
- Jaalouk, D., Abou Jaoude, M. and Farhat, A.G. (2011): Dietary intake, behavior, and cognitive performance among school-aged children and adolescents in Lebanon. CNRS grant.
- Farhat, A.G. and Daher, C. (2008): Development of a database of glycemic index for Lebanese mixed meals. CNRS grant.
- 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.

## Exhibitions, Competitions and Creative Work

- Farhat, A.G. Akiki, P. and Abou-Jaoude, M. (2018), Aliment Plus – a patented 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. [www.alimentplus.com](http://www.alimentplus.com)