



Maya Abou Jaoude, Ph.D. candidate

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Biography

Maya Abou Jaoude has a BSc. in Nutrition and Dietetics (1997) and an MSc. in Food Technology (1999) from the American University of Beirut (AUB). She completed a one year dietetic internship at Hotel Dieu de France (1999-2000). She is currently the chairperson of the department of Nursing and Health Sciences as well as a senior lecturer in human nutrition and the dietetic internship coordinator. Ms. Abou Jaoude's research interests include public health nutrition, pediatric nutrition, mental health and behavioral nutrition. She has been practicing clinical dietetics since 1999 and is very passionate about her clinical dietetics as well as her teaching career. Her teaching concentration is mainly in dietetics counseling and communication, therapeutic nutrition guidelines and practice. She is currently a Ph.D. candidate in Health Promotion in NUTRIM School, Maastricht University, Netherlands.

Peer-reviewed Journals

- Hosry, L., Bou Mitri, C., Dargham, M. & Abou Jaoude, M., Farhat, A., Hayek, J., Mosleh, J. & Bou-Maroun, E. (2023). Phytochemical composition, biological activities and antioxidant potential of pomegranate fruit, juice and molasses: A review. *Food Bioscience*. 55. 103034. 10.1016/j.fbio.2023.103034.
- Mallah, A., El Gerges, N., Abou Jaoude, M., Karam, L., Bou Mitri, C., "Food safety knowledge attitude and practices of oncology nurses, in Lebanese hospitals", *Heliyon* 9(2023) e12853. <https://doi.org/10.1016/j.heliyon.2023.e12853>.
- L. Karam, N. Kosseifi, M. Abou Jaoude, S. Merhi, T El obeid, H. Hassan, "The influence of socio-demographic factors on patterns of thyme and thyme products consumption: the case of a Mediterranean country", *Food science Technology*, Vol. 42, 2022.
- Abou Jaoude M, Moukarzel S, Kremers SPJ, Gubbels JS. Factors Related to Breastfeeding Support in Lebanese Daycare Centers: A Qualitative Study among Daycare Directors and Employees. *International Journal of Environmental Research and Public Health*. 2021; 18(12):6205. <https://doi.org/10.3390/ijerph18126205>.
- Fahed, M., Abou Jaoudeh, M. G., Merhi, S., Mosleh, J., Ghadieh, R., Al Hayek, S., & El Hayek Fares, J. E. (2020). Evaluation of risk factors for insulin resistance: a cross sectional study among employees at a private university in Lebanon. *BMC endocrine disorders*, 20(1), 85. <https://doi.org/10.1186/s12902-020-00558-9>.
- Moukarzel S., Abou Jaoude M., Farhat A., Saade M., Mamas C., Daly A. (2020). "Exploring the latitude of attitude: Intentions to breastfeed among adolescents in Lebanese schools". *Matern Child Nutr*. 2020 Jan;16(1):e12888.
- C Bou Mitri, N El Gerges, M Abou Jaoude, J EL Hayek, H Hassan, P Hage Boutros, J Makhlof (2019). "Exposure assessment of the Lebanese consumers to antibiotics through medication and red meat intake: A cross-sectional study". *Vet World*. 2019 Sep; 12(9): 1395–1407.
- Bou Mitri C., Mahmoud D., El Gerges N., Abou Jaoude M. (2018). "Food Safety Knowledge, Attitudes and Practices of Food Handlers in Lebanese Hospitals: A cross-sectional study". *Food control* 94(2018) 78-84.

- Jaalouk, D., Bou Mosleh, J., Helou, L., Abou Jaoude, M. (2018). Associations of Dietary Patterns with Severity of Depressive Symptoms among University Students: A Cross- Sectional Study. *European Journal of Nutrition*.doi.org/10.1007/s00394-018-1614-4.
- Jaalouk, D., Abou Jaoude, M., Farhat, AG. (2016). Breastfeeding and behavioral, cognitive, and body weight among private schoolchildren aged 7-10 years in Lebanon: A cross-sectional study. *Breastfeeding Medicine*, 11(2): A-3-A-75. doi:10.1089/bfm.2016.289 99.abstracts.

Peer-reviewed Conference Proceedings

Local

- Moukarzel S., Abou Jaoude M., Farhat A., Mamas C., Daly A. (2019). Bridging K-12 education studies with public health: Exploring the development of a school-based breastfeeding education program to improve long-term breastfeeding rates in Lebanon. LAAS conference –AUB, April 2019. Poster session.
- M Fahed, M AbouJaoude, S Merhi, J Hayek. (2018). The Relationship between Insulin Resistance and the Intake of Dairy Products: A Cross-sectional Study among Employees at a Private University in Lebanon. Nutrition and Food Research Conference, Lebanese American University (LAU).
- D Jaalouk, J Boumosleh, J.Chamoun, M.AbouJaoude. (2018). Beverage Intake and Its Covariates among Private University Students in Lebanon. 24th International Scientific Conference of the Lebanese Association for the advancement of Science (LAAS).
- D Jaalouk, M Fatayri, J Boumosleh, A Farhat, M Aboujaoude. (2017). Relationship between Vitamin D Status and Depressive Symptoms among a Convenient Sample of Lebanese Adults: A Cross-Sectional Study. 23rd International Scientific Conference of the Lebanese Association for the advancement of Science (LAAS).
- C Bou Mitri, P Hage Boutros, J Makhlouf, M AbouJaoude, N El Gerges. (2017). Exposure Assessment of the Lebanese Consumers to antibiotic residues in red meat and meat products. 23^d International Scientific Conference of the Lebanese Association for the advancement of Science (LAAS).
- D Jaalouk, M Abou Jaoude, AG Farhat. (2016). Dietary intake in private school children aged 7-10 years in Lebanon: Part 1- Energy and macronutrients intakes. Oral Presentation at the 22nd International Scientific Conference of the Lebanese Association for the Advancement of Science (LAAS).
- D Jaalouk, M Abou Jaoude, AG Farhat. (2016). Breastfeeding and behavioral, cognitive, and body weight among private schoolchildren aged 7-10 years in Lebanon: A cross-sectional study. Oral Presentation at the 22nd International Scientific Conference of the Lebanese Association for the Advancement of Science (LAAS).
- L Helou, J Boumosleh, M Abou Jaoude, D Jaalouk. (2016). Severity of depressive Symptoms among University Students and its association with dietary, lifestyle factors and stressful life events: A Cross-Sectional Study. Poster presentation at the 22nd International Scientific Conference of the Lebanese Association for the Advancement of Science (LAAS).
- L Helou, J Boumosleh, M Abou Jaoude, D Jaalouk. (2016). Severity of depressive symptoms among university students and its association with dietary, lifestyle factors and stressful life events: A Cross-Sectional Study. Oral Presentation at the Nutrition and Food Research Conference, Lebanese American University (LAU).
- M AbouJaoude, R Tannous.(2012). Effect of Pasteurization and addition of whey proteins and alginates on the sensory and microbiological quality of yoghurt. Poster presentation at the 18th International Scientific Conference of the Lebanese Association for the Advancement of Science (LAAS).

International

- Moukarzel S., Abou Jaoude M., Farhat A., Mamas C., Daly A. (2019). Bridging K-12 education studies with public health: Exploring the development of a school-based breastfeeding education program to improve long-term breastfeeding rates in Lebanon. Public Health Symposium at University of California San Diego.(abstract submitted, poster won 2nd place in the best poster competition).
- M Fahed, M AbouJaoude, S Merhi, S Hayek, R Ghadieh, J BouMosleh, J Hayek. (2018). The Relationship between Insulin Resistance and the Intake of Dairy Products: A Cross-sectional Study among Employees at a Private University in Lebanon.16th International Conference on Nutrition and Health on November 22-23 at Paris, France (Poster presentation).
- C Bou Mitri, N El Gerges, M AbouJaoude, J EL Hayek, H Hassan, P Hage Boutros, J Makhlouf. (2018). Dietary exposure to penicillin residues through meat and meat products consumption in Lebanon. IUFoST 19th World Congress of Food Science and technology-India (poster presentation).
- S Al Hayek, J BouMosleh, R Ghadieh, M Abou Jaoude, J El Hayek. (2017).The relationship between Vitamin D concentrations and body composition: A cross-sectional study among Notre Dame University employees. Dubai Nutrition Conference, Dubai (Poster Presentation).

- D Jaalouk, J BouMosleh, L Helou, M AbouJaoude. (2017). Associations of dietary patterns with severity of depressive symptoms among university students in Lebanon: A cross-Sectional Study. The International society for Nutritional Psychiatry Research (ISNPR) Conference, Bethesda USA. (poster presentation).
- D Jaalouk, M Abou Jaoude, AG Farhat. (2016). Breastfeeding and behavioral, cognitive, and body weight among private schoolchildren aged 7-10 years in Lebanon: A cross-sectional study. The 18th International Society for Research in Human Milk and Lactation (ISRHML) Conference, South Africa. (poster presentation).

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.

CV

<https://www.ndu.edu.lb/Library/Assets/Files/Documents/NDUFacultyProfiles/NDUFacultyCVs/Maya%20Abou%20Jaoude.pdf>