

6th Annual Middle East Congress on

Clinical Nutrition

March 21 – 23, 2017

Cairo, Egypt

(Up to 15 CPEUs)

Program

Day 1 – Tuesday, 21st March 2017

12.00 – 15.00	Registration
13.00 – 14.30	Pre-Conference workshop, Nutrition in Type 1 Diabetes Jason Baker USA <ul style="list-style-type: none">• Diet comparisons: an overview• Culturally sensitive diets• The importance of low carbohydrate diets• Type 1 vs type 2 diabetes diets: more similar than different
15.00 – 17.00	Keynote Lectures
15.00 – 15.25	Speakers: Amount and quality of carbohydrates in the prevention and treatment of type 2 diabetes Bjørn Richelsen Denmark
15.25 – 15.50	Obesity, the 21st century epidemic John Wilding UK
15.50 – 16.15	plant-based nutrition to treat chronic diseases Jennifer Rooke USA
16.15 – 16.35	Diet and oral health Steven P Engebretson USA
16.35 – 17.00	Diet and Lifestyle for Obese Pregnant Women Nathalie Farpour-Lambert Switzerland
17.15 – 18.20	Special Symposium. Chocolate and Human Health
17.15 – 17.40	Chocolate and Cardiometabolic Outcome Mahmoud Ibrahim USA
17.40- 18.10	Effect of chocolate on cognitive function and mood Manon Khazrai Italy
18.10 – 18.20	Discussion & Commentary Amy Fischl USA
18.20	Welcome Reception

Day 2 – Wednesday, 22 March 2017

09.00 – 10.30

Workshop I, Food for Thought Motivating patients according to their personality types

Speaker:

Alain Golay Switzerland

Topics:

- **Discover your personality, you will lose weight**
- **My personality makes me gain Weight**
- **Choose the diet that fits your personality**

10.30 – 10.45

Break

10.45 – 11.30

Workshop II Education Methods to Promote Behavior Change: Using Conversation Maps Part 1

Chairpersons:

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Speaker:

Amy Hess Fischl USA

Topics:

- **What are the Conversation maps?**
- **Why Conversation maps are important in Nutrition Education**

11.30 – 11.45

Coffee Break

11.45 – 13.00

Workshop II Education Methods to Promote Behavior Change: Using Conversation Maps Part 2

Chairpersons:

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Speaker:

Amy Hess Fischl USA

Topics:

- **Using the Conversation maps**
- **Training and Discussion**

13.00 – 13.15

Break

13.15 – 14.45

Workshop III Lifestyle

Speaker:

Jennifer Rooke USA

Topics:

- **Nutrition**
- **Physical Activity**
- **Coaching Behavior Change**
- **Sleep Health**
- **Tobacco Cessation**
- **Emotional Wellness/Stress Reduction**

14.45 – 15.30

Lunch

15.30 – 17.00

Workshop IV Macronutrients in Diabetes

Speaker:

Bjørn Richelsen Denmark

Topics:

- **Macronutrient quantity and quality and impact on glycemic control**
- **Macronutrients combine in whole foods**
- **Optimal macronutrient ratio for glycemic control**
- **Current and future research**

Day 3 – Thursday, 23 March 2017

09.00 – 11.00

Emerging Topics in Clinical Nutrition I

Chairpersons:

Speakers:

09.00 – 09.20

Food and Cancer, the possible role of anti-cancer food

Safaa Tawfik Egypt

09.20 – 10.00

Mini Workshop: Dietary Exposure to Food Contaminants

Lara Nasreddine Lebanon

10.00– 10.20

Sports Supplements on the shelves

Sanaa Yussuf Egypt

10.20– 10.40

Nutrition Programs in Jordan

Mariam Abdo Jordan

10.40 – 10.50

Discussion

10.50 – 11.00

Break

09.00 – 10.50 Oral Session Hall B

11.00 – 11:45

Panel, Nutritional Guidelines, the Gap between theory and practice

Chairpersons:

Amy Hess Fischl USA

Mahmoud Ibrahim USA

Panelists:

Bjørn Richelsen Denmark

Nathalie Farpour-Lambert Switzerland

Jennifer Rooke USA

John Wilding UK

Manon Khazrai Italy

11.45 – 12.00

Coffee Break

12.00 – 15.00	Emerging topics in Clinical Nutrition II
12:00 - 12:20	Choosing the proper nutritional journal Tom Lang USA
12:20 - 12:40	Liver and Fat Doaa Zakaria Egypt
12:40 – 13.00	Dietary and nutraceutical approach to type 2 diabetes Manon Khazrai Italy
13:00 – 13:20	Early life nutrition impact on long-term health Ola Galal Egypt
13.20 – 13.40	Artificial Sweeteners, the benefits and the potential hazards Omar Obeid Lebanon
13.40 – 14.00	Dietary pattern and prevalence of depressive symptoms Azza Yussuf Egypt
14.00 – 14.20	Lactose free milks: Soya, Almond, Rice.....etc Inas Kamel Egypt
14.20 – 14.40	Pre and post-operative nutrition Amr Kamel Elfeky Egypt
14.40 – 15.00	Discussion
15.00	Lunch