3rd Middle East Congress
Nutrition in Health & Disease
19 – 21 February 2014
Dubai, UAE

Organized by the American Society for Nutrition
in collaboration with the
EDC, Center for Diabetes Education

Strategic Partners

Government of Dubai

Dubai Health Authority
Message from the American Society for Nutrition

On behalf of the American Society for Nutrition (ASN), it gives us great pleasure to welcome you to the 3rd American Society for Nutrition Middle East Congress (Nutrition in Health & Disease).

This year’s forum will be another excellent forum for exchanging ideas and experience with your colleagues from the Middle East.

The mission of the ASN is to develop and extend knowledge of nutrition of all species through fundamental, multidisciplinary, and clinical research; facilitate contact among investigators in nutrition, medicine and related fields of interest; support the dissemination and application of nutrition science to improve public health and clinical practice worldwide; promote graduate education and training of physicians in nutrition; provide reliable nutrition information to those who need it, and advocate for nutrition research and its application to development and implementation of policies and practices related to nutrition.

The congress will be conducted from 19 to 21 February 2014 in the beautiful city of Dubai, UAE. We look forward to welcoming you at this unique event.

John E. Courtney, PhD
Executive Officer,
American Society for Nutrition

Mahmoud Ibrahim, MD
Director, EDC, Center for Diabetes Education

Official Congress Organizers for the
3rd American Society for Nutrition Middle East Congress
GENERAL INFORMATION

Venue:
Jumeirah Emirates Towers
Sheikh Zayed Road
Dubai
United Arab Emirates

Language:
The official Language of the conference is English. There will be no simultaneous translation.

Visa Requirements:
All passengers travelling to the United Arab Emirates must be in possession of a valid passport, valid for at least six months from the date of entry into the United Arab Emirates. All delegates will require an entry visa before their arrival into the United Arab Emirates. The only exceptions are nationals of the Gulf Co-operation Council States and nationals from the countries listed below:

Europe: Andorra, Austria, Belgium, Denmark, Finland, France, Germany, Greece, Holland, Iceland, Ireland, Italy, Liechtenstein, Luxemburg, Monaco, Norway, Portugal, San Marino, Spain, Sweden, Switzerland, United Kingdom, Vatican City.

North America: USA

Pacific Rim: Australia, New Zealand, Japan, Brunei, Hong Kong, Singapore, Malaysia, South Korea. For more information please contact: Department of Naturalization and Residency PO Box 4333 Dubai

Tel:+971-4-3980000 Fax: +971-4-3981111
E-mail: dnrdr1@emirates.net.ae Website: http://www.dnrd.ae
For Visa purposes, an Invitation Letter from the Conference organization may be downloaded and personalized. The Invitation Letter will print with the congress letterhead and will include an electronic signature. It should be accepted as an official document.

**Please Note:**
Invitation Letters imply no obligation by the congress to cover registration fees, accommodations, travel expenses or any other costs associated with participation in this meeting. The congress is not able to contact UAE Embassies or Consulates on behalf of any individual attempting to gain entry into UAE to attend the Congress.

**Currency:**

The official currency is the United Arab Emirates dirham (UAE). Exchange rates for foreign currencies are published daily. For the exchange rates, check the website [www.xe.com](http://www.xe.com).

**Climate:**

The UAE has a sub-tropical, arid climate. May to September is summer, when temperatures range between 40°C and 48°C. However, during the winter months, temperatures range from 10°C to 30°C. Rainfall is predominantly in the winter and amounts to some 13 cm. annually.

**Continuing Professional Education (CPE):**

**Accreditation Statement:** ASN (Provider #NS010) is accredited and approved by the Commission on Dietetic Registration (CDR) as a provider of Continuing Professional Education (CPE) programs for Registered Dietitians.

**CPE Credit Designation Statement:** ASN designates this educational activity for a maximum of 12 CPEUs. Dietitians and dietetic technicians, registered should only claim credit commensurate with the extent of their participation in the activity.

**Certificates of Attendance:** Certificates of attendance can be requested to document your participation.

To claim CPE credit or request a Certificate of Attendance, please visit:


**Abstracts Online**

Abstracts from the Middle East Congress can be viewed online at:
Program
Day 1 – Wednesday, 19 February 2014

12.00 – 17.30  Registration

14.30 – 15.00  Opening Address

Under the patronage and in presence of
His Excellency Engineer Essa Al Maidoor
Director – General of the Dubai Health Authority

15.00 – 17.00  Keynote Lectures

Chairpersons:
• Simin Meydani, USA
• Paolo Pozzilli, Italy

15.00 – 15.30  New Frontiers in Obesity
Abraham Thomas, USA

15.30 – 16.00  Educating the Nutrition Educator
Martha Funnell, USA

16.00 – 16.30  Metabolic Syndrome: Still an Existing Emperor?
Peter Gaede, Denmark
16.30 – 17.00  **Protein in Health and Disease**  
Mick Kumwenda, UK

17.00  **Reception**
Day 2 – Thursday, 20 February 2014

09.00 – 11.30  Dubai Health Authority Session

Moderators:
Mr. Hugues Ruault du Plessis
Dr. Sofyan Maghaydah

Scientific Lectures:

Implementing “Best Practice” Tools And Resources To Improve Nutrition
Ms. Wafaa Helmi Ayesh, Director of Clinical Nutrition, Dubai Health Authority

We Can Prevent Obesity and Diabetes- EPODE Approach and Experience
Hugues Ruault du Plessis, EPODE International Network

Prevalence and Consequences of Sedentary Lifestyle in MENA region
Sofyan Maghaydah, PhD, Food Science and Nutrition, Jordan University of Science and Technology

Physical Activity and Health Promotion
Dr. Fathia Hatim Al Maazmi, Head of Health Promotion Section, Dubai Health Authority

Exercise is Medicine: A Global Initiative to Institutionalize the Benefits of Physical Activity into Health Care Systems
Adrian Hutber, PhD, Vice President, American College of Sports Medicine

11.30 – 11.45  Coffee Break

11.45 – 12.30  Keynote Lectures

Chairpersons:
- Hanan Alfawaz, Saudi Arabia
- Manal Hassan, USA

11.45 – 12.10  Diet and Nutrition: A Key Player in Healthy and Active Aging
Simin Meydani, USA

12.10 – 12.30  Water in Health and Nutrition
Majid Hajifaraji, Iran
12.30 – 14.00  **Diet and Diabetes: New Prospects**

Chairpersons:
- Mick Kumwenda, UK
- Mona Eissa, USA

12.30 – 12.55  **Keynote Lecture: Diet in Diabetes, an Unsolved Problem**
Paolo Pozzilli, Italy

12.55 – 13.15  **The Macrobiotic Ma-Pi Diet: A Novel Approach for Diabetes and Metabolic Syndrome**
Manon Khazrai, Italy

13.15 – 13.35  **Diabetes in the Arab Countries: Impact of Obesity and Lifestyle**
Mahmoud Ibrahim, USA

13.35 – 13.55  **The Mediterranean Diet in Diabetes: Is it the Best?**
Mohsen Meydani, USA

13.55 – 14.00  **Discussion**

14.00 – 14.30  **Lunch**

**14.30 – 16.30  Nutrition and Special Conditions (Hall A)**

Chairpersons:
- Joseph Sharkey, USA
- Azadeh Davari, Iran

14.30 – 14.55  **Food and Cancer**
Shayan Mohammad Moradi, Iran

14.55 – 15.20  **Nutrition and Immunity**
Randa Mabrouk, Egypt

15.20 – 15.45  **Nutrition and Infertility**
Ladan Giahi, Iran

15.45 – 16.10  **Nutrition for Diabetic Women**
Mahsa Jessri, Canada

16.10 – 16.30  **General Discussion**
<table>
<thead>
<tr>
<th>Time</th>
<th>Session Title</th>
<th>Speaker</th>
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<th>Code</th>
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<tr>
<td>14.30 – 14.40</td>
<td><strong>Beneficial Role of Antioxidants on Clinical Outcomes and Erythrocyte Antioxidant Parameters in Rheumatoid Arthritis Patients</strong></td>
<td>Mahsa Jalili</td>
<td>Iran</td>
<td>O002</td>
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<tr>
<td>14.40 – 14.50</td>
<td><strong>Canola Oil and Heart Diseases</strong></td>
<td>Sukhneet Suri</td>
<td>India</td>
<td>O004</td>
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<td>14.50 – 15.00</td>
<td><strong>Traditional Uses and Scientific Evidence for a Selected Native Medicinal Plant from Jordan: a Critical Evaluation of Varthemia Iphionoides</strong></td>
<td>Violet Kasabri</td>
<td>Jordan</td>
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<td>15.00 – 15.10</td>
<td><strong>Potential Link between Bioactive Compounds of Saffron and Possible Anti-Obesity Effect</strong></td>
<td>Maryam Mashmoul</td>
<td>Malaysia</td>
<td>O006</td>
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<tr>
<td>15.10 – 15.20</td>
<td><strong>Sardine Protein Improves Insulin Resistance and Hypertriglyceridemia and Modulates Very Low Density Lipoprotein Composition in High Fructose-Fed Rats</strong></td>
<td>Zohra Madani</td>
<td>Algeria</td>
<td>O008</td>
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<td>15.20 – 15.30</td>
<td><strong>Nutrition-Related Diseases Determined through Anthropometric Measurements Among Adolescent Boys in Jazan</strong></td>
<td>Emadaldeeen Alsayed</td>
<td>Saudi Arabia</td>
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<td>15.30 – 15.40</td>
<td><strong>Survey of Effect Sheep’s Milk on Grow and Health of Infants with Sensitivity to Protein of Cow’s Milk</strong></td>
<td>Katayoun Bagheri</td>
<td>Iran</td>
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<td>15.40 – 15.50</td>
<td><strong>The Effect of Ginger Consumption on Glycemic Status and Some Inflammatory Markers in Patients with Type 2 Diabetes Mellitus</strong></td>
<td>Naheed Aryaeian</td>
<td>Iran</td>
<td>O016</td>
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<tr>
<td>15.50 – 16.00</td>
<td><strong>Inflammatory Status and Dietary Selenium Intake in Non-Hodgkin Lymphoma</strong></td>
<td>Abdelkrim Haddjeri</td>
<td>Algeria</td>
<td>O019</td>
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<td>16.00 – 16.10</td>
<td><strong>Debated Points Surrounding the Diet Quality Concept</strong></td>
<td>Ala'a Alkerwi</td>
<td>Luxemburg</td>
<td>O023</td>
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<td>16.10 – 16.30</td>
<td><strong>Discussion</strong></td>
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16.30 – 17.00  Special ASN-INS Joint Award Presentation

The leadership of the American Society for Nutrition (ASN) and the Iranian Nutrition Society (INS) will present an award in recognition of “Leadership in Capacity Development in Nutrition Science.” This award, in the form of plaque, is in recognition of an individual recommended by their in-country nutrition society, and it is approved by ASN. The recipient of this honorary award was nominated by the Iranian Nutrition Society (INS), because of their continuing efforts to promote capacity building in nutrition in the region

**Award Recipient:** Azadeh Davari, Iran

**Poster Session**

*The Assessment of eating behaviors of Obese, overweight and Normal weight Adolescents in Southern Iran*
Marzieh Kargar, Iran  O034

*Addressing Structural and Individual Challenges Food Security in Development of No Más Hambre (No More Hunger)*
Joseph Sharkey, USA  O035

*Validity of Canadian Community Health Survey Nutrition Data (CCHS 2.2)*
Mahsa Jessri, Canada  O036

*Diet and Nutrition Style Changing Has Affected the Oral Health*
Maryam Fazli, Iran  O041

*Obesity, Unhealthy Food Habits and Nutritional Knowledge of Primary School Children in Shiraz, Iran, 2013*
Shiva Faghihi, Iran  O042

*Comparison Pomegranate Juice with Sour Cherry Juice on Serum Lipids and Blood Pressure in Type 2 Diabetic Patients*
Niloofar Vaziri, Iran  O052

*Appropriate Nutritional Modification, Complementary Treatment for Infertile Male: Systematic Review of a Decade*
Aida Javidan, Iran  O057

*Mechanisms of Inhibitory Effects of Chemical Chaperons of Polyol Family, Saffron Aqueous Extract and Crocin on Protein Glycation in Both in Vitro and in Vivo and Therapeutic Effects of this Compounds on Type II Diabetic Rats*
Saeed Shirali, Iran  O060

*Predictors of Malnutrition in Egyptian Children with Congenital Heart Disease*
Hisham Imam, Egypt  O067
Comparing the Effect of Ultra-Filtered Feta Cheese and Yoghurt as Probiotic Carriers on Lipid Profile: a Double Blinded Randomized Controlled Trial
Shayan Mohammad Moradi, Iran O069

Why do We Need Probiotic Cheese on Our Diet: a Look Into Health and Market Aspects
Javad Kordi, Iran O071

Comparison of Dietary Patterns Between Patients with Major Depressive Disorder and Healthy Subjects
Nafiseh Rahimi, Iran O073

Grape, Its Products and Health: a Review on Human Studies
Mahdi Sufian, Iran O074

Comparison pomegranate juice with sour cherry juice on serum lipids and blood pressure in type 2 diabetic patients
Niloofer Vaziri, Iran O083

Correlation Fast Food and Soft Drink Consumption, Physical Activity And Genetic History with overweight in adolescent
Sri Adiningish, Indonesia O085

Comparison of Nutritional Status in Two Systemic Diseases Involving the Respiratory System
Dominika Mękal, Poland O086

Self-Treatment with anti-Obesity medications in Overweight and Obese Women in Tehran-Iran
Javad Heshmati, Iran O087

How accurate is Mifflin equation for predicting resting energy expenditure in overweight and normal weight young females in Tabriz-Iran?
Nazli Namazi, Iran O088

Improvement in Growth and Developmental Milestones with Nutritional Intervention in Methylmalonic Acidemia: A Case Report
Bahareh Imani, Iran O090

The effect of nutritional education on serum levels of inflammatory markers in obese subjects
Sara Ebrahimi, Iran O096

The effect of nutritional education on improving healthy eating index (HEI) score in obese subjects
Sara Ebrahimi, Iran O097
The effect of education of dietary healthy eating index (HEI) on serum levels of inflammatory markers in obese subjects
Sara Ebrahim Iran O098

Dietary Patterns and Prevalence of Metabolic Syndrome in Saudi Patients with Diabetes and Ischemic Heart Disease
Hanan A Al-Fawaz Saudi Arabia O0102

Gut Microflora and Weight: Application of Probiotics in Human Weight Management
Padideh Haddadian Iran O0108

Vitamin D Status among Patients Visiting a Tertiary Care Center in Riyadh, Saudi Arabia: A retrospective review of 3475 cases
Hanan A Al-Fawaz Saudi Arabia O0109

Nutritional support in critically ill children
Bahareh Imani, Iran O0110

Day 3 – Friday, 21 February 2014

09.30 – 11.30 Special Workshop (Hall A)
Nutrition and Cardiovascular Health

Chairpersons:
• Mohsen Meydani, USA
• Gamela Nasr, Egypt

Speaker:
• Jaakko Toumillehto, Finland

Topics:
• Omega 3 and Fish Gamela Nasr, Egypt
• Coffee Jaakko Toumillehto, Finland
• Tea Hadia Radwan, UAE
• Chocolate Shayan Moradi, Iran
• Vitamin E Gamela Nasr, Egypt
• Wine Jaakko Toumillehto, Finland
• Eggs Mahmoud Ibrahim, USA
• Antioxidants Jaakko Toumillehto, Finland
• Cereals Jaakko Toumillehto, Finland
• Dietary Fat: How much is good and how much is too much? Mohsen Meydani, USA
• Grapes Jaakko Toumillehto, Finland
09.30 – 11.30  **Oral Session (Hall B)**

**Chairpersons:**
- Majid Hajifaraji, Iran
- Ala'a Alkerwi, Luxemburg

09.30 – 09.40  **Description of Centralized Fat Status of Adolescent Girls in Saudi Arabia using Waist Circumference in Comparison to the UK Reference Data**
Elham Aljaaly, Saudi Arabia  *0025*

09.40 – 14.50  **Coeliac Disease in Palestine**
Mohammed Alraee, Palestine *0026*

09.50 – 10.00  **Nuts Consumption and Frequency in Physicians and Nurses**
Mozhgan Khatibi, Iran *0032*

10.00 – 10.10  **The Effect of Elevated Serum α-tocopherol Levels on Liver Transaminases in Children with NASH Treated with Oral Vitamin E**
Mona Eissa, USA *0040*

10.10 – 10.20  **Diabetes, Hunger, and Health among Mexican Immigrants along the Texas-Mexico Border in the U.S.**
Joseph Sharkey, USA *0043*

10.20 – 10.30  **Parental Styles and Perceived Adolescents' Autonomy Towards Diabetes Treatment**
May Slim, Canada *0044*

10.30 – 10.40  **“Standard” Nutritionist Follow Up v/s “Eating Behavior Programming”. A Longitudinal Randomized Controlled Pilot Study**
Jad Wehbe, Lebanon *0049*

10.40 – 10.50  **Malnutrition in Children with End Stage Renal Disease (ESRD)**
Doaa Youssef, Egypt *0050*

10.50 – 11.00  **What Do Overweight Saudi Women Want in a Weight Loss App?**
Aroub Alnasser, Saudi Arabia *0051*

11.00 – 11.10  **Diabetes Modifies the Association Between Vegetable Intake and Pancreatic Cancer Risk**
Manal Hassan, USA *0055*

11.10 – 11.20  **Measuring Resting Metabolic Rate for effective Weight Loss**
Austen Bradley, UK *0062*
11.20 - 11.30  Some Teratogenic Effects of Aflatoxin B1 in Balady Rabbits (Oryctolagus cuniculus)
Hisham Imam, Egypt  O068

11.30 - 11.40  A New Step Toward Functional Foods: from Theory to Practice
Aida Javidan, Iran  O075

11.40 - 12.00  Discussion

14.00 – 16.00  Special Session for Lay People (to be confirmed)

Chairperson:
- DHA Representative  TBD

Panel:
Simin Meydani, USA
President-Elect, American Society for Nutrition

Martha Funnell, USA
Former President, American Diabetes Association

Jaakko Toumelihto, Finland
University of Helsinki, Former winner of Sheikh Hamdan Award