



American University of Beirut
Faculty of Agricultural and Food Sciences

As part of AUB 150th Anniversary

The Nutrition and Food Sciences Department at the American
University of Beirut

cordially invites you to a workshop on

***Nutrigenomics and Personalized Nutrition:
Implications for the Dietetic Practice***

By

Dr. Ahmed El-Sohemy,
Associate Professor at the University of Toronto
Canada Research Chair in Nutrigenomics

May 16, 2016 at 2:00 pm
Charles Hostler Auditorium – AUB
Participation Fee: \$100
Student rate: \$75

Participants will receive a certificate upon the successful completion of this course.

Interested applicants should contact Dr. Farah Naja at fn14@aub.edu.lb
before May 1, 2016. Places are limited.



Healthy Earth, Healthy Food, Healthy People

Personalized nutrition aims to prevent the onset and development of chronic diseases by targeting dietary recommendations to an individual's genetic profile. It provides dietitians with a tool to help tailor their clients' dietary plan to their individual metabolic needs, based on their genetics. The goal of this workshop is to provide an introduction to the science of nutrigenomics and give examples of how genetic information can be used to provide personalized dietary recommendations. Upon completion, participants will be able to:

- Understand the scientific basis behind nutrigenomics and genetic testing
- Provide examples of gene-diet interactions and their impact on health outcomes
- Understand the attitudes and perceptions of genetic testing
- Understand the benefits of personalized nutrition for motivation and behavior change
- Learn how to incorporate genetic testing for personalized nutrition into practice

Part 1: The Science and Application of Nutrigenomics

- An explanation of how individual genetic differences impact an individual's response to dietary patterns, foods, nutrients, supplements and food bioactives
- Examples of dietary recommendations affected by genetic variation including vitamin C and the GSTT1 gene, caffeine metabolism and the CYP1A2 gene, gluten intolerance and the HLA gene and lactose intolerance and the MCM6 gene
- 45 minute presentation + 15 minute Q & A

Part 2: Behavioral Outcomes, Attitudes and Perceptions of Nutrigenomics Testing

- A discussion of the attitudes and perceptions of nutrigenomics testing among dietitians, dietetic students, and consumers
- A review of randomized trials demonstrating enhanced motivation and behaviour change through the provision of personalized DNA-based nutrition advice compared to the provision of population-based nutrition recommendations
- 45 minute presentation + 15 minute Q & A

BREAK

Part 3: Translating Science into Practice

- How to incorporate the science of nutrigenomics into clinical practice
- Interactive case studies on nutrigenomics and personalized nutrition; examples include protein intake and weight management as well as caffeine intake and heart health
- 45 minute presentation + 15 minute Q & A