



## Dana Saadeddine

**Nationality:** Lebanese **Date of birth:** 01/01/1994 **Place of birth:** Beirut, Lebanon

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### ABOUT ME

As a dedicated and compassionate dietitian, I am passionate about empowering individuals to make positive changes in their lives through nutrition, with a strong background in clinical nutrition and a commitment to evidence-based practice.

### EDUCATION AND TRAINING

#### Master's degree of Science in Nutrition

*Beirut Arab University* [ 09/2017 – 07/2021 ]

City: Beirut | Website: <https://www.bau.edu.lb/>

#### Bachelor degree of Science, Nutrition and Dietetics

*Beirut Arab University* [ 09/2013 – 12/2016 ]

City: Beirut | Country: Lebanon | Website: <https://www.bau.edu.lb/>

### WORK EXPERIENCE

#### Research Fellow

*University of Modena and Reggio Emilia* [ 01/08/2024 – Current ]

City: Modena | Country: Italy

- Conduct research about algae species in collaboration with ALGENFOR.
- Delivered training sessions on body composition assessment methodologies.
- Develop research proposals, collect, analyze and interpret data.
- Assist in writing grant proposals for securing research funding.

#### Food service and Safety Dietitian

*Cuizina Catering - Clemenceau Medical Center* [ 05/06/2023 – 01/07/2024 ]

City: Beirut | Country: Lebanon

- Implement food safety protocols and procedures to prevent foodborne illnesses and ensure compliance with sanitation regulations.
- Identify and manage allergens in patient meals to accommodate individuals with food allergies, intolerances, or sensitivities.
- Audit the preparation and service of all food and beverages in terms of food safety and quality (breakfast, lunch, and dinner line)
- Check incoming supplies for quality, quantity, damage, and spoilage as per receiving policy and guidelines.
- Provide food safety and nutrition training to kitchen staff to reinforce proper food preparation techniques based on food safety norms and regulations.
- Create menu options that are nutritionally adequate, and suitable for patients with medical needs, such as diabetes, heart disease, or food allergies.

- Ensure compliance with labeling regulations.
- Monitor food quality and consistency to ensure that meals meet established standards for taste and appearance.

## Food service and safety dietitian

**Ablea Delices Catering - Rafic Hariri University Hospital** [ 10/2022 – 02/2023 ]

City: Beirut | Country: Lebanon

- Supervision of the preparation and service of all food and beverages in terms of food safety and quality for patient line services (Breakfast, lunch, dinner).
- Follow up the food safety recording system to control CCP's such as cleaning, F&V washing and sanitizing, cooking core, holding, thawing, cooling, receiving, temperature controls, and traceability.
- Daily audit of the kitchen sections & the cafeteria based on the food safety norms and regulations.
- Ensure and maintain high cleaning and sanitization processes for food service trolleys
- Oversee proper handling, packaging, and storage of foodstuff and ensure the stock rotation procedures are maintained in the kitchen / Store and FIFO/FEFO procedure is respected.

## Clinical dietitian

**Polyclinic** [ 07/2017 – 01/07/2024 ]

City: Beirut | Country: Lebanon

- Conduct and evaluate patient's dietary intake, medical history, nutritional status, anthropometric measurements, and biochemical data.
- Develop individualized nutrition care plans and provide evidence-based medical nutrition therapy to patients with chronic diseases, acute illnesses, or other medical conditions.
- Assess Body Composition Analysis
- Offer nutrition counseling and education to patients and their families to promote healthy eating habits, facilitate behavior change, and empower individuals to make informed food choices.
- Promote preventive healthcare and wellness by offering nutrition counseling, screening, and education to individuals at risk for nutrition-related diseases, such as obesity, diabetes, hypertension, and hyperlipidemia.
- Assist patients in achieving and maintaining a healthy weight through personalized nutrition interventions, lifestyle modifications, and behavior change strategies.

## Clinical Dietitian

**Hiram Hospital** [ 05/2021 – 07/2021 ]

City: Tyr | Country: Lebanon

- Conduct nutrition assessments of patients admitted to the hospital, including evaluation of dietary intake, medical history, anthropometric measurements, and biochemical data.
- Interpret and analyze clinical data to identify patients' nutritional needs, assess their nutritional status, and formulate appropriate nutrition interventions and goals.
- Collaborate with physicians, nurses, and other healthcare professionals to develop individualized nutrition care plans that address patients' medical conditions, dietary restrictions, and treatment goals.
- Provide evidence-based nutrition counseling and education to patients and their families on topics such as therapeutic diets, healthy eating habits, disease management, and nutrition-related lifestyle modifications.
- Monitor patients' nutritional status and dietary intake throughout their hospital stay, making adjustments to nutrition care plans as needed to optimize outcomes and ensure patient safety.
- Coordinate the provision of specialized nutrition support therapies, such as enteral or parenteral nutrition, for patients who are unable to consume oral food or require supplemental nutrition
- Provide nutrition-related in-service training and education to hospital staff, including nurses, dietetic interns, and food service personnel, to enhance their knowledge and skills in nutrition care delivery.

## Nutrition Consultant

**Nutrition Station** [ 07/2018 – 01/2019 ]

City: Beirut | Country: Lebanon

- Create nutritious menus with calorie counts
- Creating personalized meal plans based on clients' nutritional goals, calorie needs, and dietary restrictions

- Offering guidance on portion sizes, meal timing, and food combinations to optimize nutrition intake and promote satiety and energy balance.
- Guide customers toward making healthier choices.

## Nutrition Consultant

**Avalon Gym** [ 07/2017 – 10/2019 ]

City: Beirut | Country: Lebanon

- Assess body composition test for gym members.
- Conduct comprehensive nutrition assessments of gym members to evaluate their dietary habits, nutritional needs, health goals, and any specific concerns or challenges related to nutrition and fitness.
- Collaborate with gym members to establish realistic and achievable nutrition goals that align with their fitness objectives, such as weight loss, muscle gain, improved athletic performance, or overall health promotion.
- Develop customized nutrition plans tailored to each gym member's needs, preferences, and lifestyle factors.
- Provide one-on-one nutrition counseling sessions to educate gym members about the importance of balanced nutrition, proper hydration, nutrient timing, and the role of macronutrients (carbohydrates, proteins, fats) and micronutrients (vitamins, minerals) in fueling their workouts and enhancing recovery.

## PUBLICATIONS

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[2025]  
[\*\*Revising BMI Cut-Off Points for Overweight and Obesity in Male Athletes: An Analysis Based on Multivariable Model-Building\*\*](#)

Milanesi C, Itani L, Cavedon V, Saadeddine D, Raggi S, Berri E, El Ghoch M. Revising BMI Cut-Off Points for Overweight and Obesity in Male Athletes: An Analysis Based on Multivariable Model-Building. *Nutrients*. 2025 Mar 5;17(5):908 doi:10.3390/nu17050908

[2025]  
[\*\*The Prevalence of and Factors Associated with Disordered Eating Among Adult Athletes in Italy and Lebanon\*\*](#)

Cavedon V, Kreidieh D, Milanesi C, Itani L, Pellegrini M, Saadeddine D, Berri E, El Ghoch M. The Prevalence of and Factors Associated with Disordered Eating Among Adult Athletes in Italy and Lebanon. *Nutrients*. 2025 Jan 5;17(1):191.

[2024]  
[\*\*Association between Dietary Practice and Gait Speed in Community-Dwelling Older Adults with Overweight and Obesity: A Cross-Sectional Study\*\*](#)

Itani, L.; Pellegrini, M.; Saadeddine, D.; Samouda, H.; Kreidieh, D.; Tannir, H.; El Ghoch, M. Association between Dietary Practice and Gait Speed in Community-Dwelling Older Adults with Overweight and Obesity: A Cross-Sectional Study. *Diseases* 2024, 12, 54. <https://doi.org/10.3390/diseases12030054>

[2021]  
[\*\*Strength and Performance Tests for Screening Reduced Muscle Mass in Elderly Lebanese Males with Obesity in Community Dwellings\*\*](#)

Saadeddine D, Itani L, Rossi AP, Pellegrini M, El Ghoch M. Strength and Performance Tests for Screening Reduced Muscle Mass in Elderly Lebanese Males with Obesity in Community Dwellings. *Diseases*. 2021 Mar 20;9(1):23. doi: 10.3390/diseases9010023. PMID: 33804733; PMCID: PMC8006034.

[2021]  
[\*\*Association Between Levels of Physical Activity, Sarcopenia, Type 2 Diabetes, and the Quality of Life of Elderly People in Community Dwellings in Lebanon\*\*](#)

Saadeddine, D.; Itani, L.; Kreidieh, D.; El Masri, D.; Tannir, H.; El Ghoch, M. Association between Levels of Physical Activity, Sarcopenia, Type 2 Diabetes and the Quality of Life of Elderly People in Community Dwellings in Lebanon. *Geriatrics* 2021, 6, 28. <https://doi.org/10.3390/geriatrics6010028>

## HONOURS AND AWARDS

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[ 05/11/2021 ] Beirut Arab University

**Won 1st prize of a 3-minute Thesis FHS research day**

Classified first (score 90/100) in The Three Minute Thesis (3MT®) competition.

Project: "Prevalence of sarcopenia among elderly in general population"

## INTERNSHIP

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[ 07/2018 ]

### **Observational training Department of Eating and Weight Disorder at Villa Garda Hospital. A Specialized Unit for the Treatment of Severe Obesity and Eating Disorder**

- Overview of two innovative forms of Cognitive Behavioural Therapy for the treatment of severe obesity (CBT-OB) and eating disorders (CBT-E) in inpatient and outpatient settings.
- Observational training on how to use indirect calorimetry (a device designed to measure oxygen consumption and energy expenditure during rest and exercise)
- Observe counseling sessions conducted by experienced CBT practitioners
- Learn practical behavioral strategies and interventions used in CBT to help clients change their eating habits, manage cravings, cope with emotional eating triggers, and develop healthier behaviors around food and exercise.
- Observe how CBT practitioners collaborate with clients to set realistic and achievable goals related to nutrition, weight management, and behavior change.

[ 01/2017 – 07/2017 ]

### **Clinical Dietitian Internship - Hayek Hospital**

- Participate in clinical and food service rotations under the supervision of licensed dietitians to gain hands-on experience in various areas of clinical nutrition practice, such as medical/surgical units, intensive care units, outpatient clinics, and specialty departments (oncology, renal, pediatric, geriatric).
- Conduct nutrition assessments of hospitalized patients to evaluate their nutritional status, dietary intake, medical history, anthropometric measurements, and biochemical data.
- Gain experience in managing enteral nutrition and parenteral nutrition for patients who are unable to consume adequate oral nutrition.
- Attend educational seminars, workshops, and conferences to expand knowledge and skills in clinical nutrition practice, evidence-based guidelines
- Assist in the development of individualized nutrition care plans for patients based on their medical conditions, treatment goals, and nutritional requirements.

[ 12/2016 – 01/2017 ]

### **Food safety internship - Phoenicia Hotel**

- Undergo training on food safety regulations, hygiene practices, and hotel-specific protocols related to food handling, storage, preparation, and service.
- Learn about Hazard Analysis and Critical Control Points (HACCP) principles and assist in the implementation of HACCP plans in the hotel kitchen.
- Learn and follow safe food handling practices, including proper handwashing techniques, glove usage, and personal hygiene standards.
- Ensured compliance with hygiene standards and proper food storage by monitoring temperature and humidity.
- Applied the First In First Out (FIFO) system.
- Assist in maintaining accurate records and documentation related to food safety activities, including temperature logs, sanitation checklists, and HACCP documentation.

## LANGUAGE SKILLS

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**Mother tongue(s):** Arabic

**Other language(s):**

### **French**

**LISTENING C2 READING C2 WRITING C1**

**SPOKEN PRODUCTION C1 SPOKEN INTERACTION C1**

### **English**

**LISTENING C2 READING C2 WRITING C1**

**SPOKEN PRODUCTION C1 SPOKEN INTERACTION C1**

*Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user*

## WORKSHOP/ CONFERENCE

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[ 28/03/2025 – 30/03/2025 ]

### **Green Economy International Academy - Parma**

Rising Stars Scientific Update on Cardiometabolic Disease

[ 14/03/2025 ]

### **International Permanent Academy- Bologna**

Lessons from European Guidelines - Beirut Arab University

Focused on the most recent evidence-based obesity management guidelines by highlighting important aspects of the European guidelines on treatment options for obesity management in adults.

[ 25/10/2024 ]

### **Gestione integrata dell'obesità in pazienti fragili e condizioni speciali**

Organized by the Faculty of Health Sciences, Beirut Arab University in collaboration with Villa Garda Hospital, and professors from the University of Modena & Reggio Emilia, and the University of Pavia

[ 19/04/2024 ]

### **International symposium on obesity: an update of evidence from research to practice**

Social Media and Nutrition Education

Myths about Nutrition

Nutrition Awareness/ Iranian Nutrition society

[ 15/02/2019 ]

### **Obesity Treatments and New Directions**

American University of Beirut

[ 25/06/2018 ]

### **International Symposium on Obesity**

Alexandria Regional Centre for Women's Health and Development and Egyptian Nutrition and Health Coaching Association NUTRIALEX

[ 05/11/2016 ]

### **NUMED Day 2016**

Beirut Arab University

[ 16/05/2016 ]

### **Nutrigenomics and personalized nutrition: implications for the dietetic practice**

QUALEB

Practical implementation of GMP, GHP, HACCP, ISO 9001 and ISO 22000.

[ 31/03/2016 – 01/04/2016 ]

### **Women's Health and Nutrition**

[ 11/12/2015 ]

### **Nutrition Care Process- Clinical practice**

[ 13/01/2015 – 14/01/2015 ]

### **ISO 22000 - Food Safety Management System**

## CERTIFICATE

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[ 15/01/2016 – 08/02/2016 ]

### **International Computer Driving License Version 5**

Beirut Arab University- Center for Continuing and Professional Education.

Computer Essentials - Online Essentials - Word - Excel - PowerPoint - Access - IT Security.

## COURSES

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[ 07/03/2022 ]

### **Pediatric Intensive Care Unit Enteral Nutrition**

Catalyst - The Training Lab - CPEUs 3

[ 06/12/2021 ]

### **Pediatric Constipation and Nutrition**

Catalyst - The Training Lab - CPEUs 3

[ 26/05/2021 ]

### **Pediatric Malnutrition Detection and Management**

Catalyst - The Training Lab - CPEUs 3

[ 22/05/2021 ]

### **Liver Disease Nutrition**

Catalyst - The Training Lab - CPEUs 2.75

[ 06/04/2021 ]

### **Home Care Nutrition**

Catalyst - The Training Lab - CPEUs 2.75

[ 03/04/2021 ]

### **Fueling The Exerciser Gymmers To Athletes**

Catalyst - The Training Lab - CPEUs 3

[ 26/03/2021 ]

### **Obesity Counseling**

Integrating Psychology, Behavior, and Nutrition

Catalyst - The Training Lab - CPEUs 2.25

[ 19/03/2021 ]

### **Hemodialysis Nutrition**

Catalyst - The Training Lab - CPEUs 2.25

[ 27/02/2021 ]

### **Weight Loss Plateau and Weight Regain**

Catalyst - The Training Lab - CPEUs 2.75

## LICENSE

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Licensed Dietitian in the Ministry of Health, Lebanon - 2017

Licensed Clinical Dietitian Dubai Health Authority (2023) DHA ID: 88409408

## COMMUNICATION AND INTERPERSONAL SKILLS

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Time management

Active Listening

Critical Thinking

Communication Skills

Stress Management

Teamwork