



Hana El Tannir

Nationality: Lebanese **Date of birth:** 08/02/1989 **Gender:** Female **Phone:** ☎ (+961) 76672186 (Mobile) ✉ **Email address:** hana.tannir@bau.edu.lb  **LinkedIn:** <https://www.linkedin.com/in/hana-tannir-43345073/> 📍 **Address:** Beirut, Lebanon (Work)

ABOUT MYSELF

Dr. Hana Tannir earned her B.Sc. in Nutrition and Dietetics from Saint Joseph University in 2010 and her M.Sc. in Food Technology from the same institution in 2015. She obtained her Ph.D. in Biology-Biotechnology from Beirut Arab University in December 2024 and was subsequently appointed as Assistant Professor in the Department of Nutrition and Dietetics, Faculty of Health Sciences.

Prior to joining academia, Dr. Tannir worked as a clinical dietitian in private practice and as a food safety consultant at Boecker. In 2017, she joined the clinical team at the BAU Clinic for Nutritional and Weight Management, accredited by the European Association for the Study of Obesity (EASO), where she contributed to the implementation of obesity management programs based on lifestyle modification and Cognitive Behavioral Therapy for Obesity (CBT-OB).

Since joining Beirut Arab University in 2018, Dr. Tannir has been actively engaged in teaching, research, and academic service in the areas of clinical nutrition, food safety, biotechnology, and public health nutrition. Her research interests focus on food safety and contamination, herbs and spices, nutritional epidemiology, and innovative approaches in food and health sciences. She has achieved 805 Google Scholar citations with an H-index of 16.

WORK EXPERIENCE

Beirut Arab University, Faculty of Health Sciences, Department of Nutrition and Dietetics - Lebanon, Beirut

Assistant Professor in Nutrition and Dietetics

[26/12/2024 - Current]

Teaching several Nutrition courses:

- Basic Nutrition (NUTR 212)
- Therapeutic Nutrition Practicum (NUTR 410)
- Human Nutrition and Metabolism (NUTR 315)
- Food Service Management (NUTR 417)
- Drug and Nutrient Interactions (NUTR 420)
- Principles of Food Safety (NUTR002)
- Assessment of Nutritional Status (NUTR322)
- Therapeutic Nutrition I
- Therapeutic Nutrition II

My duties as Assistant Professor include:

- Preparation of detailed course syllabus and lecture materials
- Preparation of case studies and answer keys as well as assigning projects for students
- Organizing field visits for students to several food service institutions
- Preparation of test bank for examination questions with answer keys
- Providing extra readings articles on recent issues.
- Preparation of course file material for accreditation purposes

- Supervising research projects and theses at the undergraduate and graduate levels
- Contributing to the research profile of the University through publications
- Engaging in professional development trainings to enhance teaching effectiveness

Beirut Arab University, Faculty of Health Sciences, Department of Nutrition and Dietetics - Lebanon, Beirut

Business or sector Education | **Website:** www.bau.edu.lb

Lecturer in Nutrition & Dietetics

[01/09/2018 - 26/12/2024]

Teaching several Nutrition courses:

- Basic Nutrition (NUTR 212)
- Therapeutic Nutrition Practicum (NUTR 410)
- Human Nutrition and Metabolism (NUTR 315)
- Food Service Management (NUTR 417)
- Drug and Nutrient Interactions (NUTR 420)
- Principles of Food Safety (NUTR002)
- Assessment of Nutritional Status (NUTR322)
- Therapeutic Nutrition I
- Therapeutic Nutrition II

My duties as Lecturer include:

- Preparation of detailed course syllabus and lecture materials
- Preparation of case studies and answer keys as well as assigning projects for students
- Organizing field visits for students to several food service institutions
- Preparation of test bank for examination questions with answer keys
- Providing extra readings articles on recent issues.
- Preparation of course file material for accreditation purposes
- Supervising research projects and theses at the undergraduate and graduate levels
- Contributing to the research profile of the University through publications
- Engaging in professional development trainings to enhance teaching effectiveness

Beirut Arab University, Faculty of Health Sciences, Department of Nutrition and Dietetics - Lebanon, Beirut

Library committee member

[01/02/2020 - Current]

- To work towards modernization and improvement of Library and documentation Services.
- To review Library readership dept-wise
- To adopt measures to enhance readership
- To seek feedback on Library functions from readers.

Beirut Arab University - Lebanon, Beirut

Students Activities Committee Member

[01/09/2021 - Current]

- Organizing events that provide information on physical health, nutrition, and wellness resources
- Hosting workshops, panels, and activities to promote mental health resources and support
- Planning hiking, camping, or adventure sports trips to promote teamwork and relaxation

Beirut Arab University - Lebanon, Beirut

Community Committee Member

[01/09/2023 - Current]

- Organizing workshops, seminars, and social events to foster community engagement
- Promoting mental health awareness, fitness challenges, and wellness workshops
- Inviting speakers from diverse backgrounds to share insights and experiences

Beirut Arab University - Lebanon, Beirut

Nutrition and Dietetics Internship Coordinator

[01/09/2023 - Current]

- Development of the Dietetics internship program Guidelines
- Formulation of Dietetic Internship course description and criteria for successful completion of internship
- Securing placement of Nutrition and Dietetics graduate at training sites
- Coordinating follow up on trainees pursuing their dietetic internship at various training sites in Lebanon
- Coordinating preparation of trainees for the official colloquium exam

Lebanese MEHE - Beirut

Examiner in Official Nutrition Colloquium

[01/09/2024 - Current]

Ministry of Public Health - Lebanon, Beirut

Observer on the National Committee for the Development of the National Adolescent Health Strategy

[26/02/2026 - Current]

Boecker - Lebanon, Beirut

Food Safety Consultant

[01/03/2014 - 01/03/2015]

- Design, initiate and implement in a timely manner safe food systems such as ISO22000, HACCP, QPA, GMP, kitchen audits and any other system that the company adopts.
- Develop food safety manuals.
- Conduct kitchen audits and prepared gap analysis reports.
- Provide and deliver training courses (Level 2 Award in Food Safety, Personal Hygiene Training).
- Organize training venues, logistics, transport and accommodation as required to achieving efficient training attendance.
- Work to supply clients with relevant food safety information via different media (e-mails, newsletters, info-leaflets, articles...) and updated information on eat-safe.com.

Faqra Catering, Clemenceau Medical Center - Lebanon, Beirut

Food Service Dietitian

[01/09/2011 - 01/09/2012]

- Worked to provide nourishing food to customers under sanitary conditions as directed and in accordance with established policies and procedures
- Planned food and nutrition programs (daily, weekly, and monthly menus), implemented programs and reported the results through daily sales report
- Supervised the preparation and serving of meals in a proper and timely manner and assisted in tray-line service from setup till the end of service
- Helped to prevent and treat illnesses by promoting healthy eating habits and recommending dietary modifications
- Prepared daily requisition for the next day diet kitchen supplies considering forecasted man-days, menu,

stock in balance in the kitchen and available items in stores.

- Checked incoming supplies from stores for quality, quantity, damage and spoilage.
- Overseen proper handling, packaging and storage of foodstuff and ensured the stock rotation procedures are maintained.
- Ensured that food wastage control measures are in place and are complied with.

EDUCATION & TRAINING

PhD in Biology - Biotechnology

Beirut Arab University [01/09/2019 - 26/12/2024]

City: Beirut | Country: Lebanon

Master Degree in Food Technology

Saint Joseph University [2013 - 2014]

City: Beirut | Country: Lebanon

Bachelor Degree in Nutrition and Dietetics

Saint Joseph University [2007 - 2010]

City: Beirut | Country: Lebanon

'Publication Scientifique' Training

Agence Universitaire de La Francophonie [14/06/2024 - 21/06/2024]

'Online Instruction Design' Training

Florida State College at Jacksonville [15/09/2022 - 13/10/2022]

Eating Disorder for Vegetarian Nutrition online training course, organized by CATALYST: The Training Lab, on July 24, 2020. 3 CPEUs, CPE Level: Professional, Accredited by the CDR: the credentialing agency of the Academy of Nutrition and Dietetics, U

Catalyst [24/07/2020]

Website: <https://www.catalysttraininglab.com/>

'Sports Psychology - Role of the Dietitian' online training course, organized by CATALYST: The Training Lab, on July 10, 2020. 2 CPEUs, CPE Level: Professional, Accredited by the CDR: the credentialing agency of the Academy of Nutrition and Dietetics

Catalyst [10/07/2020]

Website: <https://www.catalysttraininglab.com/>

'Celiac Disease and Non-Celiac Gluten Sensitivity' online training course organized by CATALYST: The Training Lab, on May 30, 2020. 2 CPEUs, CPE Level: Professional, Accredited by the CDR: the credentialing agency of the Academy of Nutrition and Diet

Catalyst [30/05/2020]

Website: <https://www.catalysttraininglab.com/>

"Sports Nutrition Training". Commission on Dietetic Registration. The registration agency for the Academy of Nutrition and Dietetics). CPEUs Award: 6.5

Catalyst [18/12/2016]

Website: <https://www.catalysttraininglab.com/>

Level 4 Award in Managing Food Safety

Highfield Awarding Body for Compliance (HABC) [08/2014]

ISO22000 Internal Audit

Boecker

The Supervising HACCP-Level 3-Training

Highfield Awarding Body for Compliance (HABC) [08/2013]

Supervising Food Safety Training (Level 3) certified from Highfield with merit

Highfield Awarding Body for Compliance (HABC) [07/2013]

LANGUAGE SKILLS

Mother tongue(s): Arabic

English

LISTENING: C2 **READING:** C2 **WRITING:** C2

SPOKEN PRODUCTION: C2

SPOKEN INTERACTION: C2

French

LISTENING: C2 **READING:** C2 **WRITING:** C2

SPOKEN PRODUCTION: C2

SPOKEN INTERACTION: C2

PUBLICATIONS

[2024]

Association between Dietary Practice and Gait Speed in Community-Dwelling Older Adults with Overweight and Obesity: A Cross-Sectional Study

[2024]

Optimization of Aqueous Extraction of Polyphenols from Cuminum cyminum Seeds Using Response Surface Methodology and Assessment of Biological Activity

[2024]

Microbial Decontamination of Cuminum cyminum Seeds Using "Intensification of Vaporization by Decompression to the Vacuum": Effect on Color Parameters and Essential Oil Profile

[2023]

Personalized Physical Activity Programs for the Management of Knee Osteoarthritis in Individuals with Obesity: A Patient-Centered Approach

[2022]

Approaching Sarcopenic Obesity in Young and Middle-Aged Female Adults in Weight Management Settings: A Narrative Review

[2022]

Can Intentional Weight Loss Ameliorate Sarcopenia in Individuals with Obesity? A Longitudinal Interventional Study

[2021]

Association between dietary practice, body composition, training volume and sport performance in 100-Kmelite ultramarathon runners

[2021]

Cross-validation of prediction equations for estimating the body fat percentage in adults with obesity

[2020]

Fertility and Reproduction after Recovery from Anorexia Nervosa: A Systematic Review and Meta-Analysis of Long-Term Follow-Up Studies

[2020]

Development of an Easy-to-Use Prediction Equation for Body Fat Percentage Based on BMI in Overweight and Obese Lebanese Adults

[2020]

Understanding sarcopenic obesity in terms of definition and health consequences: a clinical review

[2020]

Relationship between multiple weight cycles and early weight loss in patients with obesity: A longitudinal study

[2020]

The Impact of Sarcopenic Obesity on Health-Related Quality of Life of Treatment-Seeking Patients with Obesity

[2020]

Lifetime Weight Cycling and Central Fat Distribution in Females With Obesity: A Brief Report

[2020]

Predictive Equations Based on Body Composition for Resting Energy Expenditure Estimation in Adults with Obesity

[2020]

Reduction of resting energy expenditure and sarcopenic obesity in adults with overweight and obesity: a brief report

[2020]

Body composition in adolescents and young adults with anorexia nervosa: A clinical review

[2020]

Association between sarcopenic obesity and metabolic syndrome in adults: a systematic review and meta-analysis

[2020]

Sarcopenic Obesity Predicts Early Attrition in Treatment-Seeking Patients with Obesity: A Longitudinal Pilot Study

[2020]

How valuable is cardiopulmonary exercise testing in patients with severe obesity undergoing bariatric surgery?

[2020]

Association between reduced daily steps and sarcopenic obesity in treatment-seeking adults with obesity

[2020]

Validation of predictive equations for resting energy expenditure in treatment-seeking adults with overweight and obesity: Measured versus estimated

[2020]

[Revising BMI Cut-Off Points for Obesity in a Weight Management Setting in Lebanon](#)

[2019]

[Lifestyle modification in rheumatoid arthritis: dietary and physical activity recommendations based on evidence](#)

[2019]

[IS BODY FAT PERCENTAGE A GOOD PREDICTOR OF MENSTRUAL RECOVERY IN FEMALES WITH ANOREXIA NERVOSA AFTER WEIGHT RESTORATION?](#)

[2019]

[Association between smoking hookahs \(shishas\) and higher risk of obesity: a systematic review of population-based studies](#)

[2019]

[Association between sarcopenic obesity and higher risk of type 2 diabetes in adults: a systematic review and meta-analysis](#)

[2019]

[Validation of an Arabic version of the obesity-related wellbeing \(ORWELL 97\) questionnaire in adults with obesity](#)

[2019]

[Nutritional knowledge and dietary practice in elite 24-hour ultramarathon runners: a brief report](#)

[2018]

[Reduced lean body mass and cardiometabolic diseases in adult males with overweight and obesity: a pilot study](#)

[2018]

[Long-term weight-loss lifestyle modification programme in a patient with severe lumbar intervertebral disc degeneration and obesity: a case report](#)

[2018]

[Association between sarcopenic obesity, type 2 diabetes, and hypertension in overweight and obese treatment-seeking adult women](#)

[2018]

[The association between body mass index and health-related quality of life in treatment-seeking arab adults with obesity](#)

SKILLS

Outlook | Google Drive | International Computer Driving Licence certificate for Microsoft Office programs (ICDL) | Social Media | nutrition | perform lectures | food safety principles

CONFERENCES & SEMINARS

[24/10/2025] Beirut Arab University

"Frontiers in Healthcare: From Technology to Patient Care" Conference Delivered a scientific presentation

entitled “Latest Updates in Nutritional Management of Dyslipidemia: Evidence-Based Dietary Strategies” during the “Frontiers in Healthcare: From Technology to Patient Care” Conference, Beirut Arab University – Tripoli Campus, Lebanon, October 24, 2025.

[27/01/2021] Faculty of Health Sciences, Beirut Arab University

'THE COVID-19 PANDEMIC ON THE LEBANESE SETTING: THE IMPLICATION ON HEALTH & WELLBEING' Webinar

[02/2019]

Moderator in the workshop entitled “Obesity Treatment: Lessons from the European Guidelines”, that was organized by the Center for Continuing and Professional Education, BAU

[19/01/2026] Beirut Arab University

The launch of the Lebanese edition of the “Nourishing Today for Thriving Tomorrow” initiative in collaboration with University of Westminster and World Health Organization Contributed to the organization and launch of the Lebanese edition of the “Nourishing Today for Thriving Tomorrow” initiative in collaboration with University of Westminster and World Health Organization on January 19, 2026. Also served as Moderator during the scientific meeting held at Jamal Abdel Nasser Hall, Beirut Arab University, facilitating interactive discussions among academics, experts, and representatives from official institutions, and contributing to dialogue on adolescent health, nutrition, and community knowledge transfer.

[24/09/2026] Beirut Arab University

“The Route to Become a Grant Hunter” Workshop Participated in the hands-on workshop entitled “The Route to Become a Grant Hunter,” held on September 24, 2025, at Ali Rashed Hall, Beirut Campus, Beirut Arab University. The workshop was moderated by Ahmed Wahid, Head of the Department of Biochemistry at Alexandria University, and focused on practical strategies for grant writing, research funding acquisition, and proposal development.

[09/01/2026] Beirut Arab University

“Best Practices in Research” Workshop Attended the workshop entitled “Best Practices in Research,” held on January 9, 2026, at Ali Rashed Hall, Beirut Campus, Beirut Arab University. The workshop was moderated by Habib Fardoun, Consultant for University Excellence: Ranking and Research at Excellence Consulting for Education. The session addressed effective research methodologies, journal selection strategies, and practical approaches to enhancing research productivity and academic competitiveness.

[13/02/2026] Ministry of Public Health

The official launch of the Sustainable Food-Based Dietary Guidelines Attended the official launch of the Sustainable Food-Based Dietary Guidelines for Lebanon on February 13, 2026, organized by the Ministry of Public Health in collaboration with the Lebanese Order of Dietitians. The event highlighted national efforts to promote healthy, culturally appropriate, and environmentally sustainable dietary practices while addressing public health priorities and strengthening food system sustainability in Lebanon.

[16/02/2026] Beirut Arab University

“Consumer Protection, Intellectual Property, and Patent Registration” Seminar Attended the seminar entitled “Consumer Protection, Intellectual Property, and Patent Registration,” held on February 16, 2026, at Ali Rashed Hall, Beirut Arab University. The seminar addressed consumer rights, intellectual property regulations, and patent registration procedures, contributing to enhanced legal and professional awareness in academic and research fields.

[14/10/2025] Beirut Arab University

“Safeguarding the Lebanese Consumer: Legal Frameworks and Institutional Initiatives” Seminar Attended the scientific seminar entitled “Safeguarding the Lebanese Consumer: Legal Frameworks and Institutional Initiatives,” presented by Elie Bou Yazbeck, Assistant Director General for Technical Affairs at the Lebanese Ministry of Economy and Trade, held on October 14, 2025, at Ali Rashed Hall, Beirut Campus, Beirut Arab University. The seminar addressed legal frameworks and institutional initiatives aimed at protecting Lebanese consumers and strengthening food safety practices.

[19/09/2025] American University of Beirut

TransformED 2025 Summit Attended the TransformED 2025 Summit held at American University of Beirut on September 19, 2025. The summit brought together educators, entrepreneurs, and professionals to discuss innovative approaches for advancing higher education, enhancing accessibility and relevance, and strengthening the alignment between academic education and workforce demands in the digital era.

[18/11/2025] Maroun Semaan Faculty of Engineering and Architecture at American University of Beirut

AI Starter Kit Professional Certificate Successfully completed the "AI Starter Kit Professional Certificate" in November 2025, an intensive 8-week training program offered by the Maroun Semaan Faculty of Engineering and Architecture at American University of Beirut in partnership with ZAKA. The program enhanced competencies in artificial intelligence fundamentals, prompt engineering, and practical AI applications in education and scientific research.

[08/11/2025] Beirut Arab University

"Healthy Starts: Feeding, Safety, and Daycare Best Practices for Infants and Young Children" Conference

Participated as both Speaker and Moderator in the conference entitled "Healthy Starts: Feeding, Safety, and Daycare Best Practices for Infants and Young Children," held at Jamal Abdel Nasser Hall, Beirut Arab University, on November 8, 2025. The event was organized in collaboration with the Syndicate of Nursery Owners in Lebanon and the Faculty of Health Sciences – Departments of Nutrition and Dietetics and Nursing.

Delivered a lecture entitled "Food Safety Aspects of Infant Foods," addressing the importance of food safety during early childhood. The conference also featured scientific educational sessions on first aid and infection control in nurseries to support child health and safety.

[16/12/2025] Grand Serail

The launch of the national adolescent health campaign "Healthy Habits" Attended the launch of the national adolescent health campaign "Healthy Habits" held at the Grand Serail, Lebanon, on December 16, 2025, under the patronage of H.E. Ambassador Sahar Baassiri Salam. The initiative emphasized the importance of promoting healthy lifestyle behaviors among adolescents, particularly in the areas of healthy nutrition, physical activity, and public health, with the aim of supporting healthier future generations.

[2019] Beirut Arab University

"The journey for cure of adult T cell leukaemia/lymphoma: from the bench to the bedside" by Pr. Ali Bazarbachi

[10/2018] Saint Joseph University

Moderator in the Second Conference of Nutrition & Food Technology

[10/2009] American University of Beirut

LDA Conference on Current Challenges in Adolescent & Child nutrition