

Nivine Samir Bachir

Beirut, Lebanon

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Summary

Highly motivated and experienced nutritionist and researcher with dual PhDs in Food Engineering and Biotechnology, and Nutrition. Proven track record in teaching nutrition-related courses at the university level, clinical practice, and public engagement. Seeking a part-time faculty position to contribute my expertise and passion for nutrition to advance knowledge and promote healthy eating habits at the Lebanese American University.

Education**Dual International Doctorate of Philosophy**

Universitat Politècnica de Catalunya (UPC) & Lebanese University (LU), 2023

- PhD in Food Engineering and Biotechnology (UPC)
- PhD in Nutrition (LU)
- Recipient of Excellent grade and Cum Laude Distinction

Master of Science in Nutrition

American University of Beirut (AUB), 2013

- Thesis: Optimal cut-offs of BMI, waist circumference, and percentage body fat for predicting metabolic syndrome among Lebanese adults
- Winner of AUB Travel Graduate Award, ESPEN Fellowship Award

Bachelor of Science in Nutrition & Dietetics

American University of Beirut (AUB), 2009

Bachelor of Science in Biochemistry

Beirut Arab University (BAU), 2005

Academic Experience**Senior Lecturer**

Lebanese International University (LIU), 2022 - Present

- Teach major nutrition and food sciences courses to undergraduate and master's students.
- Supervise and mentor master's students on research projects.
- Developed and implemented curriculum for clinical nutrition courses.

Graduate Assistant

American University of Beirut (AUB), 2010 - 2013

- Assisted faculty with research, teaching, and administrative tasks.
 - Conducted literature reviews, prepared presentations, and analyzed data.
 - Presented research findings at conferences and departmental meetings.
 - Supervised and mentored undergraduate students in laboratory sessions.
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Clinical Practice

Clinical Dietitian and Weight Management Specialist

2009 - Present

- Managed weight loss and weight gain cases.
 - Followed up with patients with metabolic abnormalities.
 - Developed Nivine's diet chocolate® based on maltitol sugar alcohol suitable for diabetics and people with altered metabolic profiles.
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Professional Affiliations

- Registered Dietitian, Lebanese Ministry of Health
 - Member, Lebanese Dietetic Association (LOD # 239)
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Research Interests

- Food science and technology
 - Nutrition and dietetics
 - Public health nutrition
 - Acrylamide formation and mitigation in food
 - Metabolic syndrome prevention and management
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Publications

- Bachir, N., Haddarah, A., Sepulcre, F., & Pujola, M. (2022). Formation, Mitigation, and Detection of Acrylamide in Foods. *Food Analytical Methods*, 15(6), 1736-1747.
- Bachir, N., Haddarah, A., Sepulcre, F., & Pujola, M. (2023). Study the interaction of amino acids, sugars, thermal treatment and cooking technique on the formation of acrylamide in potato models. *Food Chemistry*, 408, 135235.

- Bachir, N., Hadiya Akkoun., Pujola, M., Sepulcre, F., & Haddarah, A. (November 2023). Impact of amino acids and sugars after thermal processing on acrylamide-formation in synthetic models and real potatoes: A comparative study. *Food Science and Nutrition*, 2024,12:1046-1055.
 - Bachir, N., Pujola, M., Sepulcre, F., & Haddarah, A. (October 2023). Derivation of a No significant risk level (NSRL) of acrylamide in potato-based models and validation by Near Infrared Radiation spectroscopy, *Food Analytical Methods journal*, Volume 320, 1 March 2020, Pages 103-108.
 - Nasreddine, L., Bachir, N., Kharroubi, S., Chamieh, M.C., Mehio Sibai, A., Hwalla, N., & Naja, F. (2019). Anthropometric Cutoffs for Increased Cardiometabolic Risk among Lebanese Adults: A Cross-Sectional Study. *Metab Syndr Relat Disord*, 17(10):486-493.
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Presentations

- XI Congreso Nacional Cyta Cesia, Zaragoza, Spain, June 2022. Oral presentation: Study the interaction of amino acids, sugars, thermal treatment and cooking technique on the formation of acrylamide in potato models.
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Awards and Recognition

- Winner of AUB Travel Graduate Award, 2013
 - Winner of ESPEN Fellowship Award, 2013
 - Finalist for Brilliant Lebanese Awards for Women Entrepreneur of the Year, 2017
 - Winner of Recognition Award from the FAFS Alumni Chapter & the Faculty of Agriculture and Food Sciences, 2018
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Skills

- **Languages:** Arabic (Advanced), English (Advanced), French (Advanced), Spanish (Intermediate)
 - **Computer:** MS Word, Excel, PowerPoint, SPSS statistical software
 - **Research:** Literature review, data analysis, scientific writing, grant proposal writing
 - **Teaching:** Curriculum development, instructional design, student assessment
 - **Communication:** Public speaking, presentation skills, interpersonal skills
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Professional Development

- Attended conferences related to medical and nutrition topics in Lebanon, 2019-2023

- Completed marketing training at Medacto Company, 2005-2006
 - Completed pharmacy and laboratory training at Seiffeddine's Pharmacy, Beirut General's Hospital, and Al-Zahraa's Hospital, 2005-2006
 - Completed pharmacology training at Beirut Arab University, 2006-2007
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References

Three references:

- Professor, Hussein Hassan, Lebanese American University, Hussein.hassan04@lau.edu.lb, 00961-71191445
- Professor, Omar Obeid, American University of Beirut, oo01@aub.edu.lb, 00961-03478824
- Professor, Francesc Sepulcre Sanchez, Universitat politecnica de Catalunya, francesc.sepulcre@upc.edu, 0034-629030366