



EDUCATION

Saint Joseph University-Beirut (USJ)

2004-2007

Bachelor of Nutrition and Dietetics

2007-2009

M.Sc. in Human Nutrition

2010-2013

PhD in Nutritional Sciences,
(USJ and AUBMC, Beirut, Lebanon)

MAHA HOTEIT

Professor of Nutrition-
Lebanese University
/Coordinator of Food
Science Unit-CNRS-L

PROFILE

Expert in food security, food policy, and food systems, with a Ph.D. in Nutrition Sciences and extensive experience in both academia and research. I currently lead the Public Health Nutrition of Lebanon (PHENOL) research program at the Lebanese University and coordinate the Food Sciences Unit at the National Council for Scientific Research (CNRS-L). My work focuses on developing multi-hazard early warning systems for food security and spearheading research initiatives. Additionally, I served for four years as consultant with EMRO-World Health Organization-Cairo and I serve now as a consultant with the Global Alliance for Improved Nutrition in Geneva (GAIN), where I analyze food consumption patterns among vulnerable populations. My career is dedicated to advancing food security through impactful research, policy development, and education in Lebanon and the Arab region.

CONTACT

PHONE: 96170967594

EMAIL: maha.hoteit@cnrs.edu.lb
hoteit@ul.edu.lb

WORK EXPERIENCE

Lebanese University

2013-*ongoing*: Teaching, Research, supervision
Master and PhD students and Coordination of
Master Program in Public Health Nutrition

National Council for Scientific Research- CNRS-L

2023-*ongoing*: Research activities, Modeling
studies and Early warning platform to predict food
insecurity

American University of Beirut

2009-2013: Research Assistant, AUBMC, Beirut

2022-2023: Instructor, FAFS, Beirut

2024-*ongoing*: Consultant (Trans fat elimination
policy), K2P, Beirut

Lebanese American University

2023-*ongoing*: Research Associate, Arts and
Sciences, Beirut

2024-*ongoing*: Instructor, Arts and Sciences, Beirut

Saint Joseph University

2014-2016: Instructor, Faculty of Pharmacy, Beirut

2022-2023: Instructor, Faculty of Sciences, Beirut

Université Saint Esprit Kaslik

2021-*ongoing*: Research faculty, Arts and
Sciences, Beirut

Lebanese Ministry of Public Health

2021-*ongoing*: Food safety committee member

World Health Organization (EMRO)

2020-2024: Consultant, Nutrition department, Cairo, Egypt

Agence Universitaire de la Francophonie (AUF)

2021-2025: Member-Scientific Research Regional Committee

Global Alliance Improved Nutrition (GAIN)

2024-*ongoing*: Consultant, Women's Nutrition Program, Geneva, Switzerland

Lebanese Order of Dietitians (LOD)

2022-*ongoing*: Founder, elected member and chair of the scientific committee

Université Laval-Quebec-Canada

2024-*ongoing*: Research Associate and Expert in Risk Assessment and Risk Characterization

Balamand University

2025-*ongoing*: Teaching Consultant- Climate Change and Health Fellowship Program - Introduction to Climate Changes, Health, and policy

AWARDS

2022: International Education Innovation Award-Agence Universitaire de la Francophonie (AUF) (Canada)

2023: TECHWOMEN Emerging Leader 2023-U.S. Department of State-Saint Francisco-USA

2023: Emerging Leader Pitch Award-TECHWOMEN-Washington, U.S.

PHD THESIS

Title: Association of the Estrogen Receptor Alpha Gene polymorphisms with metabolic syndrome, Its component traits and with coronary heart diseases risk in elderly (**2013**)

Promoter: Pr. Ghada El Hajj-Fuleihan, MD, MPH, Calcium Metabolism and Osteoporosis Program-American University of Beirut-Medical Center

COMMITTEES AND WORKING GROUPS

- Corona-cooking survey & Corona-Pregna Survey (Board member) (refer to publications in 10 Arab countries and 38 countries)
- Are We Closer to Regional Consensus on Promoting Food Literacy and Integrating Nutrition Education in the Arabic Schools? (Chairman and project leader supported and funded by UN-ESCWA)
- Leader on “**Arab Food Consumption Data Initiative**” supported by Laval University, Global Food Regulatory Science Society (GFORSS) and funded by USDA (Refer to LinkedIn and GFORSS)
- Colloquium committee: Lebanese Ministry of Education

POSTERS

- Maladie Inflammatoire Chroniques de l'Intestin (MICI) et Nutrition: Résultats préliminaires de l'étude Cartographie nutritionnelle des patients atteints de MICI en France.B. Société National Française de Gastroentérologie. Congres March 2013.
- CYP2R1 Gene polymorphisms are associated with variability in 25-hydroxy vitamin D levels in the elderly. ASBMR 2013 Annual Meeting. Poster Sessions, Presentation Number: LB-MO34, Baltimore Convention Center, Discovery Hall-Hall C-USA, October 2013.
- Clinical Nutrition in Inflammatory Bowel Disease: Advanced Assessment of Nutritional Risk and Food Intolerance”. 3rd World Congress on Public Health and Nutrition -London, UK February 2018.
- Feeding Behavior and Eating Habits of Children with Autism Spectrum Disorder Compared to Typically Developing Children. 3rd World Congress on Public Health and Nutrition London, UK February 2018.
- Feeding Behavior and Eating Habits of Children with Autism Spectrum Disorder Compared to Typically Developing Children. 3rd World Congress on Public Health and Nutrition London, UK February 2018.
- Evaluation de l'indice d'alimentation saine et de l'envie impérieuse de manger chez les patients opérés d'une dérivation gastrique de Roux-en-y et la gastrectomie de manche. JFHOD-Paris March 2019.
- Utilisation des compléments alimentaires chez les athlètes au Liban: connaissances, attitudes, pratiques et corrélats”. JFHOD-Paris March 2023.

ORAL PRESENTATIONS

- Breastfeeding Practices, Infant Formula Use, Complementary Feeding and Childhood Malnutrition: An Updated Overview of the Eastern Mediterranean Landscape. First pediatric Nutrition Congress-Qatar University, Qatar 2022.
- Laboratory determined sugar, fat, trans fatty acids, mycotoxins and heavy metals content and composition of commercial infant formulas, baby foods and common grocery items targeted to Arab infants and children. First pediatric Nutrition Congress-Qatar University, Qatar 2022.
- Multi Objective Optimization Model of Nutritional, Environmental and Economic Aspects of diets Applied to Adolescents in Lebanon. Second Pediatric Nutrition Congress-Qatar University, Qatar 2024.
- Le Comité de Coordination du Développement Durable et de la Sécurité Alimentaire à l'AUF : Création d'un nouveau réseau consultatif international pour un développement durable-Canada 2023.
- The Arab Food Consumption Survey": New Regional Initiative to Uncover Dietary Exposure and Risk Assessment across the Arab region, Amman 2024.

FUNDED STUDIES

- Hypovitaminosis D: a link between fat/fuel and bone/mineral metabolism: Randomized Clinical Trial- AUB- (completed)
- Food Composition Table for traditional dishes-WHO-EMRO (completed)
- Development of NAS (Nutrition Assessment System)- mobile application to assess food insecurity amid crises WHO-EMRO (completed)
- Infant formula and breastfeeding in Lebanon-WHO- EMRO (completed)
- : Mapping of potential laboratories to assess Trans-Fat in the Eastern Mediterranean Region-WHO-EMRO (completed)
- Antimicrobial Residues and Antimicrobial Resistance in Raw Milk-WHO-EMRO (completed)

SCOPUS PROFILE

Hoteit, M.

Université Libanaise, Beirut, Lebanon  57212491569  <https://orcid.org/0000-0001-7392-4835> [View more](#)

850

Citations by 730 documents

80

Documents

15

h-index [View h-graph](#)

[View more metrics](#) >

BOOKS AND REPORTS

1. Food composition data-Lebanon: available at: <https://ul.edu.lb/files/ann/20210422-lu-repa-report.pdf> (Arabic and English)
2. Food security report-2021: available at <https://ul.edu.lb/files/ann/20210706-lu-repa.pdf>
3. Mycotoxin database-Lebanon. El Khoury, a., Daou, r., Atoui, a., & Hoteit, m. (2022, March 3). osf.io/s6rx9. doi 10.17605/osf.io/m276s. <https://www.ul.edu.lb/common/news.aspx?newsid=4469>
4. International textbook of breastfeeding, infant and young child feeding: from evidence to policy and action. Abul-fadl, a., Al-jawaldeh, a., Hoteit, m., & Bozo, m. (2022, April 15). <https://doi.org/10.17605/osf.io/yxdzh>

LIST OF PUBLICATIONS

1. Baddoura R, Hoteit M, El-Hajj Fuleihan G. Osteoporosis fractures, DXA, and fracture risk assessment: meeting future challenges in the Eastern Mediterranean Region. *J Clin Densitom* 2011;14(4):384-94.
2. Hoteit M, Arabi A, Habib R, Mahfouz R, Baddoura R, Halaby G, El-Hajj Fuleihan G. Estrogen Receptor α : A Candidate Gene for Metabolic Syndrome? *Metabolism* 2013. <http://dx.doi.org/10.1016/j.metabol.2013.08.004>
3. Bassil D, Rahmeh M, Hoteit M, El-Hajj Fuleihan G. Hypovitaminosis D in the Middle East and North Africa: Prevalence, Risk Factors, and Impact on Outcomes. *Dermato-Endocrinology* volume 5:Issue 2, 274-298; April/May/June 2013.
4. M Hoteit, Laila Al-Shaar, Cynthia Yazbeck, Maria Bou Sleiman, Tala Ghalayini, Ghada El-Hajj Fuleihan. Hypovitaminosis D in a sunny country: Time trends, predictors, and implications for practice guidelines. *Metabolism clinical and experiment* 163(2014)968 – 978.
5. El Hajj F., Hoteit M., Ouaknine M. Elbow Arthroscopy :An alternative to Anteromedial Portals. *Orthop Traumatol Surg Res.* 2015Jun;101(4):411-4. doi:10.1016/j.otsr.2015.03.011. Epub 2015Apr 21.
6. Mohamad Koubar, Jamil Houhou, Maha Hoteit, Mohamad Al-Iskandarani. A comparative study of the physicochemical and bacterial characteristics of the three drinking water sources distributed in Haret-Hreik city, Lebanon. *Elixir Pollution* 41459: 96 (2016) 41459-41465.
7. Zahraa Kassem, Doha Saleh, Mohamad Al-Iskandarani, Loubna El Tayyara and Maha Hoteit. Fruits and Vegetables Intake Lowers the Risk of Hypertension: Does It Really Work? *Elixir Nutrition and Dietetics* 100; (2016); 43688-43692.
8. Samah Haidar, Doha Shebly, Samah Doumiyati, Sarine El Daouk, Loubna El Tayara, and Maha Hoteit. Does Mediterranean Diet Alone Lower the Risk of Diabetes? *Elixir Nutrition and Dietetics* 100; (2016); 43693-43699.
9. El-Hajj Fuleihan, G., Baddoura, R., Habib, R. H., Halaby, G., Arabi, A., Rahme, M., Singh, R. J., Kassem, M., Mahfoud, Z., Hoteit, M., Daher, R. T., & Kassir, M. F. (2016). Effect of vitamin D replacement on indexes of insulin resistance in overweight elderly individuals: a randomized controlled trial. *The American journal of clinical nutrition*, 104(2), 315–323. <https://doi.org/10.3945/ajcn.116.132589>
10. A. Arabi, N .Khoueiriy-Zgheib, Z. Awada, R. Mahfouz, L. Al-Shaar, M. Hoteit, M. Rahme , R. Baddoura , G. Halabi, R. Singh, G. El Hajj Fuleihan. CYP2R1 polymorphisms are important modulators of circulating 25-hydroxyvitamin D levels in elderly females with vitamin insufficiency, but not of the response to vitamin D supplementation. *Osteoporos Int.* DOI 2017 10.1007/s00198-016-3713-5.
11. Amani Haidar, Lama Jouni, Mohamad Koubar, Sarine El Daouk, Maha Hoteit. Impact of active smoking, passive smoking, and smoking cessation on overweight and

- obesity: First national cross-sectional study. *International Journal of Medical Science and Public Health*. 2017 ;Vol 6 ;Issue 3; 577-582.
12. Soha Hourani, Nagham Hamadeh, Mohamad Al-Iskandarani, Sarine El Daouk, Maha Hoteit. Physical Activity and Obesity Indicators: Prevalence and Associations through a National Cross Sectional Study on Lebanese Adults. *International Journal of Public Health Science*. Vol.6, No.1, March 2017, pp. 1~6. ISSN: 2252-8806.
 13. AbiAcar Rita, Mansour Racha, Mohamad Al Iskandarani, Loubna El Tayyara, Maha Hoteit. Is Adherence To TLC Diet Inversely Associated With Dyslipidemia, High Body Mass Index and High Waist Circumference Rates? - Validation of MEDFACTS Questionnaire. *Bio Accent Journal Nutrition* (2017); 3: 13-23.
 14. Rahme, M., Sharara, S. L., Baddoura, R., Habib, R. H., Halaby, G., Arabi, A., Singh, R. J., Kassem, M., Mahfoud, Z., Hoteit, M., Daher, R. T., Bassil, D., El Ferkh, K., & El-Hajj Fuleihan, G. (2017). Impact of Calcium and Two Doses of Vitamin D on Bone Metabolism in the Elderly: A Randomized Controlled Trial. *Journal of bone and mineral research : the official journal of the American Society for Bone and Mineral Research*, 32(7), 1486–1495. <https://doi.org/10.1002/jbmr.3122>
 15. Yassine, M. H., Rifai, A., Hoteit, M., Mazellier, P., & Al Iskandarani, M. (2017). Study of the degradation process of ofloxacin with free chlorine by using ESI-LCMSMS: Kinetic study, by-products formation pathways and fragmentation mechanisms. *Chemosphere*, 189,46–54. <https://doi.org/10.1016/j.chemosphere.2017.08.171>
 16. Douaa Khawla, Houda Rima, Fatina Sleiman, Mohamad Al-Iskandarani, Mohamad Koubar, Maha Hoteit. Insufficient Sleep is a Contributor to Overweight and Type 2 Diabetes in Adults: Any Contribution from Caffeine? *International Journal of Diabetes Research* 2017, 6(4): 83-90 DOI: 10.5923/j.diabetes.20170604.02
 17. Shahrazad Moustafa, Zeinab Tawbe, Sarine El Daouk, Mohamad Al-Iskandarani, Fatina Sleiman, Mohamad Koubar and Maha Hoteit. Body Image Perception in Association with Healthy Lifestyle Behaviour's in Lebanese Men and Women. *Int J Sch Cog Psychol* 2017, 4:4 DOI: 10.4172/2469-9837.1000201
 18. Nassar R , Mokh S , Rifai A , Chamas F , Hoteit M , Al Iskandarani M Transformation of sulfaquinoxaline by chlorine and UV light in water: kinetics and by-product identification. *Environ Sci Pollut Res Int* [01 Dec 2017] DOI: [10.1007/s11356-017-0814-4](https://doi.org/10.1007/s11356-017-0814-4) *Environ Sci Pollut Res* (2018) 25: 34863. <https://doi.org/10.1007/s11356-017-0814-4>
 19. Malak Ghandour, Sarah Kteish, Husam Ghuson, Mohamad Koubar, Mohamad Al-Iskandarani, Sarine El Daouk and Maha Hoteit. What are the Best Predictors of Non-Communicable Diseases (Diabetes, Hypertension and Dyslipidemia) and of Cardiovascular Diseases Risk Factors among Anthropometric Measurements in the Middle Eastern Lebanese Population? *BAOJ Nutrition* 2018 4: 1 4: 049
 20. Rahme M, Al-Shaar L, Singh R, Baddoura R, Halaby G, Arabi A, Habib RH, Daher R, Bassil D, El-Ferkh K, Hoteit M, El-Hajj Fuleihan G. Limitations of platform assays to measure serum 25OHD level impact on guidelines and practice decision making.

Metabolism. 2018 Dec;89:1-7. doi: 10.1016/j.metabol.2018.09.003. Epub 2018 Sep 15.2020

21. Hoteit, M., Zoghbi, E., Al Iskandarani, M., Rady, A., Shankiti, I., Matta, J., & Al-Jawaldeh, A. (2020). Nutritional value of the Middle Eastern diet: analysis of total sugar, salt, and iron in Lebanese traditional dishes. *F1000Research*, 9, 1254. <https://doi.org/10.12688/f1000research.26278.1>
22. El Haddad, R. F., Yahfoufi, N., Abou Haidar, M., & Hoteit, M. (2020). Knowledge, Attitude and Practices of Lebanese Married Women towards Food Safety. *Atena Journal of Public Health*, 2, 1. Retrieved from <https://www.atenajournals.com/index.php/ajph/article/view/7>
23. Fares, K., Barada, D., Hoteit, M., & Abou Haidar, M. (2020). Prevalence and correlates of food insecurity among Lebanese University students of Hadath Campus. *Atena Journal of Public Health*, 2, 5. Retrieved from <https://www.atenajournals.com/index.php/ajph/article/view/22021>
24. Hoteit, M., Zoghbi, E., Rady, A., Shankiti, I., & Al-Jawaldeh, A. (2021). Fatty Acids Quality in Middle Eastern Traditional Dishes, Arabic Sweets and Market Foods Frequently Consumed in Lebanon. *Nutrients*, 13(7), 2462. <https://doi.org/10.3390/nu13072462>
25. Hoteit, M., Zoghbi, E., Rady, A., Shankiti, I., & Al-Jawaldeh, A. (2021). Development of a Lebanese food exchange system based on frequently consumed Eastern Mediterranean traditional dishes and Arabic sweets. *F1000Research*, 10, 12. <https://doi.org/10.12688/f1000research.27461.1>
26. Hoteit, M.; Al-Atat, Y.; Joumaa, H.; Ghali, S.E.; Mansour, R.; Mhanna, R.; Sayyed-Ahmad, F.; Salameh, P.; Al-Jawaldeh, A. Exploring the Impact of Crises on Food Security in Lebanon: Results from a National Cross-Sectional Study. *Sustainability* 2021, 13, 8753. <https://doi.org/10.3390/su13168753>
27. Mohsen, H.; Yazbeck, N.; Al-Jawaldeh, A.; Bou Chahine, N.; Hamieh, H.; Mourad, Y.; Skaiki, F.; Salame, H.; Salameh, P.; Hoteit, M. Knowledge, Attitudes, and Practices Related to Dietary Supplementation, before and during the COVID-19 Pandemic: Findings from a Cross-Sectional Survey in the Lebanese Population. *Int. J. Environ. Res. Public Health* 2021, 18, 8856. <https://doi.org/10.3390/ijerph18168856>.
28. Hoteit M., Zoghbi E, Rady A, Shankiti I, Ibrahim C, Al-Jawaldeh A. Assessment of Industrially Produced Trans Fatty Acids in Traditional Dishes, Arabic Sweets, and Market Food Products and Its Risks on Non-communicable Diseases in Lebanon. *Front Nutr.* 2021 Oct 21;8:727548. doi: 10.3389/fnut.2021.727548. PMID: 34746203; PMCID: PMC8566673.
29. Hoteit M., Zoghbi E, Rady A, Shankiti I, Ibrahim C, Al-Jawaldeh A. Non-Conjugated-Industrially-Produced-Trans Fatty in Lebanese Foods: The Case of Elaidic and

- Linolelaidic Acids. *Nutrients*. 2021 Oct 19;13(10):3664. doi: 10.3390/nu13103664. PMID: 34684664; PMCID: PMC8536972.
30. Jabbour, J.; Awada, D.; Naim, N.; Al-Jawaldeh, A.; Haidar Ahmad, H.; Mortada, H.; Hoteit, M. Impact of Bariatric Surgery on the Healthy Eating Index, Binge Eating Behavior and Food Craving in a Middle Eastern Population: A Lebanese Experience. *Healthcare* 2021, 9, 1416. <https://doi.org/10.3390/healthcare9111416>
 31. Al-Jawaldeh A, Taktouk M, Chatila A, Naalbandian S, Abdollahi Z, Ajlan B, Al Hamad N, Alkhalaf MM, Almamary S, Alobaid R, Alyafei SA, Azizi MH, Baqadir NM, Barham R, Binsunaid FF, El Ammari L, El Ati J, Hoteit M, Massad H, Nejad MS and Nasreddine L (2021) A Systematic Review of Trans Fat Reduction Initiatives in the Eastern Mediterranean Region. *Front. Nutr.* 8:771492. doi: 10.3389/fnut.2021.771492.
 32. Hoteit, M., Mortada, H., Al-Jawaldeh, A., Mansour, R., Yazbeck, B., AlKhalaf, M., Bookari, K., Tayyem, R., Al-Awwad, N. J., Al Sabbah, H., Cheikh Ismail, L., Qasrawi, R., Abu Seir, R., Kamel, I., Dashti, S., Allehdan, S., Al-Mannai, M., Bawadi, H., Waly, M., & Regional CORONA COOKING Survey Group (2022). Dietary Diversity in the Eastern Mediterranean Region Before and During the COVID-19 Pandemic: Disparities, Challenges, and Mitigation Measures. *Frontiers in nutrition*, 9, 813154. <https://doi.org/10.3389/fnut.2022.813154>
 33. Abi Khalil, H., Hawi, M., & Hoteit, M. (2022). Feeding Patterns, Mother-Child Dietary Diversity and Prevalence of Malnutrition Among Under-Five Children in Lebanon: A Cross-Sectional Study Based on Retrospective Recall. *Frontiers in nutrition*, 9, 815000. <https://doi.org/10.3389/fnut.2022.815000>
 34. Hoteit M, Yazbeck N, Al-Jawaldeh A et al. Assessment of the knowledge, attitudes and practices of Lebanese shoppers towards food labeling: The first steps in the Nutri-score roadmap [Accepted]. *F1000Research* 2022, 11:84 (<https://doi.org/10.12688/f1000research.75703.1>).
 35. Hoteit M, Mortada H, Al-Jawaldeh A et al. COVID-19 home isolation and food consumption patterns: Investigating the correlates of poor dietary diversity in Lebanon: a cross-sectional study. *F1000Research* 2022, 11:84. (<https://doi.org/10.12688/f1000research.75768.1>).
 36. Daou R*, Hoteit M*, Bookari K, Al-Khalaf M, Nahle S, Al-Jawaldeh A, Koubar M, Doumiati S, EL Khoury A. Aflatoxin B1 Occurrence in Children under the Age of Five's Food Products and Aflatoxin M1 Exposure Assessment and Risk Characterization of Arab Infants through Consumption of Infant Powdered Formula: A Lebanese Experience. *Toxins*. 2022; 14(5):290. <https://doi.org/10.3390/toxins14050290>

37. Hoteit, M., Hoteit, R., Al-Jawaldeh, A., Abou Nasr, M., Obeid, S., Fakih, C., El Hajj, M., Qasrawi, R., Abu Seir, R., Allehdan, S., Ismail, M. S., Bookari, K., Arrish, J., Al-Bayyari, N., & Tayyem, R. (2022). Adherence to the United States Department of Agriculture Dietary Recommendations Pre- and During the Coronavirus Disease-19 Pandemic Among Pregnant Women in Arab Countries. *Frontiers in nutrition*, 9, 824305. <https://doi.org/10.3389/fnut.2022.824305>
38. Sadek, Z.; Mohsen, H.; Yazbek, S.; Nabulsi, Z.A.A.; Sarraj, A.R.; Hoteit, M. Dietary Supplements Use Among Athletes in Lebanon: Knowledge, Attitudes, Practices and Correlates. *Foods* 2022, 11, x. <https://doi.org/10.3390/xxxxx> (Accepted)
39. Qasrawi R, Amro M, VicunaPolo S Diala Abu Al-Halawa, Hazem Agha, Rania Abu Seir, Maha Hoteit; Reem Hoteit; Sabika Allehdan, Nouf Behzad, Khlood Bookari, Majid AlKhalaf, Haleama Al-Sabbah, Eman Badran, Reema Tayyem. Machine learning techniques for predicting depression and anxiety in pregnant and postpartum women during the COVID-19 pandemic: a cross-sectional regional study. *F1000Research* 2022, 11:390 (<https://doi.org/10.12688/f1000research.110090.1>)
40. Hoteit, M.; Ibrahim, C.; Saadeh, D.; Al-Jaafari, M.; Atwi, M.; Alasmar, S.; Najm, J.; Sacre, Y.; Hanna-Wakim, L.; Al-Jawaldeh, A. Correlates of Sub-Optimal Feeding Practices among under-5 Children amid Escalating Crises in Lebanon: A National Representative Cross-Sectional Study. *Children* 2022, 9, 817. <https://doi.org/10.3390/children9060817>
41. Tayyem, R., Al-Bayyari, N., Al-Awwad, N., Abuhijleh, H., Hoteit, R., Qasrawi, R., Badran, E., Basha, A., Allehdan, S., Boukari, K., Arrish, J., Seir, R. A., & Hoteit, M. (2022). Dietary intake and lifestyle practices of eastern mediterranean postpartum women before and during COVID-19 pandemic: An internet-based cross-sectional survey. *Frontiers in nutrition*, 9, 932418. <https://doi.org/10.3389/fnut.2022.932418>
42. Hoteit M, Chamas Z, Assaf S et al. Nutritional status, nutrient imbalances, food-related behaviors and dietary supplements use among patients with celiac disease in Lebanon: a national cross-sectional study. *F1000Research* 2022, 11:725 (<https://doi.org/10.12688/f1000research.121859.1>)
43. Hoteit, M., Mohsen, H., Bookari, K., Moussa, G., Jurdi, N., & Yazbeck, N. (2022). Prevalence, correlates, and gender disparities related to eating disordered behaviors among health science students and healthcare practitioners in Lebanon: Findings of a national cross sectional study. *Frontiers in nutrition*, 9, 956310. <https://doi.org/10.3389/fnut.2022.956310>
44. Al Sabbah, H., Taha, Z., Qasrawi, R., Assaf, E. A., Cheikh Ismail, L., Al Dhaheri, A. S., Hoteit, M., Al-Jawaldeh, A., Tayyem, R., Bawadi, H., AlKhalaf, M., Bookari, K., Kamel, I., Dashti, S., Allehdan, S., Alalwan, T. A., Hammouh, F., Waly, M. I., Al-Halawa, D. A., Mansour, R., ... The Regional Corona Cooking Survey Group (2022). The Impact of COVID-19 on Physical (In)Activity Behavior in 10 Arab Countries. *International journal of environmental research and public health*, 19(17), 10832. <https://doi.org/10.3390/ijerph191710832>
45. Mohsen, H., Sacre, Y., Hanna-Wakim, L., & Hoteit, M. (2022). Nutrition and Food Literacy in the MENA Region: A Review to Inform Nutrition Research and Policy

- Makers. International journal of environmental research and public health, 19(16), 10190.
<https://doi.org/10.3390/ijerph191610190>
46. Ibrahim, C., Kammouni, Z., Barake, M., Kassir, M., Al-Jawaldeh, A., Matta, J., Sacre, Y., Hanna-Wakim, L., Haddad, J., & Hoteit, M. (2022). Pediatric Health Risk Assessment for Exposure to Aluminum from Infant Formulas and Children under the Age of Five's Food Products among Arab Infants: Experience from Lebanon. *Foods* (Basel, Switzerland), 11(16), 2503.
<https://doi.org/10.3390/foods11162503>
 47. Mohsen, H., Ibrahim, C., Bookari, K., Saadeh, D., Al-Jawaldeh, A., Sacre, Y., Hanna-Wakim, L., Al-Jaafari, M., Atwi, M., AlAsmar, S., Najem, J., & Hoteit, M. (2022). Prevalence of Essential Nutrient Supplement Use and Assessment of the Knowledge and Attitudes of Lebanese Mothers towards Dietary Supplement Practices in Maternal, Infancy and Preschool Ages: Findings of a National Representative Cross-Sectional Study. *Foods* (Basel, Switzerland), 11(19), 3005.
<https://doi.org/10.3390/foods11193005>
 48. Yazbeck, N., Mansour, R., Salame, H., Chahine, N. B., & Hoteit, M. (2022). The Ukraine-Russia War Is Deepening Food Insecurity, Unhealthy Dietary Patterns and the Lack of Dietary Diversity in Lebanon: Prevalence, Correlates and Findings from a National Cross-Sectional Study. *Nutrients*, 14(17), 3504. <https://doi.org/10.3390/nu14173504>
 49. Ibrahim, C., Bookari, K., Sacre, Y., Hanna-Wakim, L., & Hoteit, M. (2022). Breastfeeding Practices, Infant Formula Use, Complementary Feeding and Childhood Malnutrition: An Updated Overview of the Eastern Mediterranean Landscape. *Nutrients*, 14(19), 4201.
<https://doi.org/10.3390/nu14194201>
 50. Reema Tayyem, Mohammed O. Ibrahim, Hussein Mortada, Dr. Majid M. Alkhalaf, Khlood Bookari, Haleema Al Sabbah, Radwan Qasrawi, IMAN H. KAMEL, Sabika Allehdan, Hiba Ahmad A. Bawadi, Hiba Bawadi, Mostafa Waly, Haya Abuhijleh, Fadwa Hammouh, Narmeen Al-Awwad, Nahla Al-Bayyari, Leila Cheikh Ismail, Diala Abu Al-Halawa, Manal Othman and Maha Hoteit. Sex Disparities in Food Consumption Patterns, Dietary Diversity and Determinants of Self-Reported Body Weight Changes Before and Amid the COVID-19 pandemic in 10 Arab Countries. *Front. Public Health. Sec. Health Economics*. doi: 10.3389/fpubh.2022.1029219.
 51. Bookari, K.; Arrish, J.; Zaher, S.; Alkhalaf, M.; Alharbi, M.; Alkhattaf, N.; Harb, Z.; Al Hinai, E.; Alanqodi, N.; Almajed, S.; Aldwarji, M.; Alqaoud, N.; Elati, J.; Hoteit, M. A Snapshot of the Experience of Dietitians during the COVID-19 Crisis in Five Arab Countries: Findings from a Regional Cross-Sectional Study. *Nutrients* 2022, 14, 4904. <https://doi.org/10.3390/nu14224904>.
 52. Hoteit, M.; Yaghi, J.; El Khoury, A.; Daou, R.; Hindieh, P.; Assaf, J.C.; Al Dawi, J.; Khoury, J.E.; Al Jawaldeh, A. Prevalence and Antibiotic Resistance of *Staphylococcus aureus* and *Escherichia coli* Isolated from Bovine Raw Milk in Lebanon: A study on Antibiotic Usage, Antibiotic Residues, and Assessment of Human Health Risk Using the One Health Approach. *Antibiotics* 2022, 11, x. <https://doi.org/10.3390>.
 53. Al Sabbah, H., Taha, Z., Qasrawi, R., Assaf, E. A., Cheikh Ismail, L., Al Dhaheri, A. S., Hoteit, M., Al-Jawaldeh, A., Tayyem, R., Bawadi, H., AlKhalaf, M., Bookari, K., Kamel, I., Dashti, S., Allehdan, S., Alalwan, T. A., Hammouh, F., Waly, M. I., Al-Halawa, D. A., Mansour, R., ... The Regional Corona Cooking Survey Group (2022). The Impact of COVID-19 on Physical (In)Activity Behavior in 10 Arab Countries. *International journal of environmental research and public health*, 19(17), 10832.
<https://doi.org/10.3390/ijerph191710832>.
 54. Qasrawi, R., Amro, M., VicunaPolo, S., Abu Al-Halawa, D., Agha, H., Abu Seir, R., Hoteit, M., Hoteit, R., Allehdan, S., Behzad, N., Bookari, K., AlKhalaf, M., Al-Sabbah, H., Badran, E., & Tayyem, R. (2022). Machine learning techniques for predicting depression and anxiety in pregnant and postpartum

- women during the COVID-19 pandemic: a cross-sectional regional study. *F1000Research*, 11, 390. <https://doi.org/10.12688/f1000research.110090.1>.
55. Al Sabbah, H., Assaf, E. A., Taha, Z., Qasrawi, R., Ismail, L. C., Al Dhaheri, A. S., Hoteit, M., Al-Jawaldeh, A., Tayyem, R., Bawadi, H., AlKhalaf, M., Bookari, K., Kamel, I., Dashti, S., Allehdan, S., Waly, M., Al-Halawa, D. A., Mansour, R., Ibrahim, M., & Al-Mannai, M. (2022). Impact of COVID-19 lockdown on smoking (waterpipe and cigarette) and participants' BMI across various sociodemographic groups in Arab countries in the Mediterranean Region. *Tobacco induced diseases*, 20, 98. <https://doi.org/10.18332/tid/155007>.
 56. Hoteit, M.; Mohsen, H.; Yazbeck, N.; Diab, S.; Sarkis, J.; Sacre, Y.; Hanna-Wakim, L.; Bookari, K. Household Food Insecurity, Anemia, Malnutrition and Unfavorable Dietary Diversity among Adolescents: Quadruple Whammies in the Era of Escalating Crises in Lebanon. *Nutrients* 2022, 13, x. <https://doi.org/10.3390/xxxxx>
 57. Hoteit, M., Mohsen, H., Hanna-Wakim, L., & Sacre, Y. (2022). Parent's food literacy and adolescents nutrition literacy influence household's food security and adolescent's malnutrition and anemia: Findings from a national representative cross sectional study. *Frontiers in nutrition*, 9, 1053552. <https://doi.org/10.3389/fnut.2022.1053552>
 58. Al-Jawaldeh, A., Taktouk, M., Naalbandian, S., Aguenou, H., Al Hamad, N., Almamary, S., Al-Tamimi, H. A., Alyafei, S. A., Barham, R., Hoteit, M., Hussain, M., Massad, H., & Nasreddine, L. (2022). Sugar Reduction Initiatives in the Eastern Mediterranean Region: A Systematic Review. *Nutrients*, 15(1), 55. <https://doi.org/10.3390/nu15010055>
 59. Roupael, M., Hojeij, B., Ezzedine, D., Mortada, H., Sacre, Y., Bitar, T., Naim, E., Hleihel, W., & Hoteit, M. (2023). Assessment of Feeding Behaviors and Parents' Frustrations of Children with Autism Spectrum Disorder in Lebanon: A Case-Control Study. *Children (Basel, Switzerland)*, 10(1), 117. <https://doi.org/10.3390/children10010117>
 60. Daou, R., Hoteit, M., Bookari, K., Joubrane, K., Khabbaz, L. R., Ismail, A., Maroun, R. G., & El Khoury, A. (2023). Public health risk associated with the co-occurrence of aflatoxin B₁ and ochratoxin A in spices, herbs, and nuts in Lebanon. *Frontiers in public health*, 10, 1072727. <https://doi.org/10.3389/fpubh.2022.1072727>
 61. Sakr, F., Maalouf, A., Msallem, E., Issa, A., Nehme, J., Hoteit, M., Hleyhel, M., & Salameh, P. (2023). A cross-sectional study of knowledge, attitude, behaviour and preventive measures for COVID-19 infection in Lebanon. *Eastern Mediterranean health journal = La revue de sante de la Mediterranee orientale = al-Majallah al-sihhiyah li-sharq al-mutawassit*, 29(4), 295–301. <https://doi.org/10.26729/emhj.23.038>
 62. Bookari, K., Arrish, J., Alkhalaf, M. M., Alharbi, M. H., Zaher, S., Alotaibi, H. M., Tayyem, R., Al-Awwad, N., Qasrawi, R., Allehdan, S., Al Sabbah, H., AlMajed, S., Al Hinai, E., Kamel, I., Ati, J. E., Harb, Z., Arabic Dietitians practices (ADP) survey Group, & Hoteit, M. (2023). Perspectives and practices of dietitians with regards to social/mass media use during the transitions from face-to-face to telenutrition in the time of COVID-19: A cross-sectional survey in 10 Arab countries. *Frontiers in public health*, 11, 1151648. <https://doi.org/10.3389/fpubh.2023.1151648>
 63. Hoteit, M., Mansour, R., Mohsen, H., Bookari, K., Hammouh, F., Allehdan, S., AlKazemi, D., Al Sabbah, H., Benkirane, H., Kamel, I., Qasrawi, R., Tayyem, R., & regional food literacy group (2023). Status and correlates of food and nutrition literacy among parents-adolescents' dyads: findings from 10 Arabcountries. *Frontiers in nutrition*, 10, 1151498. <https://doi.org/10.3389/fnut.2023.1151498>
 64. Hoteit, M., Ibrahim, C., Nohra, J., Sacre, Y., Hanna-Wakim, L., & Al-Jawaldeh, A. (2023).

- Assessment of the Composition of Breastmilk Substitutes, Commercial Complementary Foods, and Commercial Snack Products Commonly Fed to Infant and Young Children in Lebanon: A Call to Action. *Nutrients*, 15(5), 1200. <https://doi.org/10.3390/nu15051200>
65. Hoteit, M., Qasrawi, R., Al Sabbah, H., & Tayyem, R. (2023). Editorial: Innovation and trends in the global food systems, dietary patterns and healthy sustainable lifestyle in the digital age. *Frontiers in nutrition*, 10, 1211186. <https://doi.org/10.3389/fnut.2023.1211186>.
 66. Qasrawi, R., Hoteit, M., Tayyem, R., Bookari, K., Al Sabbah, H., Kamel, I., Dashti, S., Allehdan, S., Bawadi, H., Waly, M., Ibrahim, M. O., Regional CORONA COOKING Survey Group, Polo, S. V., & Al-Halawa, D. A. (2023). Machine learning techniques for the identification of risk factors associated with food insecurity among adults in Arab countries during the COVID-19 pandemic. *BMC public health*, 23(1), 1805. <https://doi.org/10.1186/s12889-023-16694-5>
 67. Hoteit, M., Hoteit, R., Aljawaldeh, A., Van Royen, K., Pabian, S., Decorte, P., Cuykx, I., Teunissen, L., De Backer, C., & Corona Cooking Survey Study Group (2023). Call for emergency action to restore dietary diversity and protect global food systems in times of COVID-19 and beyond: Results from a cross-sectional study in 38 countries. *Heliyon*, 9(11), e21585. <https://doi.org/10.1016/j.heliyon.2023.e21585>
 68. Hoteit M, Qasrawi R, Tayyem R. Editorial: Food literacy and healthy diets in childhood and adolescence. *Front Nutr*. 2024 Jan 25;11:1366912. doi: 10.3389/fnut.2024.1366912.
 69. Hoteit M, Khadra R, Fadlallah Z, Mourad Y, Chahine M, Skaiki F, Al Manasfi E, Chahine A, Poh OBJ, Tzenios N. Prevalence and Time Trends of Low Serum B12 Levels and Inadequate B12 Dietary Intake in Lebanese Adults amidst the Food Insecurity Situation: Findings from a Nationally Representative Cross-Sectional Study. *Nutrients*. 2024 Jan 10;16(2):226. doi: 10.3390/nu16020226.
 70. Hoteit M, Mahfouz R, Sacre Y, Obeid S, Abou Nasr M, El Hajj M, Hanna-Wakim L, Fakhri C. Assessment of dietary-lifestyle patterns and adherence to the USDA recommendations in Lebanese pregnant women amid the economic crisis: Findings from a national representative cross-sectional study. *PLoS One*. 2024 Apr 11;19(4):e0301170. doi: 10.1371/journal.pone.0301170.
 71. Hoteit M, Abbass Z, Daou R, Tzenios N, Chmeis L, Haddad J, Chahine M, Al Manasfi E, Chahine A, Poh OBJ, El Khoury A. Dietary Exposure and Risk Assessment of Multi-Mycotoxins (AFB1, AFM1, OTA, OTB, DON, T-2 and HT-2) in the Lebanese Food Basket Consumed by Adults: Findings from the Updated Lebanese National Consumption Survey through a Total Diet Study Approach. *Toxins (Basel)*. 2024 Mar 19;16(3):158. doi: 10.3390/toxins16030158. PMID: 38535824; PMCID: PMC10975226.
 72. Hoteit, M.; Khattar, M.; Malli, D.; Antar, E.; Al Hassani, Z.; Abdallah, M.; Hachem, D.; Al Manasfi, E.; Chahine, A.; Tzenios, N.; et al. Dietary Intake among Lebanese Adults: Findings from the Updated LEBANese natiONal Food Consumption Survey (LEBANON-FCS). *Nutrients* 2024, 16, 1784. <https://doi.org/10.3390/nu16111784>
 73. Saeidi A, Motamedi P, Hoteit M, Sadek Z, Ramadan W, Dara MM, Almaqhawi A, Shahrbanian S, Abednatanzi H, Escobar KA, Pashaei Z, Al Kiyumi MH, Laher I, Zouhal H. Impact of spinach thylakoid extract-induced 12-week high-intensity functional training on specific adipokines in obese males. *J Int Soc Sports Nutr*. 2024 Dec;21(1):2398467. doi: 10.1080/15502783.2024.2398467. Epub 2024 Sep 22. PMID: 39308032; PMCID: PMC11421126.
 74. Hoteit M, Dagher M, Tzenios N, Al Kaaki N, Rkein G, Chahine AR, Sacre Y, Hotayt S, Matar R, Hallal M, Maitar M, Hotayt B. Influence of Sugar-Sweetened Beverages Intake on Sarcopenic Obesity, Visceral Obesity, and Sarcopenia in Lebanese Patients with MASLD: A Case-Control Study. *Healthcare (Basel)*. 2024 Mar 5;12(5):591. doi: 10.3390/healthcare12050591. PMID: 38470703; PMCID: PMC10931226.
 75. Abdallah M, Dandachy S, Ahmad N, Sleiman M, Mansour R, Hoteit M. Knowledge, attitudes, and

- practices of Lebanese patients with type II diabetes towards the use and abuse of dietary supplements: A cross-sectional study. *F1000Res*. 2024 Jul 26;13:432. doi: 10.12688/f1000research.146998.2. PMID: 39108606; PMCID: PMC11301128.
76. Hoteit M, Ftouni N, Olayan M, Hallit S, Karam JM, Hallal M, Hotayt S, Hotayt B. Self-reported food intolerance, dietary supplement use and malnutrition in chronic inflammatory bowel diseases: Findings from a cross-sectional study in Lebanon. *PLoS One*. 2024 Jul 25;19(7):e0305352. doi: 10.1371/journal.pone.0305352. PMID: 39052612; PMCID: PMC11271885.
77. Moqaddam MA, Nemati M, Dara MM, Hoteit M, Sadek Z, Ramezani A, Rand MK, Abbassi-Daloui A, Pashaei Z, Almaqhawi A, Razi O, Escobar KA, Supriya R, Saeidi A, Zouhal H. Exploring the Impact of Astaxanthin Supplementation in Conjunction with a 12-Week CrossFit Training Regimen on Selected Adipo-Myokines Levels in Obese Males. *Nutrients*. 2024 Aug 26;16(17):2857. doi: 10.3390/nu16172857. PMID: 39275173; PMCID: PMC11397083.
78. Dominguez S, Théolier J, Daou R, Godefroy SB, Hoteit M, El Khoury A. Stochastic health risk assessment of aflatoxin M₁ in cow's milk among Lebanese population. *Food Chem Toxicol*. 2024 Nov;193:115042. doi: 10.1016/j.fct.2024.115042. Epub 2024 Oct 10. PMID: 39395734.
79. Hoteit M, Zoghbi E, Rady A, Shankiti I, Sacre Y, Hanna-Wakim L, Mahfouz R, Ibrahim C, Al-Jawaldeh A. The dietary fiber and micronutrient composition of traditional foods from Lebanon and their contribution to dietary adequacy: A call for action. *PLoS One*. 2024 Oct 29;19(10):e0312429. doi: 10.1371/journal.pone.0312429. PMID: 39471186; PMCID: PMC11521292.
80. Nemati M, Bozorgtabar N, Hoteit M, Sadek Z, Almaqhawi A, Rashidy-Pour A, Nemati N, Rashidi M, Karimi N, Khadamosharieh M, Bagheri R, Saeidi A, Kiyumi MHA, Heinrich KM, Zouhal H. Antioxidant supplementation boosts the advantages of CrossFit workouts on oxidative and muscle damage markers in obese males. *Nutr Metab (Lond)*. 2024 Nov 14;21(1):91. doi: 10.1186/s12986-024-00860-6. PMID: 39543726; PMCID: PMC11566411.
81. Hoteit M, Badreddine N, El Cheikh Mohamad J, Khattar M, Fattouh F, Malli D, Antar E, El Khatib S, Abiad MG, Hassan HF. Quantifying hospital plate waste and identifying its correlates from patients' perspectives in Lebanon. *Sci Rep*. 2024 Nov 22;14(1):29003. doi: 10.1038/s41598-024-80205-8. PMID: 39578606; PMCID: PMC11584871.
82. Hoteit M, Hallit S, Al Rawas H, Amasha J, Kobeissi F, Fayyad R, Sacre Y, Tzenios N. Adolescent Health in Lebanon: Exploring Alcohol Use, Dietary Patterns, Mental Health, Physical Activity, and Smoking Using the Global School-Based Student Health Survey Approach. *Nutrients*. 2024 Oct 22;16(21):3590. doi: 10.3390/nu16213590. PMID: 39519423; PMCID: PMC11547745.
83. Hoteit M; Younes, H.; Tayyem, R. Editorial on Nutrition Education, Food Literacy, and Healthy Diets in Childhood and Adolescence. *Nutrients* **2024**, *16*, 4108. <https://doi.org/10.3390/nu16234108>
84. Khattar, Maroun; Tzenios, Nikolaos; Antar, Esraa; Malli, Dana; Group, The Adults-Lebanon-FCS; Hoteit, Maha (2024). Decoding diets: insights on ultra-processed food consumption among Lebanese adults from the updated LEBANese natiONal food consumption survey (LEBANON-FCS). *Frontiers. Collection*. <https://doi.org/10.3389/fnut.2024.1475223>
85. Hoteit M, Khattar M, Antar E, Malli D; Adults-Lebanon-FCS Group. Greenhouse gas emissions (GHGE), water footprint and nitrogen loss associated with food consumption among adults: findings from the updated LEBANese natiONal food consumption survey (LEBANON-FCS). *BMC Nutr*. 2025 Jan 27;11(1):23. doi: 10.1186/s40795-025-01004-6. PMID: 39871391; PMCID: PMC11771036.
86. Mahfouz R, Akiki MT, Ndayra V, El Khoury R, Chawi M, Hatem M, Hanna-Wakim L, Sacre Y, Hoteit M. Energy, Macronutrients and Micronutrients Intake Among Pregnant Women in Lebanon: Findings from the Updated Lebanese National Food Consumption Survey (LEBANON-FCS). *Nutrients*. 2024 Nov 26;16(23):4059. doi: 10.3390/nu16234059. PMID: 39683453; PMCID: PMC11643267.