

AI & NUTRITION SHOWCASE



01

PODCASTS

November 2025

Body Image, AI & Diet Culture: How "What I Eat in a Day" Videos Impact Self-Worth

November 2025

Scroll, Click, Crave: How AI and Media Manipulate Our Eating Habits

October 2025

Invisible Influence: What's Really Driving Your Thoughts, Feelings & Behaviors?

August 2018

In Prespective-Kansas State University The Use of Artificial Intelligence.

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PRESENTATIONS

April 2026

"When AI Nutritional Nudges Harm: Digital Eating Risk in Dietetics". Speaker. 2026 Nutrition Informatics Symposium. Academy of Nutrition and Dietetics. Virtual.

October 2025

"Case Studies on Successful AI Integrations in Hospitals and Clinics". Invited Speaker. 3rd Annual Nutrition and Life Conference at King Saud University Medical City, Riyadh, Saudi Arabia.

October 2025

"AI's Potential to Predict Nutrient Deficiencies Before Clinical Symptoms Appear". Invited Speaker. 3rd Annual Nutrition and Life Conference at King Saud University Medical City, Riyadh, Saudi Arabia.

September 2025

"From Bytes to Bites: How AI and Behavioral Psychology Are Shaping the Future of Nutrition". Speaker. Singapore Nutrition and Dietetic Association. Virtual.

August 2025

"Shaping Choices: How AI and AGI Influence Media Consumption, Food Decisions, and Consumer Psychology". Speaker. Symposium entitled "The AI Revolution: Exploring Social and Psychological Impact of Strong AI". 2025 American Psychological Association Annual Convention. Denver, CO, USA.

April 2025

"Adapting AI from Various Sectors to Strengthen Nutrition and Dietetics Workforce Capacity". Oral Research Poster Presenter. 2nd International Affiliate of the Academy of Nutrition and Dietetics (IAAND) Virtual Conference. Academy of Nutrition and Dietetics. Virtual.

September 2024

"Artificial Intelligence in Nutrition Practice: Current and Future Applications and Implications". Invited Speaker. Academy of Nutrition and Dietetics and Nutrition Informatics Dietetic Practice Group Webinars.

May 2024

"AI & Clinical Nutrition". Invited Keynote Speaker. Sodexo. Sodexo Virtual Platform.

April 2024

"AI & Nutrition: Has the Inflection Point Arrived?". Invited Keynote Speaker. Virginia Academy of Nutrition & Dietetics (VAND) 95th Annual Educational Conference. Harrisonburg, VA, USA.

October 2023

"Disrupting the Health System Cycle: Reimagining AI's Role for Nutrition-Smart Practice". Speaker. 2023 Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo™ (FNCE®). Denver, CO, USA.



RESEARCH SCHOLARY ACTIVITIES

// Find me on [ORCID](#), [Web of Science](#), [Scopus](#), [Google Scholar](#), [Academia](#), & [ResearchGate](#).

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November 2020

"Strategizing Digitalization in Practice: Luxury or Necessity?". Speaker. 14th Dubai International Food Safety Conference 2020. ILSI Scientific Symposium. Dubai, UAE. Virtual.

November 2020

"Use of Technology to Build Resilience in Food Systems". Panelist. 14th Dubai International Food Safety Conference 2020. ILSI Scientific Symposium. Dubai, UAE. Virtual.

November 2019

"Disrupting the Hunger Cycle in a Digital World". The 2019 32nd Doris Drees Distinguished Speaker. University of Dayton. Dayton, OH.

May 2018

"Dietetics 3.0: Transforming Practice through AI Engagement". 2018 Shugart Lecturer. Kansas State University. Manhattan, KS.

August 2017

"The Mediated Appetite: How Will We Eat in 2050?". Session Speaker. Symposium entitled "The Accelerating Landscape: Virtual Reality, Avatars, Robotics, and Artificial Intelligence". American Psychological Association Annual Convention. Washington, DC, USA.

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PUBLICATIONS

PEER-REVIEWED ABSTRACTS

El-Kour, T. (2025, June 16-18). The Role of Artificial Intelligence in Shaping Future Consumer Food Choices: A Scoping Review [Oral Presentation]. Future Foods Congress 2025. Singapore Expo, Singapore.

El-Kour, T. (2025, April 2-9). Adapting AI from Various Sectors to Strengthen Nutrition and Dietetics Workforce Capacity [Oral Presentation]. 2nd International Affiliate of the Academy of Nutrition and Dietetics (IAAND) Virtual Conference.

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