

FROM BYTES TO BITES: HOW AI AND BEHAVIOURAL PSYCHOLOGY ARE SHAPING THE FUTURE OF NUTRITION



16 SEPT 2025
(TUESDAY)



ONLINE ZOOM



8pm TO 9pm



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15 SEPT 2025**



8:00PM INTRODUCTION OF
SPEAKER

8.05PM TECH-BEHAVIOUR
CONNECTION IN NUTRITION
BY DR TATYANA EL-KOUR

8:45PM Q&A

9.00PM THE END



Dr. Tatyana El-Kour

Dr. Tatyana El-Kour is a Senior Research Fellow at the Media Psychology Research Center and a global expert in nutrition and population health with over 25 years of experience. Her work focuses on using emerging technologies and behavioural science to drive positive health and nutrition outcomes. She has led programs for different sectors (UN, governments, NGOs and Private) and brings deep clinical expertise in managing nutrient deficiencies and complex diet-related challenges. Dr. El-Kour's systems-thinking approach aligns with Singapore's Smart Nation vision, advancing tech-enabled, evidence-based nutrition care across both individual and population health settings.