



Dana Abboud

Dietitian

Contact

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About Me

Experienced dietitian with four years in personalized nutrition counseling and diet planning. Skilled in creating effective, sustainable diet plans to support diverse health needs and promote lasting lifestyle changes. Known for compassionate guidance and a client-centered approach to improving health outcomes.

Skills

- Microsoft Office
- Fast Learner
- Time Management
- Team Collaboration
- Weight Management Strategies
- Patient Education & Counseling

Education

- Bachelor's Degree in Nutrition
Faculty of Health Sciences
Al-Baath University 2016 - 2021

Courses

- ICDL Course
- English Course
- Nutrition Program Course

Languages

- Arabic: Native language
- English: Good

Experience

- Dietitian
Alwadi Medical 2022-Present
 - Provide individualized nutrition counseling for patients with various health conditions, including diabetes, hypertension, and digestive disorders.
 - Develop and implement customized diet plans to support patients in achieving their health and wellness goals.
 - Educate patients on healthy eating habits, portion control, and food selection to improve long-term health outcomes.
 - Collaborate with medical staff to monitor patient progress, adjust dietary plans, and ensure holistic, multidisciplinary care.
- Nutrition Lecturer
Al Hawash University 2022-present
 - Taught core and advanced nutrition courses, including therapeutic nutrition, community nutrition, and meal planning.
 - Supervised practical sessions and laboratory classes to reinforce applied understanding of nutrition concepts.
 - Provided individual and group guidance to students on the latest nutrition research and practices.
 - Coordinated interactive workshops to increase student awareness of the role of nutrition in promoting public health and disease prevention.
- Online Nutrition Consultant
Dr.Pink 3/2024-present
 - Provided virtual nutrition counseling sessions for patients, focusing on individualized dietary needs and health goals.
 - Developed personalized nutrition plans to manage various health conditions, including weight management, diabetes, and cardiovascular health.
 - Conducted follow-up sessions to monitor patient progress, adjust plans as needed, and provide ongoing support and motivation.

Nutrition Lecturer
Al-Baath University

4/2023-9/2023

- Delivered both foundational and advanced courses in nutrition, including therapeutic nutrition, community nutrition, and meal planning.
- Led practical laboratory sessions to enhance students' hands-on understanding of nutrition concepts.
- Organized engaging workshops to raise awareness among students about the importance of nutrition in disease prevention and health promotion
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Online Nutrition Consultant
Freelance

2021-present

- Provided personalized virtual nutrition counseling to patients, addressing various health concerns such as weight management, diabetes, and cardiovascular diseases.
- Developed customized meal plans and dietary strategies tailored to individual health goals and medical conditions.
- Conducted online consultations, offering guidance on lifestyle changes, balanced eating, and managing specific health issues through nutrition.
- Monitored patient progress through regular follow-up sessions, adjusting diet plans as needed to ensure continuous improvement.
- Utilized video conferencing and online tools to facilitate clear communication, ensuring patients received ongoing support in their health journey.