



Ahmad Al Saleh

Clinical & Sports Nutrition Specialist

Kuwaiti - Kuwait

[Read More](#)

Who is Ahmad Al Saleh

Dr. Ahmad Al Saleh is a Kuwaiti Clinical & Sports Nutrition Specialist dedicated to providing nutritional consultations focused on improving public health and preventing chronic diseases. With years of experience blending research and practical application, Ahmad Al Saleh is highly respected among medical professionals for his commitment to advancing scientific knowledge on healthy nutrition and its positive impact on lifestyle. He is an active participant in health and nutrition awareness campaigns, regularly highlighting the latest developments in healthy eating principles and daily practices. Ahmad Al Saleh has played a key role in organizing and implementing several joint health initiatives with government entities, including nutrition awareness programs during Ramadan. For example, he hosted a daily educational TV program in collaboration with health and educational authorities, addressing topics related to healthy nutrition and chronic disease prevention. He has also delivered lectures and workshops for professionals in local media and healthcare institutions, emphasizing the link between balanced nutrition, obesity prevention, and related diseases. Leveraging digital platforms, Ahmad Al Saleh manages a personal blog and engages audiences on social media by sharing accessible educational content about nutrition. His content includes daily tips on food group distribution, the importance of fruits and vegetables, and regular exercise. Through his clear, educational approach, Ahmad Al Saleh aims to deepen public understanding of healthy eating habits and inspire individuals to adopt a balanced lifestyle that supports overall well-being.

[Read More](#)