



Ahmad Saeed Samara

Jordanian Nutrition Specialist

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Who is Ahmad Saeed Samara

Ahmad Saeed Samara is a Jordanian Nutrition Specialist and CEO of Samara Nutrition Consulting Center in Amman, recognized as a leading expert in therapeutic diets. He has extensive experience designing tailored nutrition programs for chronic conditions, with a particular focus on ketogenic and low-carb diets based on the latest scientific research. Samara leads a team of specialized nutritionists working with patients with diabetes, hypertension, kidney and liver diseases, and other metabolic disorders, delivering precise dietary interventions to improve blood sugar control and overall health. Ahmad Saeed Samara has played a key role in advancing nutritional awareness, authoring a scientific book in Arabic on the keto diet—now a leading reference in the Arab world. Drawing on years of practical experience with thousands of patients, he shares his strategy for achieving nutritional balance and health recovery. Samara also oversees training courses and educational workshops for healthcare professionals and those interested in therapeutic nutrition. Under his leadership, the center has achieved tangible results, helping many patients regain control of their health and reduce medication dependence through professionally guided dietary changes. Beyond his clinical and research activities, Ahmad Saeed Samara is committed to promoting nutrition education through social media and digital platforms. He actively engages his audience with educational scientific content, addressing questions on healthy nutrition and lifestyle. His strong online presence has enabled him to spread therapeutic nutrition methodologies widely across the Arab world and beyond. Ahmad Saeed Samara remains a role model in leveraging his expertise to elevate nutritional health awareness in the community.

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