



Ali Alhaddad

Kuwaiti Nutrition Specialist & Influencer

Kuwaiti - Kuwait

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Who is Ali Alhaddad

Ali Alhaddad is one of Kuwait's leading nutrition specialists and a prominent voice in nutrition awareness and public health on social media. He has earned his reputation by delivering science-based content rooted in the principles of healthy nutrition and preventive health, becoming a trusted source for followers seeking reliable and accurate guidance in the world of nutrition. Alhaddad has expanded his digital presence across YouTube, Instagram, TikTok, Snapchat, and X, enabling him to reach a wide audience in Kuwait and the region, and solidifying his status as one of the most influential figures in nutritional health. Ali Alhaddad is known for his ability to simplify nutritional information and present it in a clear, scientific manner for all audiences. He shares specialized content on nutrition tips, food benefits, essential nutrients such as minerals and vitamins, lifestyle improvement strategies, and healthy weight loss principles. Alhaddad is the creator of the acclaimed Get2Fit program, a paid subscription service offering advanced, personalized nutrition plans. He also developed the popular Diet Alhaddad, an innovative dietary system designed for effective weight loss through balanced calories and a focus on health, making it a top choice for those seeking to improve their eating habits. Ali Alhaddad exemplifies professionals who drive public health forward by raising nutritional awareness in the community. His professional mission is grounded in a scientific approach focused on health education, combating nutritional misinformation, and encouraging individuals to adopt a balanced, sustainable lifestyle. Thanks to his broad influence and strong digital presence, Ali Alhaddad is a trusted authority in preventive nutrition and public health, contributing significantly to health awareness in Kuwait and beyond. He continues to lead as a pioneering nutrition specialist, delivering professional programs and innovative nutrition solutions that meet the community's needs with excellence and reliability.

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