



## Amani Al-Hussein

Clinical Dietitian and Food Engineer

1995 - Syrian - Turkey

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## Who is Amani Al-Hussein

Amani Al-Hussein is a Syrian clinical dietitian and food engineer dedicated to helping individuals achieve a healthy lifestyle through proper nutrition. A graduate of Damascus University with a degree in Food Engineering, she combines her engineering background with a deep understanding of clinical nutrition to provide specialized consultations and dietary programs. Amani is highly active across social media platforms like Instagram and TikTok, where she shares valuable educational content on the benefits of various foods, offers practical advice for correcting dietary habits, and explains how to manage different health conditions through nutrition. As a self-employed professional, she offers personalized online consultations and designs custom diet plans to help clients reach their health goals, whether for weight loss, managing chronic diseases like diabetes, heart, and kidney conditions, or addressing the nutritional needs of specific groups such as pregnant women and children.

## Achievements of Amani Al-Hussein

Amani Al-Hussein has built an influential digital presence across multiple platforms, where she delivers simplified and reliable educational content in the field of nutrition. She has successfully reached a broad audience through short-form videos and interactive content, significantly contributing to the spread of health and nutritional awareness in Arabic. Amani provides personalized online consultations and dietary programs to clients worldwide. Her expertise includes designing therapeutic diet plans for a wide range of conditions, including for patients with diabetes, hypertension, heart, and kidney diseases, in addition to specialized programs for weight loss and nutrition for pregnant women and children, utilizing a personal approach tailored to each individual's needs.

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