



Angie Kassabie

Lebanese Nutrition Specialist

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Who is Angie Kassabie

Dr. Angie Kassabie is a highly qualified Lebanese nutrition specialist. Born in Beirut, she studied medicine and the scientific foundations of nutrition, earning advanced degrees in clinical nutrition. She holds a master's and PhD in nutrition from a US university, as well as a doctorate in sports functions from the Sports Academy in Sofia, Bulgaria (2014). Currently, she serves as an Assistant Professor in the Department of Health and Nutrition at a medical university, where she teaches and supervises research in nutritional health. Dr. Kassabie brings extensive experience in nutrition consulting and weight management, and is a certified practitioner in developing specialized nutrition programs. In 2006, she founded AND DIET, a leading nutrition company in Bulgaria offering comprehensive meal and nutrition programs. She has gained international recognition through her work with high-profile clients, including global film stars and members of Gulf royal families. Her appearances on international television—such as the Bulgarian edition of 'Big Brother VIP' in 2017—have further established her as a prominent nutrition expert. In addition to her academic and professional roles, Dr. Kassabie is highly active on digital and social media platforms, sharing health expertise with a global audience. She manages multiple leading media channels, providing educational content on nutrition and wellness, and offers practical advice for healthy lifestyles. She has also launched innovative digital nutrition initiatives, including online meal planning and weight management programs, as well as 'Angie's Kitchen'—a balanced meal preparation service available in Beirut and Sofia to support clients committed to healthy eating.

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