



Aseel Alenazi

Clinical Dietitian and Health Content Creator

Jordanian - Jordan

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Who is Aseel Alenazi

Aseel Alenazi is a Jordanian Clinical Dietitian and an influential health content creator. She earned her Bachelor's degree in Nutrition and Food Technology from the prestigious University of Jordan, which provided a strong foundation for her expertise. Following her graduation, she gained practical experience at Al-Essra Hospital, where she consulted on various clinical cases and provided specialized nutritional guidance to patients. In addition to her clinical practice, Aseel has established herself as a leading voice in nutritional awareness across social media platforms like Instagram, YouTube, and TikTok. She delivers simplified, evidence-based content on a wide range of topics, including weight management, gestational nutrition, managing chronic diseases like diabetes, and debunking common food myths. Her engaging presentation style, which combines scientific accuracy with an accessible approach, has made her a trusted resource for a broad audience seeking to adopt a healthier lifestyle.

Achievements of Aseel Alenazi

Aseel Alenazi has a significant media presence, having been featured on television programs to discuss important health issues. She appeared on the prominent Jordanian TV show "Youm Jdeed" (A New Day), where she shared her expertise on the causes of weight loss plateaus despite dieting, offering practical advice to viewers. In another appearance on the same program, Aseel addressed the topic of gestational diabetes. She provided critical insights into risk factors and the best nutritional strategies for prevention and management during pregnancy, showcasing her deep knowledge in specialized areas of clinical nutrition. She has successfully built a robust digital educational platform across her social media channels. Through these platforms, she consistently provides reliable, science-backed advice, contributing significantly to raising health and nutritional literacy within Jordan and the wider Arabic-speaking community.

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