



Christelle Touma

Lebanese Nutrition Specialist

Lebanese - United Arab Emirates

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Who is Christelle Touma

Christelle Touma is a Lebanese nutrition expert based in the United Arab Emirates, renowned for her extensive experience in healthy nutrition and promoting balanced lifestyles. She specializes in developing scientifically-based nutrition programs designed to enhance public health and prevent disease. Christelle adopts a science-driven approach to raising nutrition awareness, simplifying healthy eating concepts, and integrating them into daily routines in practical ways that respect local dietary habits. She provides nutrition consultations to diverse segments of the community, guiding individuals and families toward adopting healthy eating habits. Her activities include conducting workshops and educational seminars in collaboration with healthcare institutions to advance nutrition awareness initiatives. Christelle stays up-to-date with the latest scientific research in nutrition, ensuring her recommendations are evidence-based and tailored to each individual's needs. Christelle leverages social media to engage with her audience, sharing educational content on nutrition and healthy living in an interactive, accessible manner. She features real-life examples and success stories to inspire followers to embrace healthier eating habits, alongside sharing healthy recipes and daily fitness tips. Her engaging content has garnered significant attention across the region, underscoring her influential role in promoting nutrition culture. Christelle aims to expand her impact to reach a broader range of age groups.

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