



Dr Ahmad Alhaddad

Clinical Nutrition Consultant

Kuwaiti - Kuwait

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Who is Dr Ahmad Alhaddad

Dr Ahmad Alhaddad is one of Kuwait's leading clinical nutrition and public health consultants, recognized for his outstanding academic and professional expertise. He holds a PhD in Nutrition from the University of Nottingham, UK—a globally ranked institution in health and food sciences. Dr Ahmad is also a founding member of the Kuwait Society for Food and Nutrition, underscoring his pivotal role in establishing the institutional framework for clinical nutrition in Kuwait and elevating the field as a cornerstone for public health advancement and chronic disease prevention. Dr Ahmad Alhaddad specializes in medical nutrition for obesity and diabetes, renowned for developing evidence-based dietary plans that improve health outcomes and reduce chronic disease risks. He is dedicated to making nutrition science accessible to the public through educational content featuring nutrition facts, healthy diet recommendations, food analysis, and practical meal programs. Dr Ahmad is a trusted authority in weight management, gut health, nutritional balance, and correcting nutrition misconceptions, making him a leading health influencer in Kuwait. Dr Ahmad Alhaddad plays an active role in promoting health awareness across Kuwaiti society through his strong presence on social media, where he shares expert content on obesity, diabetes, diet patterns, daily eating habits, and sustainable healthy practices. He delivers clear, actionable messages that emphasize prevention over treatment and empower individuals to make informed dietary choices. With his approachable scientific style and reliable sources, Dr Ahmad has become a prominent advocate for public health in Kuwait, a key driver of nutrition education, and a catalyst for improving quality of life across all age groups.

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