



Dr. Ahmed Metwally

Nutrition Specialist

Egyptian - Egypt

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Who is Dr. Ahmed Metwally

Dr. Ahmed Metwally is an Egyptian Nutrition Specialist with a PhD in Nutrition Science from Cairo University, where he also serves as an Associate Professor at the Faculty of Agriculture. His academic focus spans food science, dairy science, and clinical nutrition, and he brings extensive experience from years of university teaching and scientific research. Dr. Metwally has contributed to curriculum development and faculty training programs in nutrition, equipping colleagues with the latest educational techniques and bridging scientific concepts with practical health applications. Dr. Metwally specializes in designing personalized therapeutic nutrition plans for a wide range of health conditions. He develops balanced dietary schedules for issues such as obesity and underweight, creates tailored nutrition programs for patients with chronic diseases like diabetes, and offers nutritional consultations for pregnant women and others to ensure their health needs are met. His research contributions include publishing original studies in leading peer-reviewed journals, covering topics in metabolism, nutrition, human health, and the health impacts of various dietary systems. He is dedicated to translating scientific findings into actionable recommendations for patients and the public, emphasizing the importance of preventive nutrition and evidence-based weight management. Beyond his clinical and academic roles, Dr. Ahmed Metwally is recognized for his digital outreach efforts. He produces accessible educational content on healthy nutrition across social media and video platforms, creating Arabic-language videos on balanced diets, the fundamentals of intermittent fasting, avoiding harmful additives, and related topics. He actively engages with his audience, answering questions and discussing nutrition concepts in interactive sessions. These initiatives have earned him the trust of a wide audience, establishing him as a reliable source of science-based nutrition information.

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