



Dr. Carla Habib Mourad

Lebanese Nutrition Specialist

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Who is Dr. Carla Habib Mourad

Dr. Carla Habib Mourad is a Lebanese nutrition specialist with a PhD from Durham University in the UK, as well as a bachelor's and master's degree in nutrition from the American University of Beirut. She currently serves as a Lecturer in the Department of Nutrition and Food Sciences at the American University of Beirut and is the Scientific Director of the 'Ajyal Salima' nutrition awareness program by Nestlé Middle East. Dr. Carla Habib Mourad is recognized as a pioneer in nutrition education across the Arab world, having started in 1997 with health segments on morning television shows to promote balanced eating and nutritional awareness. Dr. Carla began her career as a community nutritionist, working with the Ministry of Social Affairs and Save the Children, where she gained extensive experience in community and public health nutrition. She also founded the 'Carla's Healthy Food' initiative, offering innovative nutrition guidance and awareness programs. In addition, she managed her own private clinic, providing personalized nutrition consultations. These activities propelled her to deliver more TV segments and seminars focused on healthy eating principles and nutrition education, reaching a wide audience with practical advice on balanced diets and healthy foods. Dr. Carla Habib Mourad is a regular speaker at regional health and nutrition conferences, workshops, and seminars, presenting research and insights on preventing chronic diseases such as diabetes and heart disease through healthy nutrition. She has published several books in Arabic on nutrition and numerous peer-reviewed scientific articles. In 2007, she received the American University of Beirut Award for Outstanding Achievement in Nutrition Awareness, recognizing her significant role in promoting healthy eating and lifestyle awareness. Dr. Carla continues to share evidence-based health messages through social media, maintaining a scientific approach grounded in research and evidence to deliver reliable nutrition information to the public.

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