



emtethal jarrar

Clinical Nutrition Specialist & Expert

Jordanian - Jordan

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Who is emtethal jarrar

emtethal jarrar is recognized as one of Jordan's leading clinical nutrition specialists, with a distinguished career that blends academic excellence and extensive hands-on experience. She holds a Bachelor's degree in Nutrition and Food Processing from Al-Balqa Applied University and is certified by the American Board of Nutrition, making her a trusted authority for evidence-based nutritional consulting at the highest international standards. emtethal founded her own center, Nutri Spot By Imtethal Jarar, as a comprehensive destination dedicated to improving individual health through innovative, personalized nutrition programs. With over seven years of expertise in holistic clinical nutrition, emtethal jarrar specializes in creating tailored meal plans for a wide range of health conditions, including obesity, metabolic disorders, and specialized diets such as the ketogenic diet—where she is regarded as a leading expert. Her approach is defined by meticulous, ongoing follow-up, rooted in the belief that achieving ideal weight and lasting health requires true lifestyle change, not just temporary diets—a philosophy she brings to life through her daily support programs. As a prominent media presence, especially on Jordan TV programs like "Youm Jadeed" and "Sabah Al-Riyadiya," emtethal jarrar has become a trusted and familiar face to the Jordanian public. She leverages her social media platforms to promote health awareness and simplify complex nutrition information, attracting thousands seeking credible, practical advice. Driven by passion and a commitment to community well-being, emtethal jarrar stands out as a pioneering and influential nutrition specialist in Jordan.

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