



Farah Alfayoumi

Clinical Dietitian and Health Content Creator

Jordanian - Jordan

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Who is Farah Alfayoumi

Farah Alfayoumi is a Jordanian clinical dietitian and digital content creator known for promoting health and nutritional awareness across her social media platforms under the handle "farahbaker.fit". Her content focuses on simplifying complex nutritional information for the public, sharing innovative healthy recipes, debunking common dietary myths, and offering practical advice for a balanced and healthy lifestyle. In addition to her digital presence, Farah runs her own clinic, providing nutritional therapy and consultations to help clients achieve their health goals, whether for weight management, managing specific medical conditions, or enhancing athletic performance. Her approach combines scientific knowledge with practical application, establishing her as a trusted source for her followers. Beyond her work as a dietitian and content creator, Farah has contributed to scientific research, co-authoring a published study on the impact of the COVID-19 pandemic on antibiotic prescription practices, reflecting her commitment to evidence-based health advancements.

Achievements of Farah Alfayoumi

Farah Alfayoumi has created extensive educational content across her digital platforms, including Instagram and TikTok, successfully building a community of followers interested in proper nutrition and healthy lifestyles. She provides practical advice and innovative recipes, establishing her as a trusted source of health information in the Arab world. She contributed as a co-author to the scientific paper, "The potential counter effect of COVID-19 outbreak on an antimicrobial agents prescribing educational intervention," published in academic circles. This involvement highlights her contribution to scientific research alongside her clinical practice.

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