



Hadeel Almutawa

Clinical Nutrition Specialist

Kuwaiti - Kuwait

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Who is Hadeel Almutawa

Hadeel Almutawa is a Kuwaiti Clinical Nutrition Specialist and prominent health awareness advocate. With an extensive academic background, she holds a master's degree in Clinical Nutrition and Eating Disorders, specializing in developing nutrition programs that prioritize both mental and physical well-being. Hadeel focuses on studying dietary habits and their link to chronic diseases, applying evidence-based methodologies in her health consultations. Her career reflects a blend of traditional nutrition approaches and modern research, driving greater awareness of balanced nutrition. Hadeel Almutawa has delivered numerous lectures and workshops on clinical nutrition at leading healthcare and academic institutions. She has participated in educational initiatives to promote the importance of balanced diets and the prevention of obesity-related diseases. Through television, radio, and podcast appearances, she shares impactful messages on how dietary patterns influence physical and mental health. She also emphasizes empowering families to adopt healthy eating habits for their children, advocating for supportive approaches over weight-focused pressures to prevent obesity risks. Currently, Hadeel is active on social media, sharing educational content that delivers scientific insights and practical guidance on healthy nutrition and balanced lifestyles. She provides specialized clinical nutrition consultations grounded in scientific rigor, steering clear of fad diets. Her contributions combine academic expertise with social responsibility, aiming to foster sustainable healthy living for both children and adults. Through her professional journey, Hadeel Almutawa is committed to making a lasting positive impact on society by deepening nutritional awareness and enriching health content.

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