



Imtithal Jarrar

Jordanian Nutrition Specialist & Expert

Jordanian - Jordan

[Read More](#)

Who is Imtithal Jarrar

Imtithal Jarrar is recognized as one of Jordan's leading nutrition specialists, combining advanced academic credentials with extensive practical experience in clinical nutrition and food manufacturing. Imtithal holds a Bachelor's degree in Nutrition and Food Manufacturing from Al-Balqa Applied University, is American Board Certified in Nutrition (American Board of Nutrition), and is currently pursuing a Master's degree in Pharmaceutical Sciences from Al-Isra University. Alongside her academic journey, Imtithal has worked as a trainer and nutrition specialist at several nutrition centers and hospitals across Jordan, strengthening her clinical expertise and professional skills. She has also served as a lecturer at various Jordanian universities and led community education initiatives to promote nutritional awareness. Imtithal Jarrar specializes in clinical nutrition, weight management, sports nutrition, and dietary habit correction, utilizing an evidence-based approach to health assessment and personalized nutrition planning. Through her social media platforms, she delivers a wide range of educational content, including weight loss tips, diet planning, daily nutrition guidance, fitness advice, supplement information, and healthy food choices. This role has enabled her to build a large, trusted following as a reliable source for accurate and up-to-date nutrition information. In addition to her professional presence, Imtithal offers paid nutrition consultations and customized meal plans through her website, catering to individuals seeking precise, expert-led health solutions. She is also a prominent content creator in Jordan, managing educational and awareness-driven content on Instagram, TikTok, and YouTube, ensuring her health message reaches a broad audience. Imtithal exemplifies the modern nutrition specialist—combining scientific rigor with effective communication—actively advancing healthy nutrition culture in the community through knowledge, training, and ongoing support.

[Read More](#)