



Lama Gharaibeh

Jordanian Nutrition Specialist

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Who is Lama Gharaibeh

Lama Gharaibeh is a Jordanian nutrition specialist based in the Hashemite Kingdom of Jordan. She works in the healthcare sector, providing specialized nutritional consultations focused on promoting public health and improving dietary habits. Lama designs balanced, healthy meal plans tailored to individual needs and ensures ongoing follow-up to achieve effective results. She is dedicated to staying up-to-date with the latest scientific advancements in nutrition, delivering accurate, reliable information and fostering healthy eating habits. Lama Gharaibeh leverages social media to raise nutrition awareness, managing an active account on a specialized digital platform. Through these channels, she shares educational content on healthy eating practices and balanced lifestyles, including topics such as optimal meal planning, healthy recipes, and practical nutrition tips. Her goal is to simplify nutrition concepts and provide clear, actionable guidance, inspiring individuals to adopt balanced eating habits through practical advice and recipes that deliver real health benefits. Lama is committed to advancing her professional expertise by continuously reviewing the latest research and scientific studies in the field of nutrition. She is passionate about sharing scientific knowledge through community awareness initiatives, upholding evidence-based principles and recognized nutritional guidelines. Lama also supports local healthy nutrition initiatives and participates in awareness events, actively contributing to public health education and encouraging a balanced dietary lifestyle.

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