



Malak Fawaz

Lebanese Nutrition Specialist

Lebanese - Kuwait

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Who is Malak Fawaz

Malak Fawaz is a Lebanese Nutrition Specialist based in Kuwait, with extensive academic and practical expertise in clinical and consultative nutrition. She leverages evidence-based approaches to guide individuals toward healthy, balanced eating habits, designing tailored nutrition plans that address the specific health needs of both patients and healthy individuals. Her work aligns with professional guidelines to promote overall wellness and prevent diseases linked to poor dietary patterns. Malak Fawaz is dedicated to raising nutrition awareness through her professional social media channels and educational digital platforms. She delivers accessible content featuring essential nutrition tips, strategies for improving daily eating habits, and suggestions for balanced, wholesome meals. Through active engagement with her audience, she simplifies scientific information and provides practical guidance to empower the community to adopt a healthier lifestyle. In addition to her online initiatives, Malak Fawaz stays up-to-date with the latest research in nutrition and collaborates with local health organizations to implement awareness programs and campaigns. Her mission is to foster a culture of healthy eating across the community, guiding diverse groups toward optimal dietary practices. She is committed to continuous professional development, delivering advanced nutrition consultations and contributing to the overall health and wellness of society.

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