



Mohammed Buj

Saudi Nutrition Specialist

Saudi - Saudi Arabia

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Who is Mohammed Buj

Mohammed Buj is a Saudi Nutrition Specialist based in Saudi Arabia, with expertise in practical applications of nutritional science. He is dedicated to helping individuals adopt balanced eating habits and is passionate about raising awareness of healthy nutrition. Mohammed Buj continually advances his knowledge through ongoing training and staying updated with the latest scientific developments in the field. He maintains an active digital presence across social media platforms, using these channels to share nutritional advice and healthy recipes. Through his accounts, he delivers diverse content aimed at spreading nutritional knowledge and engages with his audience by answering their questions about healthy diets. His content simplifies scientific nutrition concepts, presenting them in a practical and accessible manner. Throughout his work, Mohammed Buj is committed to providing evidence-based nutritional information and encourages his followers to adopt healthy eating habits to maintain wellness and prevent chronic diseases such as obesity and diabetes. He is recognized for his professionalism and ethical standards, striving to promote a culture of healthy nutrition within the Saudi community. Mohammed Buj continuously develops his expertise to maintain the quality of his nutritional guidance, always staying abreast of the latest research in the field.

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