



## Nada Adib

Emirati Nutrition Specialist

Emirati - United Arab Emirates

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## Who is Nada Adib

Nada Adib is an Emirati Nutrition Specialist based in the United Arab Emirates. She is dedicated to raising awareness about the importance of healthy nutrition and advocates for balanced eating and the prevention of diet-related diseases. Nada brings deep scientific expertise in food science and nutrition, providing evidence-based guidance tailored to cultural and public health needs, and is committed to elevating nutritional awareness across the UAE community. Professionally, Nada delivers a range of clinical and community nutrition services, designing customized meal plans to meet diverse individual needs. She actively contributes to nutrition education through public events and lectures, leveraging her practical experience. Her approach translates scientific guidelines into actionable advice, making healthy choices accessible while adhering to international medical and nutritional standards. In the digital era, Nada is a prominent voice on social media and digital platforms, sharing educational content on healthy nutrition. Through her channels, she produces educational videos, articles, and infographics featuring healthy recipes and simplified nutrition tips. Her mission is to empower her audience to make informed dietary decisions and embrace a healthy lifestyle, always providing reliable, evidence-based content that advances nutritional literacy in the UAE.

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