



Nadin Smaili

Lebanese Nutrition & Fitness Specialist

Lebanese - United Arab Emirates

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Who is Nadin Smaili

Nadin Smaili is one of Dubai's leading nutrition and fitness specialists, renowned for integrating practical nutrition with health coaching to deliver transformative, science-based lifestyle solutions. Nadin's mission is clear: "I empower you to build a healthy relationship with food—without deprivation." This philosophy reflects her commitment to raising nutritional awareness and dispelling myths about restrictive diets. With a strong digital presence, Nadin has become a prominent advocate for healthy eating across the UAE and the region. Nadin Smaili specializes in habit transformation, weight management, improving relationships with food, and delivering practical, evidence-based solutions. Her educational content covers weight loss strategies, calorie awareness, balanced meals, and smart eating habits, along with daily tips to enhance nutritional behavior. By combining expertise in both nutrition and fitness, Nadin supports her clients with a holistic approach that encompasses food, movement, and overall wellness—always grounded in reality, never deprivation or extreme diets. Nadin offers one of the region's most comprehensive nutrition education programs: the Diet Education Program, a four-week journey featuring personalized follow-up with two weekly calls and continuous daily support via chat and nutrition guidance. The program is designed to help participants understand their bodies, correct habits, and make sustainable, informed food choices for life. With a focus on education, empowerment, and lasting lifestyle change—not just quick weight loss—Nadin has established herself as a nutrition specialist who prioritizes her clients' long-term health and quality of life above all else.

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