



Nor Al Shawa

Clinical Nutrition Specialist

Syrian - Kuwait

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Who is Nor Al Shawa

Nor Al Shawa is a Syrian Clinical Nutrition Specialist based in Kuwait, with over eight years of professional experience in therapeutic and health nutrition. She has worked alongside multidisciplinary medical teams, providing expert nutritional consultations to patients at accredited health centers. Nor excels at guiding individuals toward balanced eating habits and healthy nutrition practices that enhance quality of life. Her approach uniquely blends scientific knowledge with practical application, and she regularly participates in awareness campaigns highlighting the importance of healthy eating and its impact on public health. Nor Al Shawa earned her degree in Nutrition from the University of Jordan, followed by advanced studies at the American University of Madaba and the University of California, USA. This strong academic foundation has elevated her expertise, culminating in her fellowship with the Academy of Nutrition and Dietetics—a testament to her high professional competence. She is also a member of the American Heart Association and holds a certified credential in diabetes education, qualifying her to deliver specialized awareness programs and nutritional support for diabetes patients to help prevent complications. Nor's expertise spans a wide range of nutrition science. She is a Clinical Nutrition Specialist with a focus on pediatric nutrition, weight management programs, and nutritional support for diabetes patients. Her experience also extends to public health nutrition. Nor relies on the latest scientific principles to develop personalized nutrition plans tailored to individual needs. Through professional consultations and educational workshops, she is dedicated to promoting healthy nutrition concepts and raising community awareness about disease prevention through healthier lifestyle choices.

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