



Nour Sabban

Syrian Nutrition Specialist

Syrian - Syria

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Who is Nour Sabban

Nour Sabban is a Syrian Nutrition Specialist with extensive experience in developing dietary programs and promoting overall wellness. She designs tailored therapeutic nutrition plans for a wide range of health conditions, supporting patients and individuals seeking to improve their eating habits. Nour consistently reviews the latest scientific research in nutrition to apply best practices in her work, upholding professional and scientific standards while deepening her expertise to better serve the community through healthy nutrition. She leverages social media to share rich educational content on the fundamentals of healthy eating and general wellness. Nour offers practical advice on healthy weight loss, immune-boosting foods, and enhancing physical fitness. She consistently emphasizes the importance of consulting a qualified nutrition specialist before starting any therapeutic diet to ensure nutritional needs are met scientifically. Nour has also participated in awareness programs with civil society organizations to promote nutritional literacy in the community. Nour Sabban provides ongoing nutrition consulting services, including personalized meal plans and supervision of therapeutic nutrition programs, while regularly sharing new insights on healthy eating with her audience. With a strong digital presence and a following of over 100,000 on social platforms, her educational efforts are a testament to her active role in advancing nutritional and health awareness in the local community.

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