



Rewa Refai

Clinical Dietitian and Health Education Leader

Syrian - Qatar

[Read More](#)

Who is Rewa Refai

Rewa Refai is a distinguished Syrian clinical dietitian based in Qatar, recognized for her significant contributions to nutritional science and public health education. With a career dedicated to promoting evidence-based wellness, she has emerged as a prominent voice in weight management, therapeutic nutrition, and sustainable lifestyle changes across the Gulf. Her expertise is built on a solid academic foundation, having earned her bachelor's degree in Human Nutrition from the acclaimed American University of Beirut (AUB). She further specialized her skills by completing her clinical practice at Trad University Hospital, focusing on the critical areas of maternity and post-bariatric surgery nutrition. Throughout her career, which began at the age of 22 after moving from Syria to Lebanon and ultimately settling in Qatar, Refai has impacted thousands of lives. She currently serves as a Clinical Dietitian at Phi MED. Her professional journey includes a significant tenure as a Clinical Dietitian at the Al-Ahli Hospital in Doha from October 2017 to December 2023, and prior to that, she was a Dietitian at the Amazon Diet Center. This extensive clinical experience has enabled her to support over 5,000 clients in achieving their health goals. Beyond individual consultations, Refai is a passionate public educator who has conducted over 100 media interviews to demystify nutritional science and combat misinformation. She is also an active member of the Scientific Planning Committee for Weill Cornell Medicine - Qatar's "Tackling Obesity" conference, contributing to the high-level discourse on metabolic health. Refai's approach is holistic and client-centered, emphasizing balance and long-term health over restrictive diets. She specializes in creating personalized nutrition plans for adults and children, addressing weight management, chronic diseases like diabetes and hypertension, and providing crucial support for pregnant and breastfeeding women. Her influence extends to the digital realm, where she leverages social media platforms to share practical health tips, nutritious recipes, and scientific insights with a broad audience. Her commitment to her field has been recognized with prestigious accolades, including being named the LLQ Dietitian of the Year in 2024, cementing her status as a leading authority in nutrition and dietetics in the region.

Achievements of Rewa Refai

Rewa Refai was honored as the LLQ Dietitian of the Year in 2024. This prestigious award recognizes her outstanding contributions to the field of nutrition and dietetics in Qatar, celebrating her expertise, commitment to patient care, and

significant impact on public health awareness. As a key member of the Scientific Planning Committee for Weill Cornell Medicine - Qatar, Refai plays an instrumental role in shaping the "Tackling Obesity: Multidisciplinary Approaches for Comprehensive Care" conference. Her involvement underscores her position as a respected expert contributing to professional medical education and strategy in the fight against obesity. Throughout her distinguished career, Rewa Refai has successfully guided more than 5,000 individual clients toward their health and weight management goals. This significant number reflects her extensive practical experience and the trust she has built within the community for delivering effective, science-based nutritional counseling. Refai is a prominent media figure in the realm of health and nutrition, having participated in over 100 media interviews. Through these appearances on television and other platforms, she has effectively disseminated accurate, science-based nutritional information to the public, correcting common misconceptions and promoting healthier lifestyles.

[Read More](#)