



Roaa Nasr

Pharmacist & Healthy Food Content Creator

Egyptian - Egypt

[Read More](#)

Who is Roaa Nasr

Roaa Nasr is an Egyptian pharmacist and influential content creator specializing in healthy nutrition and lifestyle. She has successfully built a strong presence on social media by simplifying the concept of healthy eating, transforming it from the deprivation-focused idea of dieting into an enjoyable and sustainable lifestyle. Roaa regularly shares innovative recipes for delicious, low-calorie dishes and drinks suitable for various healthy eating plans. Through her visual content on platforms like Instagram, TikTok, and her YouTube channel "Roaa's Foods," Roaa provides healthy alternatives to everyday meals and desserts, focusing on natural ingredients and simple cooking methods. She combines her scientific background as a pharmacist with her passion for cooking, which lends credibility and trust to her recipes among her followers. Roaa aims to inspire individuals to adopt positive eating habits without sacrificing the pleasure of food.

Achievements of Roaa Nasr

Roaa Nasr has established a successful personal brand in the healthy cooking space across multiple platforms, offering specialized content in low-calorie, healthy recipes. She has successfully attracted and built a large community of followers interested in a healthy lifestyle, becoming a trusted reference for them in this field. She has created and developed an extensive library of healthy recipes covering a wide range of meals, from main courses to desserts and beverages. Her recipes focus on using simple, accessible ingredients, making them easy to replicate for a broad audience seeking to improve their diet.

[Read More](#)