



## Roula Alsaati

Clinical Dietitian and Health Influencer

Syrian - Saudi Arabia

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## Who is Roula Alsaati

Roula Alsaati is a Syrian clinical dietitian based in the Kingdom of Saudi Arabia. She has gained significant recognition as one of the most prominent health and nutrition influencers in the Arab world. She runs the "Diet Roula Alsaati Center," an online platform that provides personalized nutritional consultations and programs, allowing her to connect with a global audience. Through her digital content on platforms like Instagram, YouTube, and TikTok, Roula focuses on simplifying complex nutritional concepts and offering practical advice for a healthy lifestyle. Her approach is distinguished by its rejection of restrictive diets, instead promoting balanced and sustainable eating habits. She covers a wide range of topics, including clinical nutrition for chronic diseases, healthy weight loss methods, debunking common food myths, and sharing innovative and easy-to-prepare healthy recipes.

## Achievements of Roula Alsaati

Roula Alsaati founded her own successful online nutrition consultation service, the "Diet Roula Alsaati Center." Through this platform, she has provided services to clients from around the world, helping them achieve their health goals with customized programs. She has built a strong and trusted presence on social media platforms, where she delivers educational content about nutrition to a broad audience. Her work has significantly contributed to raising health awareness within the Arab community. As a nutrition expert, she has been featured in interviews on regional television channels, including Syria TV and Al Mashhad TV. In these appearances, she discussed important health topics and provided professional advice, solidifying her status as a credible authority in her field.

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