



Ruba Musharbash

Jordanian Nutrition Specialist

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Who is Ruba Musharbash

Dr. Ruba Musharbash is a leading Jordanian nutrition specialist with extensive academic and professional experience in nutrition and dietary therapy. She holds a bachelor's degree in Nutrition and Food Processing from Jordan University of Science and Technology, as well as a master's and PhD in Nutrition and Dietetics from the University of Jordan, where her research focused on topics such as food addiction and its health impact. Since the early 2000s, she has worked as a clinical nutritionist in several hospitals and clinics across Jordan, gaining deep expertise in developing comprehensive therapeutic nutrition programs for a wide range of health conditions. Ruba Musharbash founded her own medical center for nutrition consultations, offering therapeutic and guidance-based dietary services for patients. She also launched a specialized website for diet plans, providing digital nutrition advice and online follow-up. She has authored educational books for children to promote early health awareness and instill healthy eating habits, and has organized workshops and specialized training courses for nutrition professionals and enthusiasts. Her approach is rooted in a comprehensive scientific methodology, leveraging the latest knowledge in nutritional planning and tailored diets for various health needs. Dr. Ruba Musharbash has delivered nutrition awareness content across diverse media platforms, presenting weekly nutrition segments on a local TV channel since 2011 and participating in health radio programs. She currently engages a wide audience through videos and social media posts covering a variety of nutrition topics, aiming to raise awareness about the importance of healthy eating and provide practical, valuable nutrition guidance to the public on a regular basis.

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