



Rula Alloush

Nutrition Specialist & Food Engineer

Syrian - Turkey

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Who is Rula Alloush

Rula Alloush is a Syrian nutrition specialist and renowned food engineer based in Turkey. She holds a Bachelor's degree in Food Engineering from Istanbul Aydin University and a Bachelor's in Nutrition & Dietetics from Istanbul Sabahattin Zaim University. She also completed her postgraduate studies and earned a Master's degree in Nutrition. Her work and research focus on the practical aspects of nutrients and health, with a passion for raising health awareness and highlighting the importance of proper nutrition in improving quality of life. Rula runs a private nutrition clinic in Istanbul, where she provides tailored nutritional consultations to a diverse clientele—whether seeking weight management or aiming to improve their dietary habits. Her approach is holistic, connecting daily nutritional changes to long-term health goals. She also holds specialized diplomas in family nutrition, qualifying her to advise pregnant women and mothers. In addition, Rula has contributed to and hosted health and nutrition programs on local TV and radio, sharing expert advice on healthy eating and balanced lifestyles. Rula Alloush plays an active role in promoting nutritional awareness through her official social media platforms, where she shares educational and visual content on nutrition and healthy eating habits, along with daily tips for her health-conscious audience. She has also participated in specialized podcasts discussing eating habits and how to transform them for better health. By bridging scientific expertise with media outreach, Rula makes a significant impact in spreading nutritional awareness and fostering balanced nutrition practices across the Arab world.

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