



Sally Fouad

Nutrition Specialist & Healthy Cooking Expert

Egyptian - Egypt

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Who is Sally Fouad

Sally Fouad is one of the Arab world's most renowned nutrition and healthy cooking experts, celebrated for her exceptional career that bridges scientific knowledge with practical lifestyle transformation. Educated at the German School in Cairo and a graduate of Cairo University's Faculty of Arts (German Department), Sally deepened her expertise through advanced studies in nutrition, enabling her to deliver real-world solutions for weight management and overall wellness. She gained widespread fame through her successful TV shows, such as "Helw w Hadeq" and "Sufirat Sally," where she introduced a new concept of cooking that combines delicious flavors with high nutritional value. Sally Fouad champions "balanced nutrition" as an alternative to restrictive diets, becoming famous for her "Ten Golden Tips"—a go-to reference for millions seeking health and vitality. Her approach is rooted in understanding the body's mechanisms, such as stimulating growth hormone and burning fat during sleep, and she simplifies complex medical concepts for her audience in a clear, compelling style. Drawing on her own successful weight loss journey, Sally inspires others through her consultations, emphasizing that real change begins with mindful eating and timing—making her one of the most influential figures in health and wellness across the region. With a strong social media presence and ongoing media contributions, Sally Fouad has become a symbol of modern healthy living. Her content attracts a broad audience striving to balance daily life with well-being, as she clearly explains the benefits of natural foods, the risks of sugar, and the importance of intermittent fasting. Combining culinary expertise, deep nutritional knowledge, and the ability to motivate others, Sally stands out as a qualified, trusted expert who actively raises health awareness in the Arab community.

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