



Sara Shahda

Clinical Nutrition Specialist

Syrian - Bahrain

[Read More](#)

Who is Sara Shahda

Sara Shahda is a Syrian Clinical Nutrition Specialist currently based in Bahrain. She holds a bachelor's degree in Clinical Nutrition and Dietetics from a medical college in Jordan, graduating with honors and distinction, and has received several academic awards and recognitions. Passionate about staying up to date with the latest research in healthy nutrition, she is dedicated to improving individuals' quality of life by promoting awareness of balanced, healthy diets. Sara Shahda has worked as a Therapeutic Nutrition Specialist, providing personalized nutrition consultations and designing tailored dietary plans for various health conditions. She has contributed to public health awareness programs, collaborating with radio teams to share insights on lifestyle and healthy nutrition, and has delivered her expertise through diverse media platforms. Her professional mission is to empower communities to adopt healthy eating habits and overcome challenges related to obesity and chronic diseases. Sara is also an active media contributor on social networks, sharing educational content about healthy nutrition and nutritious recipes across multiple digital platforms. She has authored a series of articles and awareness tips on healthy eating for specialized online outlets, and has recently highlighted in local media interviews the importance of balanced diets for students and their positive impact on academic performance and overall health. Through her work, she aims to foster a culture of healthy nutrition and dietary awareness across all segments of society.

[Read More](#)