



Saraa Sayeq

Clinical Dietitian and Founder of Aish Nutrition

Jordanian - Jordan

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Who is Saraa Sayeq

Saraa Sayeq is a certified clinical dietitian and Jordanian entrepreneur, renowned as the founder of Aish Nutrition, a clinic providing comprehensive nutritional consultations both in Jordan and online. Saraa focuses on delivering personalized, science-based nutritional solutions to help clients achieve their health goals, whether for weight management or specific medical conditions. She specializes in creating therapeutic programs for autoimmune diseases, digestive health issues, and Irritable Bowel Syndrome (IBS), while promoting balanced diets that avoid severe calorie restriction and deprivation. Her methodology involves adapting healthy eating plans to fit each individual's lifestyle and home-cooked meals, moving away from rigid, traditional diet charts. Through her digital platforms and clinic, Saraa provides educational content on the latest nutritional science and manages a store for health products she has personally approved. She has been featured in various media outlets, including the "Jocast" podcast and Jordan TV, where she discusses topics like healthy weight loss and protecting children from fast food, solidifying her status as a trusted voice in nutrition in the region.

Achievements of Saraa Sayeq

Saraa Sayeq founded Aish Nutrition, an integrated platform that includes a clinical nutrition clinic and an e-commerce store for healthy products, serving clients both in Jordan and internationally through online consultations. She has successfully helped over 800 individuals achieve their healthy weight goals and manage nutrition-related health conditions. She has established herself as an influential media personality in the nutrition field through appearances on talk shows. Her features include an interview on the "Jocast" podcast to discuss the secrets of weight loss and a segment on Jordan TV's "962+" program about the dangers of fast food for children, contributing significantly to public health awareness.

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