



serein albehari

Clinical Nutrition Specialist & Expert

Jordanian - Jordan

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Who is serein albehari

serein albehari is recognized as one of Jordan's leading clinical nutrition specialists, with over fifteen years of distinguished field and academic experience. She holds a Master's degree in Clinical Nutrition and Food Science, equipping her to deliver advanced, research-driven nutritional consulting. As the founder of the Serein Al-Behari Nutrition Center in Amman, she has established a pioneering destination for comprehensive nutritional solutions focused on obesity treatment and chronic disease management through evidence-based nutrition. serein albehari's approach centers on creating innovative meal plans that blend enjoyment, prevention, and therapy—believing that true dietary success lies in sustainable lifestyle change. Her extensive background spans work in hospitals, specialized nutrition centers, and academia, including her previous role as a nutrition lecturer at the American University of Madaba. She specializes in personalized nutrition programs for severe obesity, metabolic disorders, and pediatric nutrition, with a commitment to empowering clients to understand their bodies and achieve lasting results without resorting to extreme diets. A prolific contributor to the field, serein albehari has authored over 200 specialized articles in "Al Arab Al Yawm" newspaper and is a prominent media reference, frequently appearing on television programs such as "Donya Ya Donya" (Roya TV) and "Yawm Jadeed" (Jordan TV). Her influence extends across social media, where she delivers educational content to correct nutritional misconceptions and warn against fad diets. Known for her scientific rigor and ability to simplify complex information, serein albehari is dedicated to improving quality of life through conscious, informed nutrition.

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