



Tala Al Samsam

Clinical and Integrative Dietitian

Syrian - United States

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Who is Tala Al Samsam

Tala Al Samsam is a Syrian-American Clinical and Integrative Dietitian and an influential content creator in the health and wellness space. She began her academic journey in 2011 at Al-Qalamoun Private University in Syria, studying Nutrition and Food Science. Due to the conflict in Syria, she transferred to Petra University in Jordan, where she specialized in Clinical Nutrition and Dietetics. She gained practical experience through internships at Jordan Hospital and specialized dietetic centers. Tala's approach is rooted in integrative nutrition, focusing on the body's overall health rather than just weight loss. She educates her audience on the importance of a balanced and healthy diet through her social media platforms under the brand "Nutritalla." She offers tips, healthy recipes, and specialized programs like the "30-Day Weight Loss Challenge." Early in her career, she made several television appearances on programs such as "Sabah Al Khair" and "Sama Doctors" on Sama TV, which helped establish her as a trusted voice in the Arab world. Today, she runs her practice online, providing consultations and programs to a global audience.

Achievements of Tala Al Samsam

Tala Al Samsam has participated in numerous awareness events and workshops targeting various age groups, including children, to instill healthy eating habits from a young age. She organized the "Sahni" (My Plate) activity on proper nutrition in collaboration with the "Kids Got Talent Damascus" initiative and led specialized workshops at health-focused restaurants in Damascus. In her media career, she has been a featured expert on the Syrian channel Sama TV, appearing on programs like "Sabah Al Khair" and "Sama Doctors." During these segments, she discussed diverse topics such as sports nutrition, healthy weight management strategies, and event-specific nutrition, presenting scientific information in an accessible way for the general public.

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