



Yara Dietyara

Clinical Nutrition Specialist

Syrian - United Arab Emirates

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Who is Yara Dietyara

Yara Dietyara is a Syrian Clinical Nutrition Specialist based in the United Arab Emirates. She holds a Bachelor's degree in Clinical and Therapeutic Nutrition from the University of Sharjah and is officially licensed by the UAE Ministry of Health, qualifying her to practice in leading healthcare institutions and hospitals. Yara is part of the clinical nutrition team at Ibn Hayyan Healthcare Group in Sharjah, where she provides expert guidance and support to patients and visitors. With over seven years of experience in therapeutic nutrition and healthy dietary systems, Yara Dietyara conducts comprehensive nutritional assessments based on BMI, lifestyle, and medical history, then designs personalized, balanced nutrition programs. Her approach focuses on behavioral change and guiding patients toward sustainable healthy eating habits, with special expertise in creating tailored plans for individuals with special needs. Yara's methodology is rooted in scientific balance and personalization, helping clients achieve their health goals and lose weight without extreme dietary restrictions. Yara Dietyara is also recognized for her media and public awareness efforts in nutrition. She manages an active nutrition blog on social media, sharing educational content, practical tips, and modern healthy recipes. Her content has attracted a wide health-conscious audience, who frequently seek her advice on diet and healthy living. Yara has participated in several local media interviews, where she has addressed key topics such as the importance of balanced school meals for children and healthy eating during Ramadan, emphasizing protein, fiber, hydration, and the avoidance of high-fat, high-sugar processed foods. Through these initiatives, Yara Dietyara demonstrates her commitment to promoting nutritional awareness and encouraging healthy habits across the community.

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