




## PROFILE

A results-driven dietitian dedicated to promoting healthy eating habits through personalized nutrition plans based on scientific principles. Experienced in clinical nutrition, weight management, and sports nutrition. Focused on client satisfaction, long-term wellness, and behavior change through effective communication and evidence-based guidance.

## CONTACT ME

 84857623478456

 z.acare@gmail.com

 Adana

## LANGUAGE

- Turkish – Native
- English – Proficient

# ZEYNEP ACAR

## Dietitian

## EDUCATION

*EGE UNIVERSITY*

*Bachelor's Degree – 2012-2016*

## WORK EXPERIENCE

*FORM WELLNESS & NUTRITION CENTER –  
ISTANBUL- DIETITIAN*

*March 2018 – Present*

- Prepared customized nutrition programs for weight management, diabetes, hypertension, and more.
- Conducted body composition analysis (BIA) and regular follow-up consultations.
- Delivered corporate wellness and nutrition seminars.

*MEMORIAL HOSPITAL – ISTANBUL*

*Intern Dietitian*

*July 2016 – December 2016*

- Participated in clinical nutrition practices in outpatient clinics, pediatrics, oncology, and ICU.
- Assisted in menu planning and food service supervision.

## SKILLS

- Personalized meal planning
- Body composition analysis (BIA)
- Nutrition therapy for chronic conditions
- Client communication and motivation
- MS Office, Canva, online follow-up tools