

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.acar@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