

ZAHRA ATA EI

Nutritionist and Dietitian

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in Zahra Ataei

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AtaHealth

Stockholm, Sweden



SUMMARY

As a passionate dietitian and nutritionist, I have gained over five years of education and practical expertise in the field of nutrition and dietetics. At present, I am working as a dietitian at Danderyd hospital in Stockholm.

Through my experience of assisting patients with diverse health concerns, I have developed the ability to think critically and handle various situations with expertise. My approach towards work is evidence-based, and I specialize in providing consultation to individuals for leading a healthy lifestyle. My work ethic is grounded in reliability, and I possess a strong sense of responsibility towards my work.

EXPERIENCE

Registered Dietitian

at **Danderyd Hospital**

📅 Sep, 2022 - Ongoing

📍 Stockholm, Sweden

In my current position, I collaborate with patients who have various health conditions, focusing primarily on geriatric patients, bariatric surgery patients, and those who require enteral nutrition.

Social Media Influencer

at **social media**

📅 Jul, 2020 - Ongoing

📍 Stockholm, Sweden

Due to my concerns about public health, particularly in developing countries, I have established social media accounts aimed at informing and inspiring individuals to adopt healthy eating habits and lifestyles. My Instagram page, which primarily targets Persian-speaking individuals worldwide, has now amassed a following of over 22,000 individuals.

Nutrition Coach

at **AtaHealth**

📅 Jul, 2020 - Dec 2022

📍 Stockholm, Sweden

Working as a freelancer, I served as a nutrition coach and dietary advisor, assisting my clients in adopting healthy lifestyles and attaining their health objectives.

Dietitian

at **Munesi gym**

📅 Nov, 2017 - Nov, 2018

📍 Tehran, Iran

Dietitian

at **Freelance**

📅 Sep, 2016 - Oct, 2017

📍 Tehran, Iran

As a part-time occupation, I have worked independently with pregnant and nursing mothers, overweight individuals, and those afflicted with metabolic syndrome. I conducted my services online, allowing me to assist numerous individuals in enhancing their overall well-being.

SKILLS

Flexibility and adaptability

Communication

Microsoft PowerPoint

Nutrition coaching

Lifestyle intervention

Diet management

LANGUAGES

Swedish: C1

English: B2

Persian: Native

EDUCATION

Masters' in Nutrition Science

at [Karolinska Institutet](#)

📅 Aug, 2021 - Jun 2022

📍 Stockholm, Sweden

A one-year education program that includes a master's thesis has provided me with a comprehensive understanding of the role of nutrition in human health, as well as an in-depth knowledge of the scientific foundations and research methods in the field. I have received excellent grades for all courses and for my master's thesis.

Bachelors' in Nutrition and Dietetics

at [Kashan University of Medical Sciences](#)

📅 Aug, 2014 - May, 2018

📍 Kashan, Iran

A four-year education program that includes projects and one year of practical training has provided me with extensive knowledge in nutrition, diet planning, and nutritional interventions for patients in different situations.

COURSES

Entrepreneurship Specialization

at [Wharton University of Pennsylvania Online](#)

📅 Jan, 2023 - Ongoing

📍 Kashan, Iran

Throughout this course, I have gained knowledge and skills related to developing business opportunities, launching start-ups, growth strategies, and financing and profitability in entrepreneurship.

INTERNSHIPS

various departments

at [Shahid Beheshti Hospital](#)

📅 May, 2017 - May, 2018

📍 Kashan, Iran

I have completed internships in various healthcare settings, including hospital food departments, medical diagnostic laboratories, children's disease departments, health centers, liver, digestive and pancreatic departments, cardiovascular CCU departments, diabetes and endocrinology departments, surgery and ICU departments, kidney departments, as well as the food industry and municipalities. I successfully completed all the internships with good grades.

REFERENCES

Dr. Ioannis Ioakeimidis (Senior Researcher)

from [Karolinska Institutet](#)

e-post: ioannis.ioakimidis@ki.se

HOBBIES

Exercise

Traveling

Camping

Hiking

Blogging

Baking and cooking

Listening to podcasts

Reading books
