

ZAHRA ATA EI

Nutritionist and Dietitian

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SUMMARY

I am an enthusiastic dietitian with more than five years of education and experience in nutrition and dietetics. Currently studying Master's in Nutrition Science at Karolinska Institutet.

I have helped patients with various health problems. This experience has given me the ability to think critically to deal with different situations. I work based on scientific evidence, and I am skilled at consulting people to have healthy lifestyles. Reliability and having a great sense of responsibility are my strengths at work.

EXPERIENCE

Nutrition Coach

at **social media**

Jul, 2020 - Ongoing

Stockholm, Sweden

As I have concerns about public health issues, especially in developing countries, I have created social media pages to inform, consult, and inspire people to have healthy eating habits and lifestyles. My page on Instagram now has more than 10,000 followers, mostly Persian-speaking living around the world.

Dietitian

at **Munesi gym**

Nov, 2017 - Nov, 2018

Tehran, Iran

I worked there as a dietitian and consultant for beginners and professional trainers as well as obese and overweight people.

Dietitian

at **Freelance**

Sep, 2016 - Oct, 2017

Tehran, Iran

I have worked independently with pregnant and nursing mothers, overweight people, and those with metabolic syndrome as a part-time job. I worked online and was able to assist many individuals in improving their health.

EDUCATION

Masters' in Nutrition Science

at **Karolinska Institutet**

Aug, 2021 - Ongoing

Stockholm, Sweden

Bachelors' in Nutrition and Dietetics

at **Kashan University of Medical Sciences** Aug, 2014 - May, 2018 Kashan, Iran

Completed my bachelor's thesis on the association between spiritual health and the level of pain in cancer patients referred to the chemotherapy section (a cross-sectional study).

SKILLS

Flexibility and adaptability

Communication

Microsoft PowerPoint

Nutrition coaching

Lifestyle intervention

Diet management

Collaboration with other healthcare professionals

Nutrition status assessment

Nutrition needs assessment

LANGUAGES

Swedish: C1



English: B2



Persian: Native



INTERNSHIPS

various departments

at [Shahid Beheshti Hospital](#)

📅 May, 2017 - May, 2018

📍 Kashan, Iran

- Hospital's food department
- Medical diagnostic laboratory
- Children's disease department
- Health center
- Liver, Digestive and Pancreatic Department
- Cardiovascular CCU Department
- Department of Diabetes and Endocrinology
- Surgery and ICU
- Kidney department
- The food industry and municipalities

I have passed all the practices with good grades.

REFERENCES

Dr. Zatollah Asemi (Professor)

from [Kashan University of Medical Sciences](#)

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HOBBIES

Exercise

Cycling

Traveling

Camping

Hiking

Blogging

Baking and cooking

Listening to podcasts

Reading books

Reading scientific articles
