

Alia Debs

Licensed Nutritionist

A self-motivated dietitian with a proven evidence-based approach. Featured in Sayidaty magazine and multiple TV channels. With over 3 years of experience assessing patients and delivering nutrition education to people with different backgrounds, my goal is to help people achieve their health goals in a sustainable manner.



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WORK EXPERIENCE

Nutritionist

Online

05/2017 - Present

Online

Achievements/Tasks

- Launched an online platform, with over 10k followers
- Helped over 60 patients around the world to reach their health goals health workshops, diet plans, and behavioral counseling
- Created infographics on different topics within nutrition and health
- Created health plans for clients with different needs

Head Dietitian

Baytoutoi Catering and Diet Center

2021

Achievements/Tasks

- Provided the center with a highly diversified menu containing all the food groups
- We used to serve 3 main meals (breakfast, lunch, dinner) with side dishes for each (salad, soup, appetizers), fruits, and healthy desserts
- Followed up closely with clients to achieve their health goals

Dietitian

Gym- Malki Gym

2021

Achievements/Tasks

- Create full and personalized nutrition plans that promote healthy lifestyles
- Clarify information to clients and explain the effects of nutrients on the overall health condition
- Offer 1:1 and group counseling sessions for more than 20 members

Dietitian/ Assistant

Primed Medical Center

2019

Beirut, Lebanon

Achievements/Tasks

- Created educational materials for client education in the clinic
- Assisted in a multitude of cases requiring medical nutrition therapy



TECHNICAL SKILLS

Nutrition assessment

Nutrition education

Child nutrition management

Obesity management

Maternal health management

Medical Nutrition Therapy

Diabetes management

Hypertension management

Behavioral counseling

Pre- and Post- bariatric surgery management



EDUCATION

Clinical Nutrition ;MSc

Beirut Arab University

02/2021 - 12/2022

Courses

- Specialized in weight management and Medical Nutrition Therapy

Nutrition and Dietetics ; BSc

Lebanese American University

04/2015 - 08/2018

Courses

- Medical Nutrition Therapy, Food safety, and Nutrition during the lifespan



TV INTERVIEWS

Sama TV: The Metabolism and weight gain (2021) [🔗](#)

Nour Elsham: The consequences of dehydration on our bodies (2021) [🔗](#)

SAMA TV: How to prepare your body for Ramadan (2021) [🔗](#)

SAMA TV: How to prepare a healthy lunch box for school and work (2021) [🔗](#)

Sama Tv: How to prepare our bodies for fasting? (2021) [🔗](#)

Nour Elsham: Helpful tips for healthy fasting (2021) [🔗](#)

Nour Elsham: What is the plant-based diet? (2021) [🔗](#)



WORK EXPERIENCE

Clinical Dietitian Intern Makassed General Hospital

05/2017 - 03/2018

Beirut, Lebanon

Achievements/Tasks

- Executed nutritional consultations and follow-ups on patients' health from admission until discharge
- Established meal plans according to each patient's health needs
- Audited the tray-line and foodservice rotation in accordance with ISO2200 standards

Quality Control Intern The Ministry of Economy In Trade in Beirut

2016

Beirut, Lebanon

Achievements/Tasks

- Accompanied inspectors in their compliance check visits to different establishments



VOLUNTEER EXPERIENCE

Community Nutritionist Volunteer Governmental Primary Healthcare with the Ministry of Health and UNICEF/ Lebanon

2018

Beirut, Lebanon

Tasks/Achievements

- Implemented awareness sessions surrounding the topic of breastfeeding and immunizations
- Consulted with mothers to educate on the ins and outs of breastfeeding



TRAINING AND WORKSHOP

Child Nutrition (2020)

Online Course- Mirna Sabbagh

Inter-Professional Education Session (IPE) aiming at maximizing the quality of patient care and instilling a smooth communication with the other health professions (2019)

Lebanese American University

Baby Feeding and picky eaters management (2019)

Workshop, Lebanon

Hot Topics in Nutrition for Youth conference (2019)

Dietitians Associations in Lebanon

Cognitive behavioral therapy for obesity (CBT-OB) (2018)

Middle East Eating Disorder Association at Beirut Arab

Community based intervention on infant and young child feeding (2018)

workshop by IOCC, Lebanon



LANGUAGES

Arabic
Native

English
Fluent



TV INTERVIEWS

Nour Elsham: The relationship between our gut health and our mood (2020) [↗](#)

Nour Elsham: Souhor Meal in the holy month of Ramadan (2020) [↗](#)



PUBLICATIONS AND BLOGS

Magazine- Sayidaty.net

Nutritional tips to strengthen the immune system in Ramadan [↗](#)

2021

Blog - Molhem.com

Fad diets to avoid [↗](#)

2021

Blog-7tcom.com

Night eating syndrome [↗](#)

2021

Blog - Molhem.com

7 Rules for healthy living [↗](#)

2020

Blog - Molhem.com

Nutrition and Happiness [↗](#)

2020



PROJECTS

Ochratoxin A in baby formulae marketed in Lebanon: Occurrence and safety evaluation (2018) [↗](#)

The prevalence of breastfeeding mothers in Beirut during the economic crisis: Cross-sectional study (2022 - Present)



CERTIFICATES

Obesity Management Training Live Webinar Course, Catalyst, 2.5 CPEU (2020)

Communication for Development "C4D", Lebanon (2019)



REFERENCES

Hussein Hassan, Associate Professor of Food Science and Technology at Lebanese American University

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Leila Itani, Assistant Professor of Nutrition at Beirut Arab University

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