



# Ferial Fattouh

Beirut, Lebanon | March 16, 1999 | Lebanese | Single | +961 71203922 | [Ferial.Fattouh@hotmail.com](mailto:Ferial.Fattouh@hotmail.com)

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**Objective** A dedicated and passionate public health dietitian seeking to help the community to achieve nutrition goals and manage their health through implementing and developing personalized nutrition programs. Looking forward for a successful career with a reputable and professional company.

**Education** **Masters in Clinical and Public Health Nutrition** **May 2022 – May 2023**

Lebanese University  
1<sup>st</sup> Branch – Hadath, Lebanon

**Bachelor of Nutrition and Dietetics**

**2018 – 2021**

Lebanese University  
1<sup>st</sup> Branch – Hadath, Lebanon  
Graduated with distinction, Grade achieved: 92 / 100

**Experience** **Bahman Hospital (Internship) – Beirut, Lebanon** **Aug 2021 – Mar 2022**

*Main duties performed:*

- Food service and preparation of meals for patients
- Undertaken comprehensive assessment of patients' nutritional condition
- Provided nutrition counselling and advice to adults and children
- Developed nutrition plans for managing chronic and life-threatening diseases including diabetes, kidney and heart diseases
- Offered health advice to pregnant and breastfeeding women
- Organized community projects such as Obesity Awareness
- Collected patient data for surveys, analyzing it and producing reports
- Food safety, infection prevention and control policies

**Freelance Dietitian , worked on patients with:**

- Weight loss/gain goals
- PCOS
- Diabetes
- Renal
- Hypertension

**Volunteering**

- Volunteered with 'Food Blessed' in food packaging and distributing to the most vulnerable population

<b>Certificates</b>	<ul style="list-style-type: none"> <li>• The first Nutrition Conference in Lebanon entitled ‘A Healthier Future, Challenges in Pediatric Nutrition ‘</li> <li>• Obesity workshop organized by the Lebanese Society of Endocrinology</li> <li>• Certificates from World Health Organization WHO <ul style="list-style-type: none"> <li>➤ Health Inequality Monitoring Foundations</li> <li>➤ Monitoring methodologies for diet-related interventions</li> </ul> </li> <li>• Certificates from UNICEF <ul style="list-style-type: none"> <li>➤ Basic Training on Nutrition in Emergencies</li> </ul> </li> <li>• MyNutriWeb is an expert nutrition and health learning community.</li> <li>• <i>Completed workshops:</i> <ul style="list-style-type: none"> <li>– Eating Well during cancer</li> <li>– Menopause and Cholesterol</li> <li>– Carbohydrates and Diabetes</li> <li>– Celiac Disease Management</li> <li>– Eating Disorders</li> </ul> </li> <li>• Coursera certificates: <ul style="list-style-type: none"> <li>– Diabetes-The Essential Facts</li> <li>– Weight Management</li> <li>– Nutrition and Lifestyle in pregnancy</li> </ul> </li> </ul>	<p><b>March 2023</b></p> <p><b>Feb 2023</b></p> <p><b>May 2022</b></p> <p><b>Oct 2020</b></p>
<b>Skills</b>	<ul style="list-style-type: none"> <li>• Customer and personal service</li> <li>• Multi-disciplinary teamwork</li> <li>• Motivational and communication skills</li> <li>• Excellent written and verbal skills</li> <li>• Dealing with complex situations and time management</li> </ul>	
<b>Languages</b>	<ul style="list-style-type: none"> <li>• English – Excellent written &amp; spoken</li> <li>• French – Beginner</li> <li>• Arabic – Native speaker</li> </ul>	