

Dana Badr

NUTRITIONIST



Address

Beirut, Lebanon



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Web

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Education

2016

Bachelor of Science in Nutrition
Lebanese American University

2015

Food Safety Management Certificate
Lebanese American University

Skills

Communication

Data Entry

Organizational

Research

Time Management

Translation

Languages

Arabic
Native

English
Fluent

EXPERIENCE

2021-Present (Remote)

Colour My Plate | Dubai, UAE.

NUTRITIONIST - DATA ENTRY

- Create weekly menus.
- Compute nutrition macros of different recipes.
- Create nutrition labels.
- Insert nutrition data in the company's own data base.
- Analyze and edit recipes to fit different meal plans.

2017 - 2018

Better From Scratch | Jeddah, KSA.

NUTRITIONIST - FOOD SAFETY MANAGER

- Insure the food products meet standards set by the company and the clients.
- Supervise daily sanitation of equipment and facility.
- Analyze and edit recipes to fit different meal plans and needs.
- Insure food safety
- Compute macros of different recipes.

2016 - 2017

Trad Hospital | Beirut, Lebanon.

DIETITIC INTERN

- Conducted end of year audit for the hospital and kitchen.
- Clinical Rotation to educate patients on various health and nutrition aspects.
- plan meals and provide guidelines for the kitchen staff.
- Monitor temperatures in refrigerators and freezers.
- Check temperatures and dates on food.
- Maintain proper documentation of all food safety procedures.
- Train employees on proper food handling techniques.
- Manage food holding times and temperatures.
- Prevent contamination, cross-contamination, and cross-contact
- Ensure personal hygiene of kitchen staff.

2015 - 2016

Bann Center | Beirut, Lebanon.

ADMINISTRATIVE ASSISTANT

- Back to back translation (Arabic to English - English to Arabic).
- Organize appointments and events.
- Ensure clients data are properly inserted to the center's data base.

2015 - 2016

Lebanese American University | Beirut, Lebanon.

RESEARCH ASSISTANT

- Recruit participants.
- Asses recruits using the DEXA machine
- Collect, analyze and insert data.

FREELANCE

2019 - Present

Co-Founder, Planner/Organizer
We do Event Planning Service.

2018 - 2021

Nutrition Data Entry
Gado Gado