

Layla ALWAN

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Objective:

A passionate and self-motivated dietitian with a great passion for nutrition and people's well-being focused on improving the health and physical conditions of people. by educating them on how to maintain a healthy lifestyle.

Education:

M 2 in Innovation and Formulation of Nutraceutical Product | 2021 – (Present)

Lebanese University - Faculty of Public Health

Bachelor's Degree in Nutrition and Dietetics | 2018 – 2021

Lebanese University - Faculty of Public Health

Working Experience:

Clinical Dietitian - Al Ghad Al Muchrek Medical Center | Jan 2023 – Present

- Assess the client's nutritional and health needs.
- Participate in educational presentations on topics of nutrition and wellness.

Clinical Dietitian - Zamzam Medical Center | Dec 2022 – Present

- create customized nutritional programs based on clients' health needs.
- counsel clients on how to improve their health through nutrition.

Clinical Dietitian - Nemrine Medical Center | Sep 2022 – Present

- Educate mothers about the importance of breastfeeding and discuss the problems that can meet during this period.
- Educate mothers about maternal nutrition and infant nutrition.

Trainer on Food Safety and Dairy Production | Jan – March 2023

Save the Children and Abaad Association

Relief International & Lebanese Association for Initiative and Development (LAID)

- Educate participants about GMP, GHP, and Personal hygiene.
- Educate participants on food hygiene, prevention of cross-contamination.
- Dairy product making and Nutrition values of dairy products.

Internship:

Intern in clinical nutrition - Family Medical Center

| Feb – May 2022

Intern in clinical nutrition - Tripoli Governmental Hospital

| Dec 2021 – Jan 202

- Review and interpret important lab results and explained implications to patients.
- Educate patients about therapeutic nutrition for health and symptom relief.
- Consult with physicians and health care personnel to provide determine the nutritional needs and diet restrictions of patients.
- Monitor quality control procedures to guarantee the preparation and delivery of meals designed for specific dietary and chronic disease needs.
- Educate patients about food preparation and food safety in special cases.

Intern in Foodservice - Saydet Zgharta University Medical Center

| Sep – Oct 2020

Intern in Foodservice - Tripoli Governmental Hospital

| Aug – Sep 2019

- Food hygiene, food contamination (HACCP)
- Educate staff about personnel security and food contamination

Certification:

Food Safety Program – Food Safety Training Academy

| May 2023

ISO 22002 - 1:2009 – Food Safety Training Academy

| March 2023

For Easy Weaning After Feeding - Child Care Association

| May 2023

Skills:

- Patient Education
- Cooking Instructions
- Food counseling
- communication
- Problem-solving
- Team working
- organized
- Public speaking

Technical skills:

- Microsoft Office (Word, Excel, PowerPoint)
- SPSS

Languages:

- Arabic (native)
- English (intermediate)
- French (good)