

NUTRITION & DIET



Begüm Bengi, Dietitian

Acibadem Atakent Hospital, İstanbul · Nutrition & Diet · Acibadem Healthcare Group

MEDICALLY VERIFIED PROFILE

EXPERIENCE
4+ years

LANGUAGES
Turkish · English

CONSULTS
Video · On-site

PATIENTS
90+ countries

SPECIALTY
Nutrition & Diet

FOCUS
Functional Medicine

HOSPITAL
Acibadem Atakent
Hospital, İstanbul

DEPARTMENT
Nutrition & Diet

CLINICAL FOCUS

Begüm Bengi provides medical nutrition therapy for patients with diabetes, including carbohydrate counting and dietary management of hypoglycemia. She works with patients who have, or are at risk of, malnutrition and supports those with gastrointestinal diseases, including nutrition before and after gastrointestinal surgery.

Beyond disease-specific nutrition, she applies functional medicine dietetics, offers sports nutrition guidance and advises on healthy lifestyle nutrition. Dietary plans are developed individually, taking into account the patient's diagnosis, current treatment, laboratory findings and personal preferences, and are reviewed over time as the clinical situation changes.

Diabetes nutrition

Malnutrition nutrition

Gastrointestinal disease nutrition

Nutrition for gastrointestinal surgery

Carbohydrate counting

INTERNATIONAL PATIENTS

Begüm Bengi consults in Turkish and English, and interpreters can be arranged for other languages. Before a visit, the Acibadem international patient team coordinates the collection of prior reports, such as laboratory and pathology results, imaging reports, operative notes and discharge summaries, and arranges appointments and the hospital visit.

CONDITIONS TREATED

Carbohydrate counting

EDUCATION & TRAINING

- 2025 2nd International Longevity & Regenerative Treatments and Supplements Congress
- 2025 14th National Healthy Living Congress — Acibadem Mehmet Ali Aydınlar University
- 2025 Functional Medicine Dietetics — Functional Medicine Institute
- 2025 Nutrition of Patients with Diabetes and Malnutrition — Clinical Enteral Parenteral Nutrition Association (KEPAN)

PROFESSIONAL EXPERIENCE

- 2023 Acibadem Healthcare Services
- 2023 Rafinera — Dietitian Intern
- 2023 Acibadem Maslak Hospital — Dietitian Intern
- 2023 Juico — Dietitian Intern
- 2023 Specialist Dietitian Selahattin Dönmez - Fark Etmeden Diet Nutrition and Education Consultancy — Dietitian Intern
- 2023 Specialist Dietitian Beste Alimert Altunörs — Dietitian Intern

+3 earlier posts on the profile

PROCEDURES PERFORMED

Nutrition for gastrointestinal surgery

ACIBADEM HEALTHCARE GROUP Verified
network figures

45+
HOSPITALS & CLINICS

7
JCI-ACCREDITED

90+
COUNTRIES SERVED

20+
LANGUAGES IN-HOUSE

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FREE CONSULTATION
Ask Begüm Bengi about your case
Reply within 24 hours