

NUTRITION & DIET



Deniz Meriç, Dietitian

Acibadem Bursa Hospital · Nutrition & Diet · Acibadem Healthcare Group

MEDICALLY VERIFIED PROFILE

EXPERIENCE
6+ yearsLANGUAGES
Turkish · EnglishCONSULTS
Video · On-sitePATIENTS
90+ countriesSPECIALTY
Nutrition & DietFOCUS
Personalized nutrition
planning · ...HOSPITAL
Acibadem Bursa HospitalDEPARTMENT
Nutrition & Diet

CLINICAL FOCUS

Deniz Meriç's clinical focus is personalized nutrition planning. Rather than applying a standard template, she builds each plan around the individual patient: current health status, existing diagnoses, medications where relevant, eating patterns, cultural and personal food preferences, and the practical realities of daily life.

A second area of emphasis is sustainable eating habit development. Short-term dietary changes are often difficult to maintain, so consultations typically address how a plan can be followed over time, how to adapt it when circumstances change, and how to make gradual adjustments rather than abrupt ones.

Personalized nutrition planning

Evidence-based dietary guidance

Patient-centered nutritional care

Sustainable eating habit development

Nutrition plans tailored to medical needs

INTERNATIONAL PATIENTS

Deniz Meriç consults in Turkish and English, and interpreters can be arranged for patients who prefer to communicate in another language. Before a visit, the Acibadem international patient team coordinates the collection of prior reports, such as laboratory results, imaging reports, discharge summaries and any previous dietary or medical...

CONDITIONS TREATED

Personalized nutrition planning

Evidence-based dietary guidance

Patient-centered nutritional care

Sustainable eating habit development

Nutrition plans tailored to medical needs

EDUCATION & TRAINING

2020 Bahçeşehir University Faculty of Health Sciences

PROFESSIONAL EXPERIENCE

2022 Acibadem Healthcare Services

ACIBADEM HEALTHCARE GROUP Verified
network figures45+
HOSPITALS & CLINICS7
JCI-ACCREDITED90+
COUNTRIES SERVED20+
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Reply within 24 hours