

NUTRITION & DIET



Duygu Gencel, Dietitian

Acibadem Zekeriyaköy Outpatient Clinic, İstanbul · Nutrition & Diet ·
Acibadem Healthcare Group

MEDICALLY VERIFIED PROFILE

EXPERIENCE
16+ years

LANGUAGES
Turkish · English

CONSULTS
Video · On-site

PATIENTS
90+ countries

SPECIALTY
Nutrition & Diet

FOCUS
Sports nutrition · Athlete
nutrition

HOSPITAL
Acibadem Zekeriyaköy
Outpatient Clinic,...

DEPARTMENT
Nutrition & Diet

CLINICAL FOCUS

Duygu Gencel's clinical focus is nutrition support for people whose physical activity places specific demands on their diet. In sports nutrition and athlete nutrition, this typically involves reviewing an individual's training schedule, competition calendar, body composition goals and any existing medical or dietary considerations, and then developing a nutrition plan that fits those circumstances.

Performance nutrition and nutrition for active individuals extend the same approach to people who exercise regularly but are not necessarily competitive athletes. Plans are adjusted to the individual's health status, lifestyle and activity level, and are reviewed over time as training loads, goals or health circumstances change.

Sports nutrition Athlete nutrition Performance nutrition

Nutrition for active individuals

INTERNATIONAL PATIENTS

Duygu Gencel consults in Turkish and English, and interpreters can be arranged for patients who speak other languages. The international patient team coordinates the collection of prior reports before a visit, including laboratory results, previous dietary assessments, medical reports and discharge summaries where relevant, and arranges appointments and the practical aspects of the...

CONDITIONS TREATED

Nutrition for active individuals

EDUCATION & TRAINING

- 2022–2025** Acibadem Mehmet Ali Aydınlar University, Health Sciences Institute, Yüksek Lisans
- 2017–2018** Eczacıbaşı Women's Volleyball Team
- 2010–2014** Haliç University, Nutrition and Dietetics, Bachelor's Degree

PROFESSIONAL EXPERIENCE

- 2022–2023** İstanbul Gelişim University — Lecturer
- 2017–2023** İstanbul Başakşehir Futbol Kulübü — A Takım Diyetisyeni
- 2017–2018** Ümit Milli Erkek Basketbol Takımı
- 2017** Acibadem Healthcare Services
- 2017** Acibadem Sports Athlete Health Center — Ongoing
- 2016–2017** GSK — GlaxoSmithKline

+2 earlier posts on the profile

ACIBADEM HEALTHCARE GROUP Verified
network figures

45+
HOSPITALS & CLINICS

7
JCI-ACCREDITED

90+
COUNTRIES SERVED

20+
LANGUAGES IN-HOUSE

PHONE
+90 535 876 04 89
Tap to call

WHATSAPP
+90 536 904 82 62
Tap to chat

WEBSITE
acibademinternational.com
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FREE CONSULTATION
Ask Duygu Gencel about your
case
Reply within 24 hours