



NUTRITION & DIET

Edagül Kopuz, Dietitian

Acibadem Atasehir Hospital, İstanbul · 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 Atasehir
Hospital, İstanbulDEPARTMENT
Nutrition & Diet

CLINICAL FOCUS

The core of Edagül Kopuz's practice is personalized nutrition planning. Rather than applying a standard template, she develops plans that take into account the individual patient's health status, medical history and care plan.

A further area of her work is dietary strategy development, in which she helps patients translate general nutritional goals into concrete, practical steps for daily life. This is closely linked to sustainable dietary habit counseling: the aim is not a short-term change but habits that can be maintained after the consultation period ends.

Personalized nutrition planning

Evidence-based nutrition plans

Clinical dietetic support

Dietary strategy development

Sustainable dietary habit counseling



CONDITIONS TREATED

Personalized nutrition planning

Evidence-based nutrition plans

Clinical dietetic support

Dietary strategy development

Sustainable dietary habit counseling



EDUCATION & TRAINING

2024

Üsküdar University

2020

Acibadem Mehmet Ali Aydınlar University



PROFESSIONAL EXPERIENCE

2024

Acibadem Healthcare Services

2021-2022

MEDICANA HOSPITAL

ACIBADEM HEALTHCARE GROUP · Verified
network figures

45+

HOSPITALS & CLINICS

7

JCI-ACCREDITED

90+

COUNTRIES SERVED

20+

LANGUAGES IN-HOUSE

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Ask Edagül Kopuz about your
case
Reply within 24 hours