

NUTRITION & DIET



Ezgi Nur Zengin, Dietitian

Acibadem Dr. Sinasi Can (Kadikoy) Hospital, İstanbul · Nutrition & Diet · Acibadem Healthcare Group

MEDICALLY VERIFIED PROFILE



EXPERIENCE
8+ years



LANGUAGES
Turkish · English



CONSULTS
Video · On-site



PATIENTS
90+ countries



SPECIALTY
Nutrition & Diet



FOCUS
Nutritional assessment · Diet planning



HOSPITAL
Acibadem Dr. Sinasi Can (Kadikoy) Hospital, ...



DEPARTMENT
Nutrition & Diet



CLINICAL FOCUS

Ezgi Nur Zengin's areas of expertise include nutritional assessment, diet planning, healthy eating guidance and individualized nutrition support. A nutritional assessment typically involves reviewing a patient's medical history, current eating patterns, relevant laboratory findings and any dietary restrictions or preferences.

Healthy eating guidance forms a further part of her practice. This may include practical advice on food choices, portion sizes, meal timing and ways of maintaining dietary changes over the longer term. Individualized nutrition support is provided in coordination with the treating physicians where a patient is receiving care in other units of the hospital, so that dietary recommendations remain consistent with the overall...

Nutritional assessment

Diet planning

Healthy eating guidance

Individualized nutrition support



INTERNATIONAL PATIENTS

Ezgi Nur Zengin consults in Turkish and English, and interpreters can be arranged for patients who speak other languages. Before a visit, the international patient team coordinates the collection of prior reports, including laboratory and pathology results, imaging reports such as MRI, CT, X-ray or ultrasound, operative notes and discharge summaries, and arranges appointments and the...



CONDITIONS TREATED

Nutritional assessment

Diet planning

Healthy eating guidance

Individualized nutrition support



EDUCATION & TRAINING

2018

Acibadem Mehmet Ali Aydinlar University



PROFESSIONAL EXPERIENCE

2026

Acibadem Healthcare Services



PROCEDURES PERFORMED

ESS



ACIBADEM HEALTHCARE GROUP Verified
network figures

45+

HOSPITALS & CLINICS

7

JCI-ACCREDITED

90+

COUNTRIES SERVED

20+

LANGUAGES IN-HOUSE



PHONE

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Tap to call



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Tap to chat



WEBSITE

acibademinternational.com

Open the site



FREE CONSULTATION

Ask Ezgi Nur Zengin about your case

Reply within 24 hours