



NUTRITION & DIET

Pinar Koç, Dietitian

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

MEDICALLY VERIFIED PROFILE

EXPERIENCE
5+ years

LANGUAGES
Turkish · English

CONSULTS
Video · On-site

PATIENTS
90+ countries

SPECIALTY
Nutrition & Diet

FOCUS
Functional Medicine

HOSPITAL
Acibadem Atasehir
Hospital, İstanbul

DEPARTMENT
Nutrition & Diet

CLINICAL FOCUS

Pinar Koç's practice covers nutrition counseling, personalized meal planning and weight management. Nutrition counseling typically begins with a review of the patient's current eating habits, health history and goals. On this basis, a personalized meal plan is prepared that takes into account existing medical conditions, daily routine, activity level and food preferences.

She also provides nutrition education and lifestyle modification counseling, helping patients understand how food choices, meal timing and everyday habits relate to their health and how these can be adapted in a practical way. For patients living with long-term conditions, she offers chronic disease nutrition support in coordination with the treating physician, so that dietary recommendations remain consistent with the...

Nutrition counseling

Personalized meal planning

Weight management

Nutrition education

Lifestyle modification counseling

INTERNATIONAL PATIENTS

Pinar Koç 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 results, previous medical reports and discharge summaries where relevant, and arranges appointments and the hospital visit.

CONDITIONS TREATED

Nutrition counseling

Personalized meal planning

Weight management

Nutrition education

Lifestyle modification counseling

Chronic disease nutrition support

EDUCATION & TRAINING

2021 Acibadem Mehmet Ali Aydinlar University Faculty of Health Sciences

PROFESSIONAL EXPERIENCE

2021 Acibadem Healthcare Services

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 Pinar Koç about your case
Reply within 24 hours