



NUTRITION & DIET

Yağmur Kaya, Dietitian

Acibadem Altunizade 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
Sports nutrition · Longevity nutrition



HOSPITAL
Acibadem Altunizade Hospital, İstanbul



DEPARTMENT
Nutrition & Diet



CLINICAL FOCUS

Yağmur Kaya's areas of expertise cover a wide range of life stages and health situations. She works with athletes and physically active individuals on sports nutrition, and with adults interested in longevity nutrition.

Other areas of her work include weight management for children and adolescents, carbohydrate counting, and nutrition programs for people with eating disorders, which are generally delivered alongside the care provided by other clinicians.

Sports nutrition

Longevity nutrition

Iron deficiency nutrition

Weight management for children and adolescents

Celiac disease nutrition



CONDITIONS TREATED

Weight management for children and adolescents

Menopause nutrition and diet

Carbohydrate counting

Nutrition programmes for eating disorders

Nutrition for bed-dependent patients



EDUCATION & TRAINING

2025

Longevity Dietitian Training

2024

Okan University Graduate Education Institute

2024

Dietary Supplements Training for Health Professionals

2023

SOS Nutrition Therapy Training



PROFESSIONAL EXPERIENCE

2023

Acibadem Healthcare Services



PROCEDURES PERFORMED

Longevity

Gout treatment

Eating disorders treatment



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



WHATSAPP

+90 536 904 82 62

Tap to chat



WEBSITE

acibademinternational.com

Open the site



FREE CONSULTATION

Ask Yağmur Kaya about your case

Reply within 24 hours