



NUTRITION & DIET

Zeynep Acar, Dietitian

Acibadem International 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
Functional Medicine



HOSPITAL
Acibadem International
Hospital, İstanbul



DEPARTMENT
Nutrition & Diet



CLINICAL FOCUS

Zeynep Acar provides dietary assessment and nutrition planning across several clinical settings. In longevity nutrition, her work relates to dietary approaches within a broader health and wellbeing framework. In metabolic and bariatric surgery nutrition, she is involved in the dietary side of care for patients undergoing weight-related surgical treatment, where nutritional...

Her oncology and psycho-oncology nutrition work addresses the dietary needs of patients with cancer and takes into account the psychological aspects of eating during treatment. She also works in nutritional support, including enteral and parenteral nutrition, and advises on the use of food supplements.

Longevity nutrition

Metabolic and bariatric surgery nutrition

Fitness nutrition

Sports nutrition

Oncology nutrition



INTERNATIONAL PATIENTS

Zeynep Acar consults in Turkish and English, and interpreters can be arranged for other languages. The hospital's international patient team coordinates the collection of prior reports and imaging, arranges appointments and organizes the hospital visit.



CONDITIONS TREATED

Nutritional support

Food supplements



EDUCATION & TRAINING

- 2026 Gastroenterology Dietetics Association - Longevity Dietitian Training
- 2025 ASEGE - Metabolic and Bariatric Surgery Dietetics Training
- 2025 Academy of Nutrition and Dietetics - Fitness Nutrition Specialization Certificate Program
- 2024 ASEGE - Dietary Supplements Certificate Program for Health Professionals



PROFESSIONAL EXPERIENCE

- 2022 Acibadem Healthcare Services
- 2022 Acibadem Healthcare Services



PROCEDURES PERFORMED

Metabolic and bariatric surgery nutrition

Enteral and parenteral nutrition

Longevity

Bariatric surgery

ESS



ACIBADEM HEALTHCARE GROUP Verified
network figures

45+

HOSPITALS & CLINICS

7

JCI-ACCREDITED

90+

COUNTRIES SERVED

20+

LANGUAGES IN-HOUSE



MEMBERSHIPS

- Member of the Clinical Enteral Parenteral Nutrition Association...



SELECTED PUBLICATIONS

Publications are listed on the online profile.



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