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**CV No 1945134**

Rita

# Profile

A well-presented, self-motivated and confiden**t, Licensed Dietitian** & **Quality control** with, 6 years + experience in developing and implementing effective quality control processes and structures in a manufacturing and corporate environment. Possessing a good understanding of the essentials of safety and quality. Strong customer service experience, and a background of achievement in supporting all levels of management & working to set schedules and deadlines. As well developing and implementing nutrition programs for them.

Currently looking for a challenging position which will make the best use of my existing skills and experience

# Experience

**DHA Licensed Clinical Dietitian | Dubai, UAE | SEPTEMBER, 2015 – PRESENT.**

Key Responsibilities:

* Diet assessment & Nutrition counselling.
* Calculating patient nutritional requirements.
* Advising patients on Nutritional principals, Diet plans food selection and preparation.
* Advising Patients about special diets (diabetes, hyperlipidemia, hypertension, renal & kidney disease…) and weight control (weight loss, weight gain).
* Consulting & collaborating with physicians and health care personnel to determine nutritional needs and diet restrictions of patient or client.
* Educating clients about food portions, eating healthy, maintaining their weight, practicing sport.
* Be in charge of slimming team department: weight loss program & Session,

**Nutritionist & Quality Controller | Froste For General Trading L.L.C. – Beirut, Lebanon | April 2013 – Aug. 2015**

Key Responsibilities:

* Conducting site audits of food preparation sanitation and HACCP standards.‎
* Monitoring staff to ensure compliance with food safety standards.‎
* Developed and implemented food safety training.
* Keeping quality documentation up to date. Making sure that all Quality control records, data & information are available to managers.
* Monitoring and auditing of products to ensure high standards of quality.
* Ensuring that all Quality control Tests are carried out on time and in full. ‎
* Keeping quality documentation up to date. Making sure that all Quality control records, data & information are available to managers.
* Checking food labelling.
* Participation and preparing food exhibition to the company
* Annual traveling to meet our food suppliers in far east Asia
* Recruit , interview and ad train retail sales staff as required hire
* Supervising staff, including determining workloads and schedules, evaluating staff performance, providing training and making hiring, promotion and disciplinary recommendations.

**CLINICAL DIETITIAN | JDEIEDEH MUNICIPALITY DISPENSARY– LEBANON | NOVEMBER 2012 –DECEMBER 2013**

Key Responsibilities:

* Consult patients determine nutritional needs and diet restrictions of patient or client.
* Advise patients and their families on nutritional principles, dietary plans and diet modifications, and food selection and preparation. (Weight loss, weight gain, diabetes, and hypercholesterolemia.)

**FOOD SAFETY COORDINATOR | BABEL RESTAURANT – BEIRUT, LEBANON | MARCH 2012 –OCTOBER 2012**

Key Responsibilities:

* Monitor food service operations to ensure conformance to nutritional, safety, sanitation and quality standards.
* Check food quality, hygiene measurements and standards used by the employees during the food preparation, cooling, chilling, refrigerating, and storage during food receiving.
* Advising food handlers on the proper food handling practices and ensure their observance
* Conducting daily checks on the personal, environmental and food hygiene conditions of the food establishment and keep records on the findings
* Conducting site audits of food preparation sanitation and HACCP standards.‎
* Handling complaints or enquiries from customers on food hygiene matters

**CLINICAL DIETITIAN & LINE FOOD HANDLER | DIET DELIGHT CENTER – ZALKA, LEBANON | SEPTEMBER 2010 – MARCH 2012**

Key Responsibilities:

* Assess nutritional needs, diet restrictions and current health plans to develop and implement dietary-care plans and provide nutritional counselling.
* Consult with physicians and health care personnel to determine nutritional needs and diet restrictions of patient or client.
* Advise patients and their families on nutritional principles, dietary plans and diet modifications, and food selection and preparation. (Weight loss, weight gain, diabetes, chronic renal failure, Hypertension, hyperlipidaemia,…)
* Coordinate recipe development and standardization and develop new menus for the centre
* Monitor food service operations to ensure conformance to nutritional, safety, sanitation and quality standards.
* Check food quality, hygiene measurements

# Education

MASTERS IN FOOD SERVICE MANAGEMENT | 2013 | UNIVERSITY OF HOLLY SPIRIT- USEK | KASLIK, LEBANON

BACHELOR DEGREE IN NUTRITION & DIETETICS | 2009 | UNIVERSITY OF HOLLY SPIRIT- USEK | KASLIK, LEBANON

# Languages

# *Trilingual: Arabic /English/French (All Fluent).*

# Core Competencies

**INITIATIVE.**

**TEAM PLAYER.**

**COMMUNICATION.**

**DETAILED ORIENTED.**

# References

**AVAILABLE ON REQUEST**

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| **Rita Nasr – CV No 1945134**  To interview this candidate, please send your company name, vacancy and salary offered details along with this or other CV Reference Numbers that you may have short listed from  <http://www.gulfjobseeker.com/employer/cvdatabasepaid.php>  addressing to HR Consultant on [cvcontacts@gulfjobseekers.com](mailto:cvcontacts@gulfjobseekers.com)  We will contact the candidates to ensure their availability for your vacancy and send you our service HR Consulting Fees quotation for your approval. Whatsapp +971504753686  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |