

EXPERIENCES

Owner nutrition, genetic and Health center By Esra Şahin

Professional nutrition consultancy for companies, institutions and individuals

Menu planning and tasting studies for restaurants and corporate kitchens

Product development and menu planning for restaurants and healthy cafeterias

International nutrition and dietetics project (training an institutional dietitian – establishing a diet kitchen and diet market – developing diet products)/(Azerbaijan-Baku)

University-Based Food content and chemistry research and new projects development

Seminars: Domestic and international seminars on food and nutrition

WORK EXPERIENCES

- 2022.01.01-

Esra Şahin Nutrition, Genetics and Health Center provides services to clients in the fields of nutrition and genetics in its private clinic.

- 2019-11.09 – 15.01.2022 Liv Hospital (nation)

Outpatient and –clinical dietitian

- 09/2018- 15.06.2019

Istanbul Biruni University Nutrition and Dietetics (Lecturer)

Istanbul Biruni University Sports nutrition and nutrition principles and good nutritional practices laboratory courses are given.

- 05/2017-07/2018

Private Training Academy Etiler – Sports Dietitian

Weight loss-Weight maintenance-Athlete Nutrition-Eating Disorders-Mother Child and Pregnant Nutrition and healthy kitchen control and development of diet products

- 05/2017-07/2018

Pilates Life Baku - Nutrition and Dietetic Consulting Service (Baku, Azerbaijan)

- 05/2017– 09/2017

Dr.Savaş Altan Klinik Suadiye – Clinical Dietitian / Part Time

Weight Loss - Athlete Nutrition - Weight Gain - Weight Maintenance - Pregnant Nutrition -
Lactating Nutrition - Obesity - Nutrition in Diseases

- 04/2016-05/2017

Form Nutrition and Diet Counseling – Clinical Dietitian

Diet Foods - Diet Menu Planning - Weight Loss - Sports Nutrition - Weight Gain -Weight
Maintenance-Pregnant Nutrition-Practicing Nutrition-Obesity-Nutrition in Diseases

Acıbadem Acıbadem 2015-2016 years

INTERNSHIP EXPERIENCES

04/2016

05.2017 : Dietitian

FORM NUTRITION AND CONSULTANCY, Istanbul

Form Nutrition and Diet Clinic and Healthy Kitchen

Nutrition in Diseases, Weight Loss, Weight Gain, Weight Maintenance, Sports Nutrition,

Pregnant and Lactating Nutrition, Child Nutrition, Vegan and Vegetarian Nutrition, Lactose

Intolerance

02/2016

04/2016 : Dietitian

Haydarpaşa Numune Training and Research Hospital, Istanbul (Internal Medicine)

11/2015

02/2016 : Dietitian

Acıbadem Healthcare Group, Istanbul

In Acıbadem Healthcare Group (Acıbadem Kadıköy Hospital)

Pregnant and lactating nutrition - Institutional nutrition

09/2015

11/2015 : Dietitian

Istanbul Bağcılar Training and Research Hospital

(Internal Diseases - Intensive Care-Nutritional Nutrition)

06/2015

09/2015

05-09/2009

05-09/2010 : Dietitian

Kadıköy Community Center, Istanbul

Trainee dietitian

Internships related to Uludag University food technologies department:

Sütaş karacabey enterprises milk and dairy products production line internship-Tad factory

tomato paste production line semester internship- Uno production facilities semester

internship-Meysu factory production semester internship

EDUCATIONS

Master : Istanbul Bilgi University (English)

Advanced Nutrition- Athlete and Genetic Nutrition / 2019

Undergraduate : Istanbul Bilgi University (English)

Nutrition and Dietetics, Istanbul / Türkiye – 2015

Associate Degree : Uludag University

Food Science and Technology, Bursa / Türkiye – 2010

High School : Gülizar and Zeki Obdan Anatolian High School / İstanbul -2008

Foreign Lanhuages

English