

Sara D. Garduño-Díaz

I am currently the Senior Nutrition Consultant at Your Choice Nutrition in Kuwait, where I have been working on functional nutrition and wellness since 2014. Being one of the funding partners of this company has allowed me to explore consumer behavior in the health and wellness field extensively, and as a practitioner I have had to link both the business side with the service side of health. At Your Choice I have carried out tasks ranging from market research, to developing a business plan, to seeing the patients one-on-one, all while keeping social and cultural norms at the front line of my practice. As a foreigner, this has been a huge challenge with satisfactory results to date. Previously, I was Assistant Professor at the American University of the Middle East, also here in Kuwait. I have worked as Research Fellow at the School of Food Science and Nutrition, University of Leeds, in the United Kingdom. I have been part of two major EU-level research projects, EuroFIR and CHANCE, which focused on the dietary assessment and the nutritional status evaluation of at-risk groups in several European countries.

I sit on the editorial board of various international journals. I am the author of several peer-reviewed publications and a book: Diet, Ethnicity and the Metabolic Syndrome. My research interests include the dietary patterns of migrant populations and their impact on health, as well as investigating the environmental and social factors that influence food selection. I have continued my research work, collaborating with working groups in Mexico (my country of origin), Morocco (where I resided a few years back) the United Kingdom (where I obtained my PhD from and worked in several projects), and in Kuwait (my current base). Having worked in Europe, North America, Africa and the Middle East, mostly in the areas of clinical nutrition, public health, academia and community service, I am aware of the cultural competency required to be successful when working in a multicultural setting.

My academic background is in nutrition, with a PhD in Nutrition and Food Science from the University of Leeds, United Kingdom; I have further specialized in Sports Nutrition with the International Olympics Committee, Switzerland.