

AFRA BINTE IFTEKHAR

Clinical Dietitian | Nutrition Researcher | Food Safety Specialist

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Professional Summary

Clinical dietitian and nutrition researcher with multidisciplinary experience in cardiac nutrition, maternal and child nutrition, weight management, community nutrition, food quality control, and public-health field assessment. Skilled in translating clinical evidence into practical meal guidance, leading nutrition services, collecting and analyzing health data, and conducting laboratory-based food-safety research.

Professional Experience

Trainer - Food Production and Quality

StepUp Food Production and Quality, organized by BAPA

– Deliver training on food and beverage production, food quality control, industrial food preservation, and applied production practices.

Jun 2026 – Present

Bangladesh

Chief Dietitian

DietCoach - Online Nutrition and Diet Coaching Platform

– Lead personalized nutrition services for busy professionals, including home-cooked meal guidance, weight-loss and weight-gain planning, and adherence-focused counseling.

Mar 2025 – Present

Bangladesh

Clinical Nutritionist and Nutrition Lead

Shishur Hasi Samajik Songstha; Smile Train Cleft Care Project

– Design specialized feeding and nutrition plans for children with cleft lip, cleft palate, congenital cerebral palsy, clubfoot, and related conditions.

Apr 2025 – Present

Feni, Bangladesh

– Develop caregiver education materials and provide breastfeeding and feeding-technique guidance.

Nutrition Enumerator - SAM Facility Assessment

DGHS Bangladesh / National Nutrition Services / UNICEF

– Collected and cross-checked facility data on child feeding, nutrition practices, supplies, logistics, SAM units, and IMCI&N corners.
– Coordinated interviews with hospital personnel, cleaned data, and documented field activities for reporting.

Oct–Dec 2024 and 2025

Sylhet, Bangladesh

Project Nutritionist

Abul Khair Group - Trade Fair

– Assessed individual nutrition needs and delivered practical counseling on weight management, lifestyle habits, and sustainable dietary change.

Feb 2024 – Mar 2024

Chattogram, Bangladesh

Project Nutritionist - School Activation Program

Zydus Wellness / COMPLAN

– Prepared and reviewed diet guidance for students aged 9–16, including pupils with allergies and food intolerances, and conducted follow-up for adherence.

Sep 2023 – Dec 2023

Dhaka, Bangladesh

Cardiac Dietitian

Saaol Heart Centre

– Developed therapeutic diet charts for cardiac patients and educated patients, families, and healthcare professionals on nutrient balance and healthier meal options.

Oct 2022 – Dec 2023

Chattogram, Bangladesh

Consultant Dietitian

LifeCoach Bangladesh

– Created condition-specific diet plans and counseled clients on nutrition, exercise, lifestyle modification, and maternal nutrition.

Mar 2021 – Feb 2023

Chattogram, Bangladesh

Dietitian

Medician Bangladesh

– Assessed medical histories, allergies, and dietary needs; prepared meal plans and provided accessible nutrition counseling, including pregnancy-focused guidance.

Jan 2022 – Dec 2022

Feni, Bangladesh

Project Nutritionist - School Campaign

Abul Khair Group

– Promote healthy eating through nutrition counseling, diet charts, school campaigns, educational materials, and consumer-facing health activities.

May 2017 – Present

Chattogram, Bangladesh

Education

M.S. in Applied Human Nutrition and Dietetics <i>Chattogram Veterinary and Animal Sciences University (CVASU)</i> – Thesis: <i>Nutrition Status and Microbial Hazards in the Milk Supplied at Different Hospitals of Chattogram Metropolitan Area.</i>	2018 – 2019 <i>CGPA: 3.77/4.00</i>
B.Sc. (Hons.) in Food Science and Technology <i>Chattogram Veterinary and Animal Sciences University (CVASU)</i>	2012 – 2016 <i>CGPA: 3.67/4.00</i>

Research and Publications

Master’s Thesis Food safety, milk quality, and hospital nutrition – Conducted a cross-sectional study of 20 milk samples from nine government and private hospitals in Chattogram; evaluated physicochemical, nutritional, adulteration, preservative, and microbiological parameters. – Applied culture-based microbiology, food-quality testing, Microsoft Excel, and one-way ANOVA in SPSS; findings identified widespread adulteration and microbial safety concerns.	2019
Published Article Functional food research – Co-author, “Nutritional Composition, Bioactive Compounds, and Antioxidant Activity of Fig (<i>Ficus carica</i> L.) Jam Varieties: A Functional Food Perspective,” <i>Health Dynamics</i> , 2(7), 275–282.	2025

Industrial Training and Applied Projects

Industrial Training Programme <i>School of Food Science and Technology, Universiti Malaysia Terengganu</i> – Completed a one-month international industrial training programme and contributed to development work on <i>Keropok Lekor</i> , a fish-based cracker product.	Jan 2017 <i>Malaysia</i>
Quality Control and Unit Operation in Food Industry <i>Training Institute for Chemical Industries (TICI), BCIC</i> – Completed four weeks of practical training in industrial quality control and unit operations; earned an A+ grade in the final evaluation.	Feb 2017 – Mar 2017 <i>Polash, Bangladesh</i>
Industrial Attachment - Manufacturing <i>Dhaka Ice Cream Industries Limited</i> – Completed a four-week attachment in food manufacturing operations and production practices.	Apr 2017 <i>Dhaka, Bangladesh</i>

Selected Training and Certifications

Geriatric Nutrition Workshop - 20 Minute Medical	2025
Therapeutic Nutrition and Dietetics - Diet for Healthy Life	2021
Advanced Diet and Meal Planning - NutriLearn	2021
COVID-19 Operational Planning Guidelines - World Health Organization	2020
Infant and Young Child Feeding and Maternal Nutrition - Bangladesh Breastfeeding Foundation	2019
Quality Control and Unit Operation in Food Industry - TICI, BCIC	2017
Industrial Training Programme - Universiti Malaysia Terengganu	2017

Awards and Recognition

9th Place, bdapps Innovation Summit - DietCoach	2025
National Science and Technology Fellowship	2018 – 2019
Government Board Scholarship - HSC Examination	2012
Primary Board Scholarship	Primary Education

Professional Memberships

General Member , Association of Dietitian and Nutritionist for Social Service (ANDSS) Member , AIM Foundation

Skills

Clinical and Public Health: Clinical diet planning, cardiac nutrition, maternal and child nutrition, weight management, nutrition counseling, community nutrition, nutrition surveillance
Food and Research: Food safety, food microbiology, quality control, laboratory testing, survey design, field data collection, research documentation
Software and Data: SPSS, Microsoft Excel, KoboToolbox, ODK, Minitab, R (basic), Microsoft Word, Microsoft PowerPoint
Languages: Bengali (proficient), English (advanced), Malay (beginner)