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Prof. Zelber-Sagi is a clinical dietitian, epidemiologist and a researcher in nutritional epidemiology. She holds a BSc in nutrition sciences at the Hebrew University and a PhD in epidemiology and preventive medicine at the Sackler School of Medicine at Tel Aviv University.

Currently, Prof Zelber-Sagi is the Head of School of Public Health, University of Haifa. She also works as a clinical dietitian at the liver Unit of the Tel-Aviv hospital. She is a member of the "National Committee for Nutrition, Gastroenterology and Liver Disease" and Head of the "Gastroenterology and Hepatology Nutrition forum" on behalf of The Israeli Nutrition Association. She is also a member of UEG's Public Affairs Committee and EASL's Policy and Public Health Committee.

Her research deals mainly with non-alcoholic fatty liver disease (NAFLD) epidemiology, prevention and treatment.