



# thediet4u

Your Path to a Healthier You

## ☀️ What Is Dietetics?

Dietetics is a branch of health science that focuses on how diet and nutrition impact overall health, disease prevention, and management.

**“Let food be the medicine  
and medicine be the food.”**



## Why Choose a Dietitian?

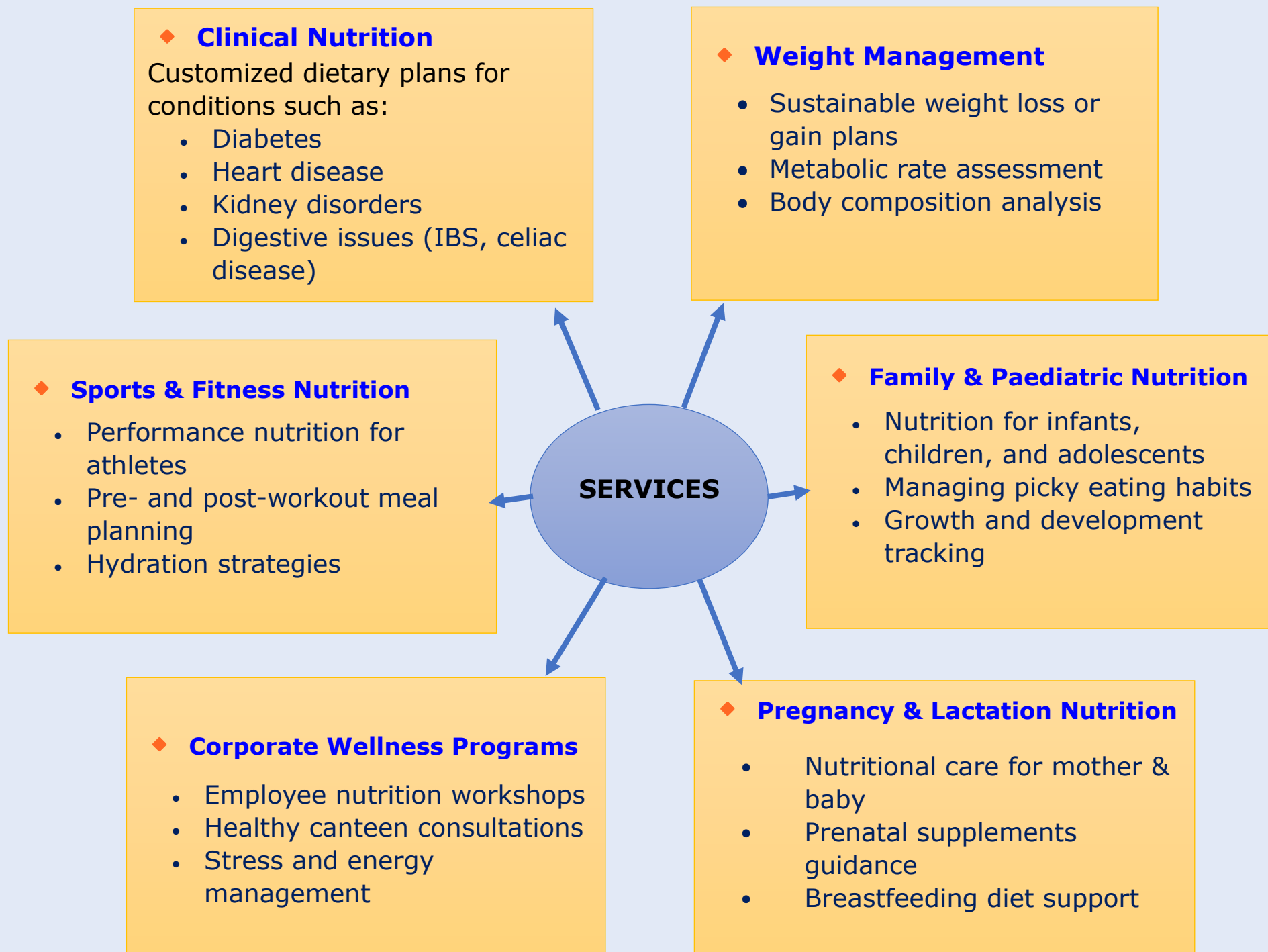
A Dietitian helps you:

- Break unhealthy eating habits
- Navigate food allergies or sensitivities
- Manage lifestyle diseases (like hypertension, diabetes)
- Improve athletic performance
- Develop a healthier relationship with food



## Our Comprehensive Services

- Clinical Nutrition
- Weight Management
- Sports & Fitness Nutrition
- Family & Paediatric Nutrition
- Corporate Wellness Programs
- Pregnancy & Lactation Nutrition











## Did You Know?

- 80% of heart disease and Type 2 diabetes can be prevented with a healthy diet.
- Nutritional deficiencies can affect mood, concentration, and sleep.
- Proper hydration boosts metabolism by up to 30%



## Nutrition Myths Busted!

-  *"Carbs make you fat."*
-  Whole grains are essential for energy and fiber.
-  *"Skipping meals helps you lose weight."*
-  It slows your metabolism and causes overeating later.
-  *"Supplements can replace food."*
-  Real food is always the best source of nutrients.

# Step Into Wellness with


## Dt. Kaneez Fatima

 Meet Your Expert Nutritionist

**Dt. Kaneez Fatima**

Masters in Nutrition & Dietetics

 Jamia Hamdard University, New Delhi

 Located at G782+55X, Mehrauli - Badarpur Road, near Batra Hospital, Block D, Hamdard Nagar, New Delhi – 110062

With an educational foundation from one of India's most prestigious institutions — Jamia Hamdard University — Dt. Kaneez Fatima brings evidence-based, compassionate care into every consultation.

Her philosophy is simple: "Food is not just fuel, it's medicine." Whether you're aiming to lose weight, manage post-pregnancy transformation, or cleanse your body from within — her tailored plans guide you toward lifelong wellness.


### **Clinic Location:**


Located at Ward No. 45, Jail Chowk, Chandwara, Muzaffarpur Bihar 842001


### **Why Choose Dt. Kaneez Fatima?**

- ✓ Medical & scientific background
- ✓ Personalized diet charts for real Indian lifestyles
- ✓ Focus on long-term results, not shortcuts
- ✓ Consult online or offline
- ✓ Compassionate and result-oriented guidance

### **Book Your Appointment Today!**

 Website: [theDiet4u]

 Visit: Jail Chowk (Muzaffarpur)

 Timings: Mon–Sat | 10 AM – 6 PM