



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

#### Clinical Nutrition

Customized dietary plans for conditions such as:

- Diabetes
- Heart disease
- Kidney disorders
- Digestive issues (IBS, celiac disease)

## Sports & Fitness Nutrition

- Performance nutrition for athletes
- Pre- and post-workout meal planning
- Hydration strategies

#### Weight Management

- Sustainable weight loss or gain plans
- Metabolic rate assessment
- Body composition analysis

#### Family & Paediatric Nutrition

- Nutrition for infants, children, and adolescents
- Managing picky eating habits
- Growth and development tracking

## SERVICES

#### Corporate Wellness Programs

- Employee nutrition workshops
- Healthy canteen consultations
- Stress and energy management

#### Pregnancy & Lactation Nutrition

- Nutritional care for mother & baby
- Prenatal supplements guidance
- Breastfeeding diet support



## 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
- P 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