



Who Needs Nutritional Counseling???

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When talking about this personally feels that anybody who eats needs it!!!

A Nutritional counselor is a professional who has skills related to food and Nutrition. She imparts it to the patients. She assess various health needs and works on issues. Keeping clients preferences and budget into mind. Later she monitors the effects.

She interacts with the patients. By 24 hours recall method or maintaining a diary for a month. She notices and evaluates a diet plan. Finally she frequently monitors it.

Who needs MNT?

A person who is -

- Overweight
- Underweight
- High B.P.
- Liver diseases
- Crohn's disease
- Fistulas
- Cancer
- CVA
- Ulcers

Are some of the problems where MNT is suggested now a days. Also personally feels that anyone who it's on this earth needs it. You counselor tells you, "What? When How?" to eat.

You need to follow or get a diet plan for healthy today and tomorrow.

"Prevention is better than cure!!

Your Diet counselor checks you and finds what are deficiencies and corrects them before they lead to nutritional crisis So, you lead a balanced diet by eating Right!!

Was it very basics.... yes this is dedicated to upcoming Nutritionists...

The question often raised is why to be a Nutritionist? Do I have scope?

Now days, Nutrition is coming up in a big way....

We find Nutritionists in their role in

Community Nutrition, In Patients, Outpatients, Counseling for over and underweight, Managers in Nutraceuticals, Various organizations, Gyms, Health clubs.....running own clinics... So if anyone who has to be fit or to look fit...consult a Nutritionists.

If you're coming up Nutritionists you are on the right way. grab your opportunity and take a lead.