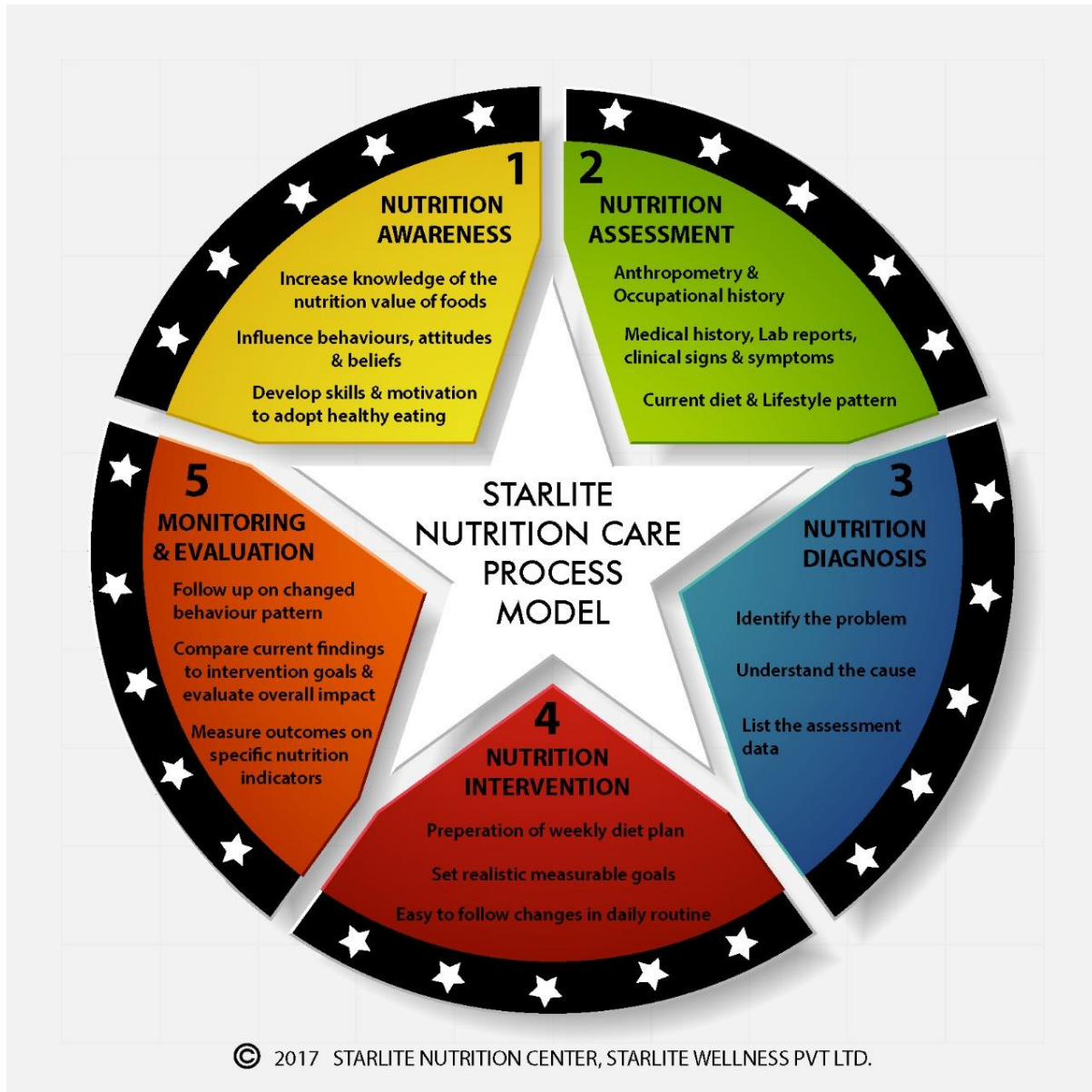


THE ADVANCED NUTRITION CARE PROGRAM FOR FAT-TO-FIT & GOOD HEALTH

Our program methodology is **Scientific** and based on **Global Standards** (Academy of Nutrition & Dietetics, USA) delivered through our team of **15+ yrs experienced Nutrition Consultants & Registered Dietitians**. The in-depth process we follow for excellent results is below :



1: Nutrition Awareness: We make sure throughout our programs that the client is fully aware of healthy eating and the importance of food & nutrition that will last long for a lifetime.

2: Nutrition, Health Assessment & Reassessment: We do a detailed assessment, collect and document evidence. Patient confidentiality is maintained.

- Anthropometric measurements (Weight, Height, BMI, etc) & Body Composition Analysis (fat%, muscle%, BMR, etc)
- Medical history, Blood reports, medical tests & procedures reports
- Food Specifications & Nutrition-related history
- Nutrition-focused physical findings
- Occupational & Lifestyle History
- Diet Recall (Typical eating habits)

3: Nutrition Diagnosis: Data collected during the nutrition assessment guides us in the selection of the appropriate nutrition diagnosis and helps to identify specific problems.

4: Nutrition Intervention: We then select the nutrition intervention that will be directed to the root cause of the nutrition problem aimed at alleviating the signs and symptoms of each diagnosis.

- Preparation of Individualized & Customized Nutrition & Diet Program
- Weekly Diet Plans
- Setting up of Weight Goals, Medical & Fitness Goals
- Healthy Recipes
- General & Specific Guidelines to follow

5: Nutrition Monitoring & Evaluation: Constant follow-up & care to determine if the client has achieved, or is making progress toward, the planned goals.

5: Costing:

PROGRAM DESCRIPTION	SPECIAL PRICES
1 month	1000 AED/- 700 AED /-
2 Month	1600 AED /- 1150 AED /-
3 Month	2200 AED /- 1680 AED /-

Note:- All payment subject to uae VAT Tax ie.5 %

Virtual Nutrition Consultation

INCLUDED WITH THE SERVICES

1. Nutrition Assessment
2. Nutrition Diagnosis
3. Nutrition Intervention
4. Nutrition Monitoring & Evaluation
5. Phase by phase nutrition plan
6. Weekly Tracking
7. Virtual Consultation and follow ups
8. Standard time 60 minutes
9. DHA Certified nutritionist

EXCLUDED WITH THE SERVICES

1. Food delivery
2. Supplements
3. Group nutrition consultation up on request