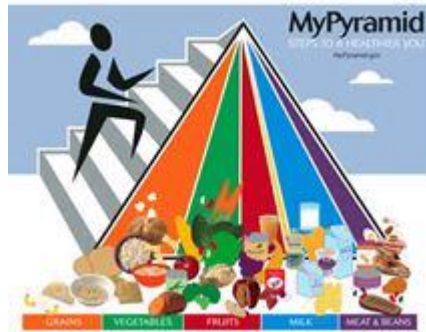


NUTRITION CLINIC

Eat Smart for a Healthy Life!



Nutrition Clinic



Offers:

Weight Loss Program:

Customized Weight Loss Plans for a Healthy Weight Loss including:

- **Weekly Diet Plans**
- **Daily Intake Record**
- **Daily Exercise Plan**
- **Life Style Modification**
- **Healthy Eating Guidelines**

Medical Nutrition Therapy for:



- **Diabetes**
- **Obesity**
- **Heart Disease**
- **Hypertension**

- **Kidney Disease**
- **Chronic Liver Disease**
- **Gastro-Intestinal Diseases**
- **Anemia**
- **Metabolic Disorders**

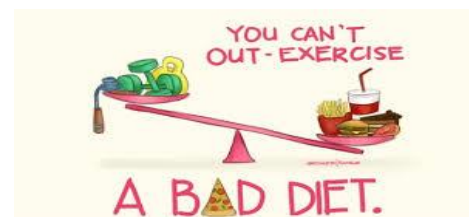
Nutrition in the Life Cycle:



Nutritional counseling based on the individual needs for different age groups

- **Pregnancy and Lactation**
- **Infancy**
- **Childhood**
- **Adolescence**
- **Aging (Old age)**

Nutrition for Health and Fitness



- **Weight Management**
- **Eating Disorders**
- **Athletic Training**
- **Bone Health**
- **Food Allergy**

Ayeza Umar

Consultant Dietitian MS, RD (PNDS)

Timings: 9am to 1pm - Monday to Friday

Sonia Ali Bangash

Consultant Dietitian MSC (Human Nutrition)

Timings: 9am to 5pm - Monday to Saturday

For Appointments: 92-51-8449100



QUAID-E-AZAM
INTERNATIONAL HOSPITAL
ISLAMABAD, PAKISTAN

Care and Cure with Competence and Compassion