

Shahmeen Javed (DHA Licensed Nutritionist)

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Objective Summary

Leverage my passion for nutrition and expertise in the field as a nutritionist, seeking a challenging role where I can contribute to improving people's health and well-being.

Work Experiences:

● **Experience**

Hospital: Balqees Hospital Kasur, Pakistan

Tenure: September, 2020 - November, 2022

Positions: Nutritionist

Responsibilities:

- Conducting nutritional assessments and evaluating patients dietary needs and goals.
- Developing personalized nutrition plans based on patients health condition, lifestyles, and dietary preferences.
- Providing education and guidance on proper nutrition, including portion control, food selection and meal planning.
- Offering advice on maintaining a balanced diet that meets clients nutritional requirements.
- Monitoring and tracking patients progress towards nutritional goals.
- Develop comprehensive treatment plans for clients with specific medical conditions.
- Conducting research and staying up-to-date with the latest nutritional science and guidelines.
- Identifying and addressing nutritional deficiencies or imbalances in patients' diets.
- Helping clients manage specific dietary concerns, such as food allergies, intolerances, or sensitivities.
- Promoting healthy eating habits and lifestyle modifications to prevent chronic diseases.
- Monitoring patients' compliance with recommended nutrition plans and adjusting them as needed.

Academic Profile

Degree: Position holder, Bachelor of Science (Nutrition)

University: Rashid Latif Medical College, Lahore Pakistan

Tenure:2016-2020