

**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