



# SUMITHA J

## DIETITIAN

### CONTACT

- +91 8681981886
- sumithaj101@gmail.com
- Chennai - Tamilnadu

### SKILLS

- Diet planning
- Diet monitoring
- Diet coordination
- Balanced diet analysis
- Advanced dietetics
- Motivational leadership
- Meal planning
- Operations management
- Staff development and mentoring
- Kitchen equipment operation and maintenance
- Menu plan

### LANGUAGE

- English
- Tamil
- Malayalam

### PROFESSIONAL PROFILE

A well presented, self motivated and confident dietitian of assessing a patients' nutritional needs, then developing and implementing nutrition programs for them. Possessing the ability to communicate complex and sensitive information about dietary matters in an understandable form to patients. Having a proven track record of successfully promoting healthy eating habits to communities and suggest diet modifications to individuals. Now looking to further reputable and ambitious organisation

### EDUCATION

#### Masters in HOME SCIENCE-FSM AND DIETETICS

University of Madras (2020 - 2022)

- Women's christian college - Chennai
- Achieved First class - 71% Marks**

#### Bachelor in HOME SCIENCE NUTRITION-FSM AND DIETETICS

University of Madras (2017 - 2020)

- Anna Adarsh college for women
- Achieved First class - 71% Marks**

### INTERNSHIP

#### MADRAS MEDICAL MISSION HOSPITAL

Intern

- Completed detailed nutritional assessments of each patient based on health history, medical conditions and energy requirements.
- Assisted patients clients with meal plan development, addressing individualized dietary requirements.
- Spoke with pregnant women about nutritional needs and benefits of breastfeeding.
- Developed nutrient-dense recipes and flexible meal templates to meet nutritional objectives.
- Planned nutritious meal options for individuals with various health needs for facility programs and cafeteria menus.
- Carried out day-to-day duties accurately and efficiently.