

SWATHY N G

DIETITIAN / NUTRITIONIST



☎ 9037050442

✉ swathygangadharan@gmail.com

📍 Kerala, India

PROFILE

I am a qualified and professional dietitian with 7 years of experience helping people achieve their health goals. Highly organized, proactive and punctual with team oriented mentality. Skilled at collaborating with practitioners to optimize patient care. Adept in assessing the needs of individual clients and developing personal meal plans to best promote health. Bringing forth a deep understanding of how nutrition and food affect health and lifestyle.

SKILLS

- Meal planning
- Health assessments
- Nutritional expertise
- General computer proficiency
- Time management
- Diabetes management
- Nutrition program management
- Patient education
- Diet modification
- Interpersonal skills

EXPERIENCE

DIETITIAN

2016 - Present

Jubilee Mission Medical College and Research Institute.
Thrissur, Kerala, India.

- Provided direct patient care (eg, nutrition assessment, reassessment and education) using medical nutrition therapy.
- provided counselling services to patients with disease processes that require nutritional management.
- Recommended changes for diet orders and initiates intake assessments.
- Monitored the nutrition care of patients.
- Individualized patient care efforts to prevent and treat diseases through nutrition therapy.
- Tested meals served for conformance to prescribed diets and standards of palatability and appearance.

EDUCATION

MAHATHMAGANDHI
UNIVERSITY

Master of science in Food science
and Nutrition
2016

CALICUT UNIVERSITY

Bachelor of science in Biochemistry
(complimentary courses food
science and chemistry)

2014

DIETITIAN INTERN

VPS Lakshore Hospital, Ernakulam, Kerala, India.

2015

MEMBERSHIP

Life time member of Indian Dietetic Association (14727)

CERTIFICATION

Highfield level 3 award in HACCP for food manufacturing (RQF)

