



## DR. ADITI SHARMA

Consultant - Nutrition & Dietician

### Qualification

M.Sc. (Food & Nutrition) | M Phil (, Ph.D (Food and Nutrition) | Certified Diabetic Educator

### Fellowship & Membership

- Indian Dietetic Association life membership.

### Field of Expertise

- Therapeutic Diets
- Diabetes Management
- Renal Disorders
- Gastrointestinal Disorders
- Cardiac Disease
- Weight Management
- Antenatal care

### Languages Spoken

- Hindi
- English

### Talks & Publications

- Actively involved in conducting corporate health programs.
- Various expert articles are also featured in leading Indian newspaper and popular health magazines for health and wellness.
- Also participated in various Leading television Channels like Zee Jagran, Zee Salaam, Sarthi TV, Subharti TV, News Nation in there health shows as diet expert.
- Thesis : Dietary habits Nutritional Profile and associated quality of life of youth working in BPO call center
- Dr. Aditi Sharma on what are the benefits and adverse effects of consuming vinegar in Dainik Bhaskar (Digital) | Industry Story. [Click Here](#)
- Dt. Aditi Sharma on eating disorder and its symptoms in an exclusive Aaj Tak Podcast. [Click Here](#)

- Dt. Aditi Sharma on Routine food items that may result in high cholesterol | Dainik Bhaskar (Print) | Exclusive story.[Click Here](#)
- Dt. Aditi Sharma on some diet tips to prevent cholesterol and increasing triglycerides in Navbharat Times (Digital) | National Nutrition Week | Exclusive story.[Click Here](#)