



## MS. SHARVARI UMESH GUDE

Senior Dietician

### Qualification

Bachelors of Home science specialized in Food Nutrition and Dieteticsm

### Fellowship & Membership

- Lifetime member of Indian Dietetics Association.

### Field of Expertise

- Life style Modification
- Medical Nutrition
- Paediatric Nutrition
- Geriatric Nutrition

### Languages Spoken

- Konkani
- Hindi
- English
- Marathi

### Talks & Publications

- Dr. Rufino Montero and Ms. Sharvari Umesh Gude shares some tips on to beat rising temperatures along with the high humidity is a cause of concern in Goa to NAVHIND TIMES. [Click Here](#)
- Sharvari Umesh Gude on Seven intermittent fasting styles for weight loss I Happiest Health. [Click Here](#)