



MS. VANI KRISHNA

Chief Nutritionist

Qualification

MSc . Clinical Nutrition | Certified Sports Nutritionist (SAI) | Certified Diabetes Education (IDF) | Certified Bariatric Nutritionist

Fellowship & Membership

- Life Member of Indian Dietetics Association
- Life Member of IAPEN

Field of Expertise

- Nutrition for Bariatric Surgery
- Critical Care Nutrition
- Obesity Management
- Food allergies
- Nutritional issues
- Eating disorders
- Nutritional calculations
- Menu analysis
- Developing nutritional care plans

Languages Spoken

- English
- Malayalam
- Tamil
- Hindi
- Kannada

Awards & Achievements

- Recognized as Best Nutritionist on Women's Day Celebration from Lions Club â Cochin Kerala â 2014.
- Star Performer â NABH Surveillance Audit â 2017 Recognized by Sakra World Hospital.

Talks & Publications

- Written an Article for World Alzheimer's Day â Mitigate The Risk OF Alzheimer's with food.
- Written article on low purine diet â doc. Ndtv.
- Written article on weight loss â how much water should I drink for weight loss.
- Talks incorporate various nutrition-related topics.
- Talks on Teenage nutrition â Interactive session with kids.
- CME program conducted for Diabetes, Nephrology, and Critical Care Nutrition.
- Padmakumar Ramakrishnapillai, DNB1, Madhukara Pai, MS1, Farish Shams, MS1, Praveen Kumar, PGDDM1, Shaji P.G, MD1, Anithadevi T.S, MSc1, Sulfia P. J, MSc1, and Vani Krishna, MSc1. â Effectiveness of Minimally Invasive Hybrid Surgery for Ileal Interposition (MIHSII) for the Resolution of Type 2 Diabetesâ. Surgical Innovation 1â 10, DOI: 10.1177/1553350615589523.
- Padmakumar Ramakrishnapillai*, Madhukara Pai1, Farish Shams1, Rajeev Jayadevan2, Praveen Ku-mar3, Shaji P.G4, Anithadevi T Sathyan5, Sulfia Jabbar3, Vani Krishna6, Premna Subin. â Efficacy of Laparoscopic Sleeve Gastrectomy in Type 2 Diabetes Even with BMI Less than 35: A Retrospective Studyâ. Journal of diabetes and obesity, DOI: 10.15436/2376-0494.15.019.
- Review Article on â Post Menopausal Effect on Calcium, Bone Mineralisation and Mood Swingâ. Vani Krishna & Kannan Eagappan. International Journal of Pharmaceutical and Biosciences. Pri -ISSN: 2394 - 5826 e-ISSN: 2394 â 5834.2016.
- Ms.Vanikrishna on Why Fennel Seeds Work on Weight Loss, Keep Your Heart Healthy and the Gut Happy | The Indian Express | Chief Nutritionist | Manipal Hospitals. [Click Here](#)
- Vani Krishna on IPL 2023: Exercise Tips and Diet Plan for Cricketers to Stay Fit during the Whole Indian Premier League Season | Hindustan Time. [Click Here](#)
- Vani Krishna on Packaged curd vs homemade curd: Which one should you pick? [Click Here](#)
- Manipal Hospitals Varthur: Ms. Vani Krishna on Nutrition alert: Hereâ what a 100-gram serving of carrot contains | The Indian Express. [Click Here](#)
- Manipal Hospitals Varthur: Vani Krishna on Do Flaxseeds have enough Omega-3 to Fight Heart Disease and Blood Sugar? [Click Here](#)
- Manipal Hospitals Varthur: Vani Krishna Can you have dry fruits during Navratni Fasting without Spiking your Blood Sugar? Indian Express. [Click Here](#)
- Manipal Hospitals Varthur: Vani Krishna on Eating at midnight or in the wee hours affects sleep | Happiest Health. [Click Here](#)
- Manipal Hospitals Varthur Road: MS. Vani Krishna on Exclusive: New Year 2024: Let's Understand The Value Of Nutrition Resolution And Set Realistic Goals! | Boldsky. [Click Here](#)