Sarah (Licensed DHA Clinical Dietitan)

**Email:** Sarah.361417@2freemail.com

**Areas of expertise:**

Food allergies & food intolerance Pregnancy & lactating mothers Nutrition

Diabetes: Type 1, Type 2 Nutrition Education

Weight Management  Sport Nutrition

Menu developing Balancing meals, portioning & nutritional calculation

**Work Experience:**

**July, 2016 to present, Clinical Dietitian with the health co. (formerly Health Factory) and City Center Clinic (Majid Al Futtaim)**

***Duties:***

* Providing nutritional consultations at the clinic or via telephone.
* Adjusting calorie requirements based on clients goal like weight management, muscles gain or monitoring various medical condition such as – high cholesterol, uric acid, diabetes, etc.
* Regular follow up with the clients to monitor their progress and ensure propoer compliance of diet.
* Created different types of menus catering to a variety of people, such as – weight loss/gain, high protein-low carb, Diabetics, kids (age range 18 months to 48 months), detox and paleo menu.
* Working on Nutritics software, a highly advanced program that gives precise macro & micronutrients, calories and grammage of the meal.
* Writing detailed food labels i.e brief description, nutritional values and benefits of the ingredients used.
* Liasing with the marketing team, to provide weekly articles on relevant health issues and regularly participating at Corporate Events, Radio and TV opportunities.
* Participating in events by giving nutritional talks, providing one-on-one nutritional consultations, etc.
* Proven track record of successfully promoting diet modification & measure weight changes.
* Able to manage diabetics, by supporting their diets based on American Dietitics Association and monitoring their progress over a period.

**DHA Experience:**

* May 2015 to August 2015 a Clinical Attachment in Dubai Hospital
* Dec 2014 to March 2015 a Clinical Attachment in Latifa Hospital, Rashid Hospital and Dubai Hospital

**Key skills and competencies:**

* Clinical knowledge of different medical condition and their nutritional therapy
* Experience at both hospital and community settings
* Capability of working across different age groups and individuals with special needs

**Education:**

* High School Education: Al Noor School, 2008, Sharjah, U.A.E
* Bachelor Education: University of Sharjah, Clinical Nutrition and Dietetics, 2014, Sharjah, U.A.E

  **Certificates:**

* March 2017, International Growth and Development Conference, 20 credit hours;
* Feb 2017, Obesity Care & Cure Congress, 5.25 credit hours;
* Nov 2015, Diabetes & Obesity certificate, 8 Credit hours;
* April 2015, Identifying Genetic Risk for Obesity and Metabolic Disorder certificate, 2 credit hours;
* March 2014, Enteral and Parenteral Nutrition certificate, 6 credit hours;
* June 2014, World Milk Day certificate, 3 credit hours;
* March 2014, certificate from Amoedr Primary school for healthy children breakfast

**Affiliated Societies:**

* Member in Clinical Nutrition Club at the Univerty Of Sharjah
* Member of the UAE Nutrition Group

 **Reference:**

Available on request

I hold a valid UAE driving license.

 **Personal information:**

Date and place of Birth: March 3rd 1992, Montreal Canada

Nationality: Canadian

Marital Status: Single