



MAITHILY K S

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SUMMARY

Result-driven Dietitian and Nutrition Consultant with over 2 years of experience providing personalized nutrition therapy, conducting dietary assessments, and offering expert counseling. Skilled in managing medical conditions through tailored diet plans, promoting healthy lifestyles, and recommending supplements. Holds an MSc in Food Science, Nutrition, and Dietetics, enhancing expertise in advanced nutritional practices and scientific analysis. Seeking opportunities as a Dietitian or Nutrition Consultant to deliver impactful health solutions and empower individuals to achieve their wellness goals.

KEY SKILLS

- Medical Nutrition Therapy
- Nutritional Assessment
- Diet Planning
- Patient Counseling
- Nutrition Planning
- Dietary Analysis
- Wellness Promotion
- Supplement Recommendations
- Chronic Condition Management
- Weight Management Support
- Vitamin and Mineral Assessment
- Allergy & Food Sensitivity Management
- Skincare Product Advice
- Portion Control Guidance
- Health Education
- Clinical Expertise
- HACCP Experience
- Lifestyle Modifications

WORK EXPERIENCE

Nutrition Consultant

November 2023 – Present

Life Pharmacy, Dubai, United Arab Emirates

- Conduct personalized nutrition consultations to address customers' health and wellness goals.
- Recommend dietary supplements tailored to individual health conditions and nutritional needs.
- Provide expert counseling on balanced nutrition and sustainable healthy eating habits.
- Perform nutritional assessments to identify deficiencies and suggest appropriate interventions.
- Guide customers in selecting skincare products based on their skin types and concerns.
- Integrate nutrition-focused solutions to enhance overall skincare effectiveness.
- Educate customers on the link between diet and skin health for improved outcomes.
- Support customers in adopting healthier lifestyles through actionable recommendations.
- Stay updated on the latest nutritional products and trends to deliver informed advice.
- Build strong customer relationships through effective communication and personalized care.

Dietitian

July 2022 – July 2023

Baby Memorial Hospital, Kannur, Kerala, India

- Delivered medical nutrition therapy (MNT) for patients with chronic conditions like diabetes and heart disease.
- Educated patients on healthy eating habits, portion control, and balanced nutrient intake.
- Monitored patient progress and adjusted nutrition plans to achieve health goals effectively.
- Conducted comprehensive nutritional assessments to identify deficiencies and recommend solutions.
- Provided counseling for weight management, eating disorders, and other nutrition-related concerns.
- Developed personalized diet plans to address specific medical and lifestyle needs.
- Implemented wellness initiatives to promote sustainable lifestyle changes among patients.
- Maintained accurate documentation of treatment plans, progress, and outcomes.
- Supported patients with motivation and guidance to sustain long-term health improvements.

Dietitian Trainee

Oct 2021 – Apr 2022

Aster MIMS, Kerala, India

- Assisted senior dietitians in conducting nutritional assessments and creating personalized diet plans.
- Participated in patient counseling to promote nutrition's role in managing chronic conditions.
- Developed meal plans based on medical nutrition therapy (MNT) for diverse health conditions.
- Supported the creation of educational materials on healthy eating and nutritional practices.
- Gained hands-on experience in implementing diet plans and monitoring patient progress.

EDUCATION & PROFESSIONAL QUALIFICATION

MSc Food Science, Nutrition, and Dietetics St Aloysius College, Mangalore, India	2021
BSc Microbiology St Pius Xth College, Kannur, Kerala, India	2019
Intermediate (12th Science) BEMHSS Kasaragod, Kerala, India	2016
Matriculation Jai Matha Senior Secondary School, Kerala, India	2014

CERTIFICATIONS

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|---|-------------------|
| • Highfields Level 3 Award in HACCP for Food Manufacturing | 07/2023 – Present |
| • Association of Allied Health Professionals' Registration and Membership | 07/2023 – 12/2050 |

PROJECT

Screening and Characterization of Fluorescent Pseudomonas from Mango Rhizosphere

- Isolated fluorescent Pseudomonas strains from mango rhizosphere.
- Assessed their role in nutrient enhancement and pathogen suppression.
- Highlighted their potential as biofertilizers and biocontrol agents.

ADDITIONAL INFORMATION

- Computer Knowledge : Microsoft Office (Word, Excel)
- Language: English, Hindi, Malayalam

PERSONAL DETAILS

- Nationality : Indian
- Date of Birth: 16/02/1998
- Marital Status: Unmarried
- Visa Status: Employee Visa

DECLARATION

I hereby declare that the above mentioned statement is correct and true to the best of my knowledge and belief.