



***Dr. V. Rangaraj, President  
And Executive Committee Members of the Indo-American Society (IAS)***

*Invite you to a Presentation on*

## **“Healthy Eating”**

By

**Niti Desai** - Consultant Nutritionist  
MSc, SRD (UK)

**On Wednesday, November 11, 2009 at 6.00 pm**

Lincoln Auditorium, Indo-American Society,  
5. D. Sukhadwala Marg, Next to New Excelsior Theatre, Fort, Mumbai 400 001

**Convener: Dr. Kulin Kothari,  
Chairman Medical Committee, Indo-American Society.**

### **Topic:**

Common nutrition concerns in urban setting - like Mumbai  
Tips for weight loss  
Common Nutrition Myths  
Addressing the most frequently asked questions in practice  
Current trends in nutrition -Super foods, Antioxidants, Detox Diets etc.

### **About the Speaker:**

Niti Desai is a Consultant Nutritionist at Cumballa Hill Hospital and Heart Institute and practices in South Mumbai. She has a rich and varied experience in the field of nutrition, having built an enviable client list of individuals (celebrities) and organizations that have sought her nutrition expertise. The lists of organizations include Hindustan Unilever, Proctor & Gamble, Jet Airways, Taj Air Catereres, Birdy's, Cipla, O & M (Health Care), Eureka Forbes, Roche Vitamins, General Mills and others. Niti has a Masters degree in Nutrition and Dietetics and a Postgraduate Diploma in Dietetics from the Leeds Metropolitan University, UK. She has gathered useful overseas experience having worked as a Senior Dietitian in various hospitals in the UK. She has been a Visiting faculty to the Postgraduate departments and contributed chapters on nutrition in various books. She has appeared on TV shows on CNBC, Times Now, Awaaz and AajTak. She is regularly quoted in Mid-Day, Hindustan Times, DNA, Times of India, Savvy and other popular magazines. She has a regular weekly radio show on Moksha channel of Worldspace Satellite Radio. She has a regular query column in country's leading health magazine - Health & Nutrition for the past 9 years. She was the official nutritionist for the Femina Miss India 2008, Scooty Teen Diva 2008 and for the Grazia Ford Supermodel India 2008.

**Admission open to all**

*Call Indo-American Society on 2207 4882 / 4883 for further information*

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