



Dt. Rashi Tantia

Head of Department (HOD) – Dietetics
Metro Hospital, Faridabad

Experience of over 18 years

ABOUT HER

Dedicated and experienced Clinical Dietitian and Nutritionist with over 18 years of expertise in therapeutic nutrition, patient counseling, and dietary management. Skilled in designing personalized diet plans for both inpatient (IPD) and outpatient (OPD) cases, with a strong focus on improving patient outcomes through evidence-based nutrition strategies.

EDUCATION

- Bsc. Hsc (Bachelor of Science)
- Post Graduate Diploma in Dietetics & Public Health Nutrition
- Certified Diabetes Educator
- Certified Onco Nutritionist

Experience

- 18+ years of experience as a Clinical Nutritionist and Dietitian
- Currently serving as HOD – Dietetics at Metro Heart Institute with Multispeciality
- Extensive experience in handling diabetic and lifestyle-related cases

CORE EXPERTISE

- Therapeutic Diet Planning for IPD patients
- OPD Nutrition Counseling
- Weight Management Programs
- Diabetes Management & Education
- Clinical Nutrition & Public Health Nutrition
- Food & Beverage (F&B) Management
- Lifestyle Modification & Preventive Nutrition

Call  **0129-6911111**

Metro Heart Institute with Multispeciality

Sector – 16A, Faridabad, Haryana | www.metrohospitals.com