

Nazia Khan

Clinical Dietitian (Trainee)

Bhopal, Madhya Pradesh · [Phone] · [Email] · [Website or LinkedIn]

PROFESSIONAL SUMMARY

M.Sc Food and Nutrition graduate with a hospital dietetics internship covering general wards, paediatrics and diabetes outpatient counselling. Able to calculate therapeutic diets, prepare tube feed plans with the kitchen team and explain meal plans in simple Hindi. Seeking a trainee or junior clinical dietitian role in a multi-speciality hospital.

SKILLS

Nutrition assessment · Therapeutic diet planning · Diabetes meal planning · Enteral feed calculation · Anthropometry · Diet counselling · Food service coordination · Diet charting

EXPERIENCE

Dietetics Intern — 300-bed multi-speciality hospital, Bhopal

6-month internship

- Screened newly admitted ward patients for malnutrition risk and shared findings with the chief dietitian during morning rounds.
- Calculated calorie and protein needs for tube-fed patients and coordinated feed preparation with the hospital kitchen.
- Counselling diabetic outpatients on portion sizes, carbohydrate swaps and festival meals using regional food models.
- Updated daily diet orders for three wards, checking allergies and texture changes before trays left the kitchen.

EDUCATION

M.Sc Food and Nutrition — state university, Bhopal

Dissertation on iron intake among adolescent girls in urban slums

B.Sc Home Science — government college for women, Indore

CERTIFICATIONS AND REGISTRATIONS

- Preparing for the Registered Dietitian (RD) examination, Indian Dietetic Association
- Certificate in diabetes education basics

PROJECTS

- Anganwadi nutrition drive — planned low-cost millet recipes for mothers and demonstrated them at four village centres

LANGUAGES

English · Hindi · Urdu