

**Ms Archana S.**

**Clinical Nutritionist**

Mrs. Archana.S is a clinical nutritionist associated with Aster Women and Children Hospital-Whitefield.

She is a postgraduate in Food and Nutrition with a rich experience of over 12 years in healthcare services.

Her expertise lies in the field of weight management, and antenatal and postnatal care.

Her nutrition management skills include dietary assessment, diet counseling, and recommending tailor-made diet plans, focusing on complete nutrition therapy for all age groups.

Her extensive service includes therapeutic management of conditions like obesity, eating disorders, diabetes, PCOD, hypertension, hypo/hyperthyroid, etc.