

# OUR RANGE OF SERVICES



Weight management



Nutrition for children



Nutrition for pregnancy



Sports nutrition



Dietary management of food allergies & eating disorder



Nutrition support for surgery & tube feeding



Diet therapy for specific medical conditions e.g. diabetes, hypertension, hyperlipidemia, renal diseases, gout & cancer

## Let's Make Healthy Eating Easier Together!

**CONTACT US NOW!**



+6016-6006203



mydietitianeats@gmail.com



@mydietitianeats



Mydietitianeats



# NUTRITION COUNSELING SERVICES





CASANDRA ANG  
Managing Director

## VISION

“ Our vision at MyDietitianEats is to be recognized as a leading company which excels in nutrition and dietetics practice.”

## MISSION

“Our mission at MyDietitianEats is to deliver individualized care and improve the health and well-being of clients through food and nutrition.”

# COUNSELING INCLUDES



## ASSESSMENT & DIAGNOSIS

- Face-to-face consultation
- Body measurements
- Identify dietary problems related to health concerns



## INTERVENTION

- Individualized nutrition plan tailored to your lifestyle and dietary habit



## MONITORING & EVALUATION

- Weekly follow-up via Whatsapp/ phone call
- Evaluation of planned goals

# WHY US

- Professionally-trained dietitians who are registered with Malaysian Dietitians' Association.
- Tailor menu plan to your personal health goal & lifestyle.
- Provide you with nutrition knowledge that enables self- monitoring



# PACKAGE

## One-Time Trial

⌚ 1 hour-1.5 hours

**RM 250**

+ 1 follow up (FOC)

## Physical Meet Up

1 - 3 times follow up

**RM 125**  
*per follow up*

4 - 6 times follow up

**RM 115**  
*per follow up*

≥ 7 times follow up

**RM 100**  
*per follow up*

## Virtual Meet Up

1 - 3 times follow up

**RM 100**  
*per follow up*

4 - 6 times follow up

**RM 90**  
*per follow up*

≥ 7 times follow up

**RM 75**  
*per follow up*

**ADD ON 1**

⌚ 30min- 1hr

**ADD ON 2**

⌚ 30min- 1hr