

Nt. Divya Gandhi

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If you're looking for a dietitian in Delhi, you might want to know about Nt. Divya Gandhi. She is a well-known nutrition expert who helps people understand the importance of healthy eating. With her guidance, many individuals have learned how to make better food choices that suit their lifestyles and health needs. Nt. Divya believes that good nutrition is key to living a happy and healthy life. Her approach is not just about losing weight; it's about feeling good from the inside out.

Nt. Divya Gandhi offers personalized diet plans that are designed for each person. She takes the time to understand her clients' needs, preferences, and health issues. This means that whether you are trying to lose weight, manage a health condition, or simply want to eat healthier, she can create a plan just for you. Many of her clients appreciate how she makes healthy eating enjoyable. Instead of strict diets that are hard to follow, she focuses on balanced meals that include a variety of foods. This way, people can enjoy what they eat while still reaching their health goals.

In addition to one-on-one consultations, Nt. Divya also shares valuable information through workshops and social media. She believes in

educating people about nutrition so they can make informed choices. Her friendly and approachable style makes it easy for anyone to learn about healthy eating. Whether you are a busy student, a working professional, or a parent, she has tips and advice that can fit into your busy life. With her help, many have found that making small changes to their eating habits can lead to big improvements in their overall health and well-being.

For more details, please visit <https://www.indiafinder.in/detail/nt-divya-gandhi-21988>