

HEALTHY EATING IS MORE THAN A DIET - IT'S A LIFESTYLE!

We offer comprehensive dietary services. Our team of experts provides individualised care to optimise your health and well-being.

Services Provided:



Nutrition
Risk Screening



Nutritional
Assessment



InBody Body
Composition Analysis



Individualised
Menu Planning



Individualised
Nutrition Counselling



Health Talk /
Nutrition Programme
at Workplace or School

What to Expect:

- Nutrition Counselling and Goal Setting: A 60-minute session discussing lifestyle and goals, including dietary assessment and body composition analysis tailored to specific health conditions.
- Follow-up and Monitoring: A 45-minute session tracking progress and addressing questions or adjustments.
- Platform: In-person or virtual consultations available.



WhatsApp us to book
your appointment!
+6011-3513 9745



100% covered by
Staff Entitlement

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