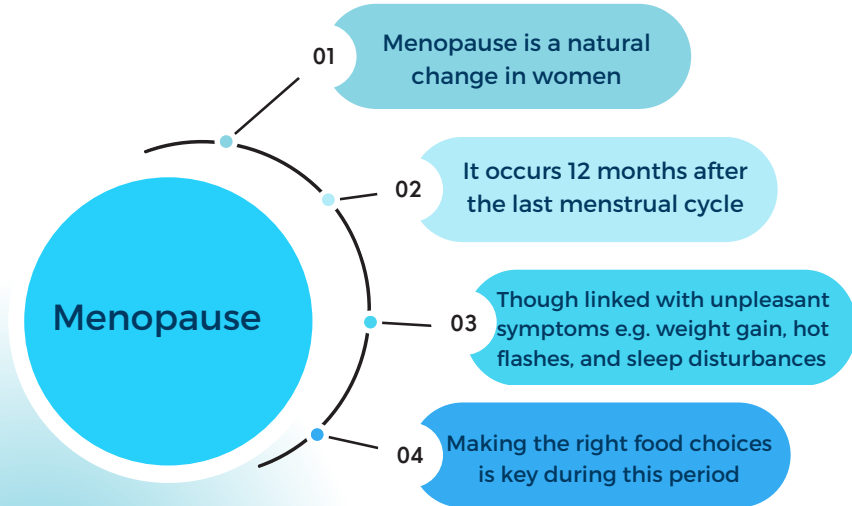


Weight Management through Menopause



Consult with our Dietician at American Wellness Center for a tailored meal plan that will help you get through your menopause journey.

Managing Gestational Diabetes

4% of pregnant woman have Gestational Diabetes



This condition disappears 6 weeks post delivery



It puts the mother and child at risk of developing type 2 Diabetes later on



We can create a meal plan the best suits your dieting preferences as well as keeping your blood sugar in check



Nutrition During Pregnancy

Postnatal Weight Gain

Eating well in pregnancy

Are you expecting?... Congratulations! What a great and special moment!

For optimal nutrition for you and your baby, it is recommended to follow general dietary guidelines during pregnancy, by eating certain foods in certain amounts.

These are precious weeks, months and years ahead. If you would like guidance with your meal plan to ensure you are getting all the vitamins and minerals you need, or would like to monitor your weight gain / loss pre and post pregnancy, or perhaps need assistance when you decide to start solid foods, Then we would love to sit with you and design a meal plan during this special period.

Managing PCOS

PCOS is a condition that affects women's hormones levels. Though it is not a "serious" condition, women who suffer from PCOS are at a higher risk of developing:

- Type2 Diabetes
- Cardiovascular disease
- Liver inflammation and a few other conditions.

The good news is that with some dietary changes, you can **decrease** or even **eliminate** PCOS symptoms.

We can create a meal plan that best suits your preferences and ensure your blood sugar remains in check.

Ms. Hala

Clinical Dietician



Our Nutrition and Dietetics Services:

Weight loss

Weight gain

Diabetes

Hyperlypedimia

PCOS

Celiac disease

Eating disorders
(Anorexia,
Bulimia)

Picky eaters

Food
introduction

Pregnancy and
lactation

Bloating and
constipation

Emotional and
irregular eating
patterns among
others

