



MeGaShift International Ltd.

Our Address

**Building: Kugeria Court Suite No. 16,
Next to Upper Hill Medical Centre,
Opposite Haddassah Hotel, Along Ralph
Bunche Road.**

P.O Box 103831-00100 GPO Nairobi

For more information, Call us on:

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0706108867

0738827685

EMAIL: megashiftnutrition@gmail.com

Website: www.megashift.co.ke

**Please feel free to contact us with
questions, comments or collaborations.**

VISION

A world class company that provides excellent services with innovative nutrition and dietetics strategies for better nutritional status for populations.

MISSION

To provide effective nutrition and dietetics services to groups and individuals for better lifestyles and nutritional status.

CORE VALUES

INTEGRITY

We are honest, open, ethical and fair. People trust us to adhere to our word.

PROFESSIONALISM

We value our professional ethics.

CLIENT VALUE CREATION

Every client is valued.

PASSION

Passion is at the heart of our company. We are continuously moving forward, innovating and improving.

QUALITY

We work to provide the best services to our clients.

EMPATHY

We handle our clients with care.

RESPECT

Every client is respected.

TEAMWORK

We promote team work.





Megashift Nutrition and Dietetics Consultants International has pooled experts who are Licensed by a regulatory body to give professional services.

Types of Nutritional Assessments we have:

- **Anthropometric** such as weight, Height, BMI, MUAC
- **Biochemical** check from lab results like HB, Liver function test.
- **Clinical**-we check on signs and symptoms of different nutritional disease
- **Dietary assessment** -Diet intake of a client and history
- **Economic & functional** -we find the diagnosis of the client and provide interventions.

Come and see us for assessment, counseling, support for:

- **Cardiovascular diseases.**
- **Diabetes.**
- **Cancer**
- **Hypertension**
- **Overweight and Obesity**
- **Underweight**
- **Renal diseases**
- **Hepatic diseases such as liver Cirrhosis**
- **Nutrition in HIV/AIDS and Tuberculosis**
- **Nutrition care during pregnancy and lactation**
- **Complementary feeding after 6 months**
- **Nutrition care during adolescence**
- **Geriatric/elderly nutrition**
- **Iron deficiency anemia**
- **Nutrition care in gastrointestinal disorders**

OUR OTHER SERVICES

- **Training/ workshops/ seminars in nutrition**
- **Individualized/organization nutrition consultation**
- **Sports nutrition**
- **Internship opportunities**

