## **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:

0722321011

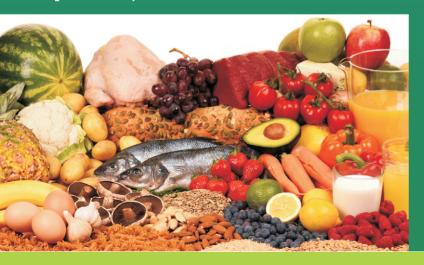
0202686813

0706108867

0738827685

**EMAIL:** megashiftnutrition@gmail.com Website: www.megashift.co.ke

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





## MeGaShifT International Ltd.

## 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.

#### OUALITY

We work to provide the best services to our clients.

#### **EMPATHY**

We handle our clients with care.

#### RFSPF*C*T

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.



# 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

## 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.

## **OUR OTHER SERVICES**

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

