

IHR

We are what we eat



Physical health is just as important as mental health.
Here at IHR, we have a Dietitian that meets the
primary healthcare needs of patients.

INSTITUTE OF HUMAN REPRODUCTION

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Why a dietitian?

Registered dietitians are the only qualified health professionals that assess, diagnose and treat diet and nutrition problems at an individual and wider public health level. They are the one who can provide you with a perfect diet plan according to your physiological condition – that means whether the person is a malnourished child, a pregnant or lactating woman, obese or any other disease condition.

Why a proper diet is important?

We are what we eat. So in order to be healthy it is important to eat the right type of food which suits one's age, sex, body type and disease condition. There is a different healthy balanced diet for each group. No two individuals are alike, therefore their needs of the nutrition vary and so the plans have to be individualized.

The age of 6 to 24 months is the most crucial period for the growth and development of a child. Optimal **Infant and young child feeding practices (IYCF)** are very important for the prevention of disease, infection, malnutrition, etc in a child.

A proper and healthy diet is also important for women during **pregnancy and lactation** as they have different needs as compared to other times.

Diet is also an integral part for the treatment of **obesity**. A proper diet is required not only in the cure of obesity but also for the prevention of obesity.

Diabetes is a common health problem with nearly three in every one hundred people having symptoms. One can prevent or delay such condition with the help of a proper diet.

