



...Better Health. Simplified.

Today, India in more ways than one is transforming the world. Her vibrant democracy and her people are a source of inspiration the world over. Though globalization has brought in much success, it has also ushered in the burden of chronic medical illnesses.

Millions across India are falling prey to lifestyle related illnesses such as Type 2 Diabetes Mellitus and Cardiovascular disease resulting in debilitation and often premature death. Propelling this upsurge is the growing prevalence of overweight, obesity, poor dietary habits and sedentary lifestyles.

- Four of ten people in urban India are either overweight or obese.
- Indians have the highest incidence of abdominal obesity which predisposes them to chronic illnesses.
- Five of ten people in major cities reported no physical activity in the prior month.

Based on these figures, the World Health Organization (W.H.O.) estimates the productivity of an Indian worker to diminish by almost 10-15% annually, severely compromising India's status as an economic powerhouse by 2010.

At NutritionVista, a health care organization with a focus on individual and corporate wellness, we have a simplified solution. We understand that of all the factors that influence health, a proper diet and an active lifestyle are the pathways to better health. Our approach is dynamic, flexible and customized to your needs.

We offer:

- Nutrition and Health assessment tools that help identify health risks early.
- One on one consultation by qualified registered dietitians.
- Web-based 24/7 support
- Regular follow-up visits.
- Latest information on health and nutrition from around the globe.

NutritionVista provides a comprehensive solution ...not just weight loss but also providing access to our network of experts in the field of nutrition, health and wellness.

Online Offerings:



HOME



HEALTH



NUTRITION



WELLNESS



RECIPES



COMMUNITY



ABOUT US

“Our goal is to promote health through customized weight control and lifestyle coaching.

Our network of registered dietitians provide evidence-based guidance and support in managing overweight and related health concerns.”

SELF ASSESSMENT

LIFESTYLE

THE DIET

Consumer Login Nutritionist Login

Username* Password*

[New User](#) | [Forgot Password?](#)

✦ [Download Our Brochure](#)

✦ [InfoLetter](#)

Get notified of our monthly informative articles

Your email address

[Please click here to view the latest InfoLetter.](#)

Did You Know?

- ⊕ DID YOU KNOW... that by simply controlling the portion sizes of the foods you eat, you could lose weight? [Read More...](#)
- ⊕ DID YOU KNOW...that drinking apple juice may ward off asthma symptoms in children? [Read More...](#)
- ⊕ DID YOU KNOW...that omega-3 fatty acids can help reduce blood pressure? [Read More...](#)
- ⊕ DID YOU KNOW... the difference between being overweight and being obese? [Read More...](#)

[Read All Did You Know's?](#)

Nutrition Tools

The Nutrition Tools are designed to help you make informed decisions about your health. We are constantly adding to our collection of online health calculators. Please check for updates.

Self Assessment

Our Self Assessment tool provides you with a personal health scorecard that rates your health parameters, and outlines action steps you can take to balance your food intake with your activity level.

Heart Rate Calculator

Calculate your target heart rate for a safe and effective workout. You'll get the most out of your activities by staying within this range of heartbeats/minute.

Nutrition and Activity Quiz

What you eat, how active you are and your lifestyle habits can influence your risk of developing Diabetes, Heart disease and Cancer. Take our Nutrition and Activity quiz to assess your risks for developing these illnesses.

News & Articles

- ⊕ **IN DIABETES, A COMPLEX OF CAUSES.** By Amanda Schaffer - *The New York Times*
An explosion of new research is vastly changing scientists' understanding of diabetes and giving new [Read More...](#)
- ⊕ **The Science of Chicken Soup.** *The NY Times, Section-WELL*
Seems that mom may be right about chicken soup. (Andrew Scrivani for *The New York Times*). A handful [Read More...](#)
- ⊕ **CT Scans of the Heart Come With Trade-Offs.** By: Jane. E. Brody
When my LDL, or "bad," cholesterol rose alarmingly (and for no apparent reason), I tried changing my [Read More...](#)

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FREE FOR ALL USERS

- SELF ASSESSMENT TOOLS: Body Mass Index
Waist-to-Hip Ratio
Food Intake Analysis
- CUSTOMIZED HOME-PAGE FOR CONSUMER
- CUSTOMIZED HOME-PAGE FOR DIETICIAN.
- DAILY FOOD DIARY, EXERCISE LOG, MEMO,
- MAKE APPOINTMENT, MESSAGE DIETICIAN ONLINE
- LATEST NEWS & ARTICLES ON HEALTH - Global Coverage.
- BLOGS
- CONTENT RICH IN HEALTH, WELLNESS & NUTRITION TOPICS

In-Clinic Offerings:

NutritionVista prides itself on providing quality clinical nutrition & lifestyle change counseling services.

BENEFITS TO OUR CUSTOMERS:

- A dedicated nutrition coach for your customized weight control and lifestyle change solutions.
 - Free 24/7 web support.
 - Authoritative and accurate information on health, diet and nutrition.
 - Regular consultation with your doctor to help coordinate your care.
-

BENEFITS TO OUR REFERRING DOCTORS

- Availability of well-trained and experienced dietitians to provide nutrition, & lifestyle change counseling services to your patients
 - Enhanced patient care
 - Higher patient-satisfaction and patient-retention for your practice.
 - 24/7 online support services for your patients
 - Increased referrals to your practice through our corporate affiliations
-

BENEFITS TO OUR CORPORATE CLIENTS:

- Incorporate onsite health screenings and engage your “at risk” employees in adopting healthier lifestyles.
 - Cost-effective, results-oriented programs that require minimal administration and set up.
 - A reduction in your medical costs incurred by overweight and obesity related illnesses such as diabetes and cardiovascular diseases.
 - An increase in employee productivity, satisfaction and retention.
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For You, Our Customer:

Our objective is to successfully address health risk factors such as overweight, obesity, diabetes and heart disease. Our methodology rests in providing clinically sound tools to physicians and dietitians so that consumers may achieve better health outcomes.

● Nutrition & Health Risks Assessment



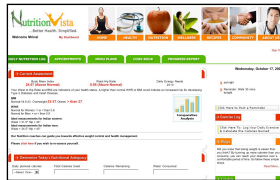
Body Mass Index
Waist-Hip-Ratio
Food Intake Analysis
Detailed Report Card

● Customized Nutrition & Lifestyle change Interventions



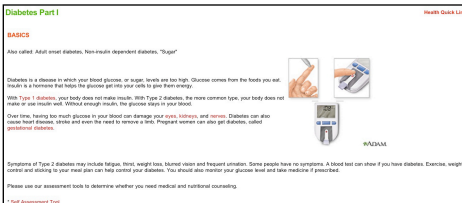
Daily Meal Plans
Recipes
Personal Dashboard
Daily Exercise Planner

● 24/7 access to web-based support and Interactive Tools



Appointment Calendar
Community Blogs
E-Access to Dietitians
Medi-Pedia

● Disease-specific education material and management Solutions



Did You Knows
News & Articles
Links
Health Quizzes

Our Locations:

Bangalore

Telerad RxDx,
Multi-Specialty Clinic
Next to Mapple Hotel,
Opp. Graphite India
Whitefield, Bangalore
Tele. +91 80 41226799



Timings: Monday 8.30 am - 12.30 p.m.
Wednesday 8.30 am - 12.30 p.m.
Saturday 8.30 am - 3.30 p.m.

New York

Change Health Care Services
2425 Eastchester Road
Bronx, NY 10469
Tele. +1 718 231 5100



Upcoming Polyclinic Partnerships:

- New Delhi
 - Gurgaon
 - Hyderabad
 - Pune
 - Mumbai
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