

MS. SWEEDLE GLYNIS SALDANHA

Clinical Dietitian

Qualification

MSc (Food Science and Nutrition)

Overview

Ms. Sweedle Glynis Saldanha is a highly skilled dietitian in Indiranagar. She is currently practising as a Clinical Dietitian at Manipal Clinic Indiranagar, Bangalore, bringing extensive expertise in therapeutic nutrition, lifestyle modification, and personalised diet planning to patients across all age groups. With a strong foundation in food science, clinical dietetics, and disease-specific nutrition, she has become a trusted name for individuals seeking structured, evidence-based dietary guidance and is widely regarded as one of the best dieticians in Indiranagar for comprehensive metabolic and lifestyle management. Backed by a Master’s degree in Food Science and Nutrition, Ms. Sweedle has undergone rigorous academic and practical training that equips her to address a wide spectrum of nutritional needs. Her postgraduate work allowed her to gain a deep understanding of macro- and micronutrient metabolism, clinical biochemistry, therapeutic meal planning, and nutritional intervention strategies for both acute and chronic health conditions. Over the years, she has refined her ability to translate complex nutrition science into simple, sustainable, and culturally adaptable dietary plans that

patients can comfortably integrate into their daily lives. Her approach to nutrition is rooted in a strong belief that food is the foundation of long-term health. She consistently emphasises sustainable lifestyle habits rather than quick fixes, enabling patients to make lasting positive changes. At Manipal Clinics Indiranagar, she closely collaborates with physicians across specialities such as endocrinology, internal medicine, cardiology, gastroenterology, nephrology, and paediatrics to provide customised dietary interventions tailored to each patient's clinical profile. This collaborative model ensures that nutritional therapy becomes an integral part of the patient's healing and wellness journey. Ms. Sweedle's core areas of expertise include weight management, diabetes care, hypertension, dyslipidaemia, thyroid disorders, gastrointestinal conditions, renal diets, maternal nutrition, paediatric diets, and disease-specific therapeutic diets. Her structured approach includes detailed dietary assessments, metabolic evaluations, goal-based planning, nutritional counselling, and continuous follow-up, making her a dependable choice for those seeking the guidance of the best dietician in Indiranagar. Digital and lifestyle-related disorders form a significant part of her caseload. She works extensively with individuals who struggle with weight fluctuations, emotional eating, sedentary habits, and metabolic syndrome. Her diet plans are designed to be realistic, affordable, and aligned with personal preferences, cultural practices, and long-term health goals. One of Ms. Sweedle's strengths is her ability to communicate with empathy and clarity. She understands that lifestyle transformation requires patience, consistency, and emotional support. Her rapport with patients, along with her calm and encouraging counselling style, enables individuals to trust the process and stay motivated. Her multilingual fluency in English, Hindi, Kannada, Konkani, and Tulu helps her connect seamlessly with diverse patient groups and broaden her reach within the community. Alongside her clinical practice, she is a certified Nutrition Consultant with experience in designing personalised wellness programs for individuals seeking

preventive healthcare. Her consultation style blends science, practicality, and motivation, making her a preferred choice among individuals looking for structured lifestyle correction. This balanced approach has significantly contributed to her recognition as one of the best dieticians in Indiranagar, particularly valued for her personalised, patient-centric counselling sessions. Her expertise also extends to educational initiatives, awareness programs, and community nutrition activities where she advocates for healthier food habits, preventive nutrition, and early lifestyle modification. As diet-related disorders continue to grow, her work at Manipal Clinics Indiranagar plays an essential role in helping individuals build a strong nutritional foundation for lifelong wellness.

Field of Expertise

- Weight Management.
- Diabetes.
- Hypertension.
- Cholesterol.
- Disease-specific diets.

Languages Spoken

- English
- Hindi
- Kannada
- Konkani
- Tulu