



## **DT. VAISHALI VERMA**

Consultant- Nutrition and Dietetics

### **Qualification**

MSc in Therapeutic Nutritional Sciences | Diabetic Educator

### **Overview**

Dt. Vaishali Verma is a distinguished Consultant in Nutrition and Dietetics based in Delhi, with over a decade of experience in the field. She holds a Master of Science in Therapeutic Nutritional Sciences and is a certified Diabetic Educator. Her professional affiliations include membership in the Indian Dietetic Association (IDA) and the Association of Diabetes Educators (ADE). Specializing in Diabetes Diet Management for both Type-1 and Type-2 diabetes, Dt. Verma also offers guidance on Weight Management, including strategies for both weight gain and weight loss. Her expertise extends to training patients in Insulin Injection Techniques and Insulin Pumping, as well as addressing lifestyle disorders such as PCOD/PCOS, thyroid disorders, and cardiovascular issues. Additionally, she provides nutritional counseling for Antenatal and Postnatal Diet. Among her notable achievements, Dt. Verma received the Food Safety Supervisor Certificate of Competence from FoSTaC, FSSAI, at Lady Irwin College, University of Delhi. She was also awarded the Diabetes Educator Certificate Program by Medanta Hospital, New Delhi. Dt. Verma actively contributes to public health education through various media

platforms. She has addressed topics such as the risks of extreme celebrity-inspired diets, the importance of hydration during heatwaves, and the inclusion of rice in diabetic diets. She has also discussed the health benefits of millet promoted at the G20 summit.

### **Fellowship & Membership**

- The Association of Diabetes Educators (ADE).
- Indian Dietetic Association (IDE).

### **Field of Expertise**

- Diabetes Diet Management- Type-1 and Type-2 Diabetes
- Weight management (Weight Gain Weight loss)
- Insulin Injection Techniques
- Inulin Pumping Training
- Lifestyle disorders (PCOD/PCOS, Thyroid disorders, Cardiovascular and Respiratory disorders)
- Antenatal and Post-natal Diet

### **Awards & Achievements**

- Received Food Safety Supervisor Certificate of Competence organized by FoSTaC, FSSAI, held at Lady Irwin College, University of Delhi.
- Awarded Diabetes Educator Certificate Program, Medanta Hospital, New Delhi.

### **Talks & Publications**

- Manipal Hospital Dwarka | Dt. Vaishali Verma says Attempting

celeb-inspired extreme weight loss diets without expert guidance can be harmful Delhi Times. [Click Here](#)

- Dt. Vaishali Verma on Heatwave in India: Expert says to stay hydrated but don't overdo drinking water as it may damage kidneys | News9Live. [Click Here](#)
- Dt. Vaishali Verma on including rice for Diabetes diet in Navbharat Times (Digital) | National Nutrition Week | Exclusive story. [Click Here](#)
- Dt. Vaishali Verma on Millet food being promoted in G20 summit, what are the health benefits of Millet? | The Quint (Hindi). [Click Here](#)
- SM Post | NDTV. [Click Here](#)