

DR. SALVI SONI

Consultant - Nutrition and Dietetics

Qualification

M.Sc. (Food Science & Nutrition) | Certified Diabetes Educator | Certified Bariatric Counsellor | Certified FODMAP Dietitian

Overview

Dr. Salvi Soni is a highly experienced Clinical Dietitian and Nutrition Therapist with more than 13 years of expertise in medical nutrition therapy and lifestyle management. Known for her evidence-based approach and patient-focused care, she has helped numerous individuals achieve better health through personalised nutrition plans. As a leading dietician in Ghaziabad, Dr Salvi Soni specialises in creating sustainable dietary solutions that support disease management, weight control, and overall wellness. She currently serves as a Consultant in Nutrition and Dietetics at Manipal Hospital Ghaziabad, where she works closely with patients to improve their health through scientifically guided nutrition interventions. Dr. Salvi Soni holds an M.Sc. in Food Science and Nutrition and is a Certified Diabetes Educator, Certified Bariatric Counsellor, and Certified FODMAP Dietitian. Her advanced qualifications allow her to provide specialised nutritional care for a wide range of health conditions. She combines clinical expertise with practical dietary strategies, helping patients make realistic and long-lasting lifestyle changes. Her key areas of expertise include weight management, diabetes management, cardiac nutrition, renal nutrition,

gastrointestinal disorders, cancer nutrition, bariatric nutrition, pregnancy and lactation nutrition, paediatric nutrition, and critical care nutrition. Whether patients are looking to lose weight, manage a chronic condition, or improve their overall health, Dr Soni develops customised nutrition plans tailored to their medical needs, lifestyle, and personal goals. A strong advocate of preventive healthcare, Dr Salvi Soni believes that proper nutrition plays a vital role in preventing disease and improving quality of life. Her approach focuses not only on treating existing health concerns but also on empowering individuals with the knowledge and tools needed to maintain long-term wellness. Patients appreciate her ability to simplify complex nutritional concepts and provide practical guidance that fits into everyday life. In addition to her clinical work, Dr Soni actively contributes to public health education. She has conducted nutrition awareness programmes, delivered expert talks at schools and corporate organisations, appeared on television as a nutrition expert, and authored health articles for leading newspapers and wellness publications. Her commitment to spreading awareness about healthy eating has made her a respected voice in the field of nutrition and dietetics. Dr. Salvi Soni is also a Life Member of the Indian Dietetic Association and has received several academic honours, including the Smt. Madhu Varshney Gold Medal and the Agar Lions Club Gold Medal. These achievements reflect her dedication to excellence in nutrition science and patient care.

Fellowship & Membership

- Life Member of the Indian Dietetic Association (IDA)

Field of Expertise

- Weight Management

- Diabetes Management
- Renal Disorders
- Gastrointestinal Disorders
- Critical Care
- Cancer
- Cardiac Disease
- Bariatric Nutrition
- Pregnancy and Lactation
- Paediatric Nutrition

Languages Spoken

- English
- Hindi

Awards & Achievements

- Certified Diabetic Educator (International Diabetes Federation and Project Hope)
- Advanced Bariatric Nutrition Course by IFSO
- Smt Madhu Varshney Gold Medal Award- Graduation
- Agar Lions Club Gold Medal Award- Graduation

Talks & Publications

- Delivered talks and organised nutrition camps at various corporations and schools
- Speaker for TV channels for Nutrition and related topics
- Various expert articles are also featured in leading Indian newspapers and popular health magazines for health and wellness