



MS. NABANITA SAHA

Chief Clinical Dietitian

Qualification

M.Sc - Clinical Nutrition | MOH, Oman Dietitian License holder (13124) | Registered Dietitian Internship Training | Qualified NET (National Eligibility Test for Lectureship)

Overview

Ms. Nabanita Saha is a highly experienced clinical dietician in Bangalore. She is currently practising as the Chief Clinical Dietitian at Manipal Hospital Old Airport Road, Bangalore. With over 17+ years of expertise in nutrition and dietetics, Ms. Saha has established herself as one of the best dieticians in Bangalore, providing patient-centred, evidence-based nutritional care. She began her journey in nutritional care with her M.Sc. in Nutrition from Lucknow University (2007), after completing her B.Sc. in Home Science from the same university (2005). Ms. Nabanita Saha then completed a Registered Dietician Internship at Bangalore Baptist Hospital. Ms. Nabanita Saha's expertise spans various specializations, including nutritional assessments, therapeutic diet planning, and advanced enteral and parenteral nutrition management. She is well-versed in developing customized diet protocols for patients across critical care, cardiac, gastrointestinal, oncology, maternal health, and pediatric units. Her ability to deliver tailored nutrition solutions ensures optimal recovery and improved patient outcomes, particularly in managing complex conditions like

diabetes, thyroid disorders, PCOS, renal disease, and malnutrition. In her current role, Ms. Nabanita Saha manages a team of highly skilled dietitians and oversees daily nutritional care for both inpatients and outpatients. She has been instrumental in designing and implementing protocol development for international accreditation standards like NABH and JCI. Her focus on innovation and precision in clinical nutrition has significantly improved care delivery in critical and post-operative settings. Ms. Nabanita Saha is also a passionate advocate for health education and awareness. She regularly conducts health awareness programs, workshops, and community campaigns to promote the importance of balanced nutrition and lifestyle modifications making her the best Nutritionist and Dietitian in Bangalore. As an academic, Ms. Saha actively trains dietitian interns, nurturing the next generation of clinical dietitians. She is deeply involved in clinical research and has published studies on the “Effects of Pre-Chemotherapy Nutritional Status and Nutritional Risk Index on Fatigue and Quality of Life Outcomes in Patients with Solid Malignancies Posted for Adjuvant Chemotherapy”. Fluent in English, Hindi, Bengali, and basic Kannada, Ms. Nabanita Saha communicates effectively with patients and their families, bridging linguistic barriers to ensure clarity and comfort during consultations. Her multilingual proficiency enables her to connect with a diverse patient population, fostering trust and inclusivity throughout their healthcare journey.

Fellowship & Membership

- Life member of Indian Dietetic Association (IDA)

Field of Expertise

- Nutritional assessment and Diet counseling for both in and outpatients

- Detailed assessment through Body composition analyzer
- Scientific weight management and lifestyle modifications.
- Therapeutic diet plan for Diabetes, Gestational Diabetes, Cardiac, Renal, Thyroid, PCOS, Pediatric and Critically ill patients etc.
- Academics - Training Dietitian interns, Conducting Health camps and CMEs; Actively involved in publications & research

Languages Spoken

- English
- Hindi
- Bengali
- Kannada

Awards & Achievements

- Won the 'Young Investigators Award' for oral presentation of a research paper in the 16th WCCN/ 6th ICCD, New Delhi, September 11-14, 2011.
- Won the Team Award for the 'Implementation of supplementary therapeutic diet' for the month of July 2011 from HCG, Bangalore.

Talks & Publications

- Poster presentation titled "Effect of pre-chemotherapy nutritional status on treatment response in patients with solid malignancies posted for adjuvant chemotherapy" in an International Conference ACTRO 2013 conducted by ATRO (Association for Transitional Research in Oncology).

- Published a paper in International Journal of Clinical Nutrition, 2011 titled “Effects of Pre-Chemotherapy Nutritional Status and Nutritional Risk Index on Fatigue and Quality of Life Outcomes in Patients with Solid Malignancies Posted for Adjuvant Chemotherapy”.
- Published a paper in IDA journal 2009 titled “Effect of Organic Bottle gourd on Hypertension”.
- Given many Nutrition Talks for both corporate and public to spread awareness regarding health and wellness.
- Wrote many health articles for both newspaper and health magazines.
- Doctor's Advice: You can't cheat while on Keto diet- Ms Nabanita Saha, Chief Clinical Dietitian - Nutrition & Dietetics, Manipal Hospitals Old Airport Road. [Click Here](#)
- Protein is the cornerstone of health and wellness. by Dr. Nabanita Saha, Chief Clinical Dietician, Manipal Hospitals, Old Airport Road. [Click Here](#)
- Make a note of these ultimate diet tips to manage heart diseases- Nabanita Saha, Chief clinical dietician, Manipal Hospitals, Old Airport Road, Bengaluru. [Click Here](#)
- International Coffee Day 2021: 5 Health Benefits Of Drinking Coffee In The Right Dose- Ms. Nabanita Saha, Chief Clinical Dietician, Manipal Hospitals, Old Airport Road.[Click Here](#)