

MS. GRAISY JOSEPH

Clinical Dietitian

Qualification

M.SC | Certified Diabetes Educator

Overview

Ms. Graisy Joseph is a renowned dietitian in Bangalore, with more than 23 years of experience in the field of Nutrition and Dietetics. As a Clinical Dietitian at Manipal Hospital Whitefield, Bangalore, Ms. Joseph employs her extensive knowledge and expertise to guide individuals in making informed decisions about their diet and lifestyle. Her role is centred on translating the latest scientific and health research into practical, actionable advice that promotes health and well-being. She is proficient in Obesity Management, Developing Individualised Care Plans, Lifestyle Management, and Specialised Nutrition for Both Paediatric and Geriatric Patients. Additionally, she provides comprehensive diet education for pre and post-natal care, ensuring that mothers and their babies receive optimal nutrition during these critical stages. She is the Best Dietician in Bangalore. Ms. Graisy Joseph holds an M.Sc. in Nutrition and is a Certified Diabetes Educator, which underscores her specialised knowledge in managing diabetes through dietary interventions. Throughout her career, Ms. Graisy Joseph has demonstrated a commitment to providing personalised care. She understands that each individual’s nutritional needs are unique and,

therefore, tailors her advice to meet specific health goals. This approach has proven effective in managing a range of conditions, from obesity and diabetes to the nutritional needs of children and the elderly. In her practice, Ms. Joseph combines scientific knowledge with a compassionate approach to patient care. Her ability to translate complex nutritional science into easy-to-understand advice has helped countless individuals achieve better health outcomes. Her dedication to ongoing education and staying abreast of the latest research ensures that her patients benefit from the most updated and effective dietary strategies available. Overall, Ms. Graisy Joseph's extensive experience and multifaceted expertise make her an invaluable asset to Manipal Hospital Whitefield and to the numerous individuals she has helped throughout her career. Her work continues to inspire and guide those seeking to improve their health through better nutrition and lifestyle choices.

Field of Expertise

- Obesity Management
- Developing individualized care plans
- Lifestyle Management.Paediatric & Geriatric Nutrition.
- Diabetes Management. Pre & Postnatal diet education

Languages Spoken

- English
- Kannada
- Tamil
- Malayalam
- Hindi