

# Dietitian

Navi Mumbai

19.0308262, 73.0198537



A balanced weight loss diet plan focuses on nutrient-dense foods, portion control, and regular physical activity. Incorporate plenty of fruits, vegetables, lean proteins, and whole grains while limiting processed foods, sugary snacks, and high-fat items. Stay hydrated with water and herbal teas, and monitor calorie intake to create a sustainable caloric deficit. Aim for gradual weight loss of 1-2 pounds per week for long-term success. Consult with a healthcare professional or registered dietitian for personalized guidance and support.

## Overview

Purpose: Fun	Ownership: Agent	County: India
Zip code: 410208	City: Navi Mumbai	

## Agent Details

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## Contact

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