

## Renowned Dietitian Ankita Gupta Sehgal Empowers Health Through Nutrition Matters in Delhi NCR

Nutrition Matters, a longstanding venture of Ankita Gupta Sehgal, caters to the diverse nutritional needs of men, women, children, infants, and pregnant, and breastfeeding women.



**Delhi, India Feb 7, 2024 ([IssueWire.com](https://www.issuewire.com))** - With 17 years of unwavering dedication to nutrition, Dietitian Ankita Gupta Sehgal continues to be a guiding force in promoting well-being through Nutrition Matters. Celebrating 14 years of service, the clinic stands as a testament to Ms. Sehgal's expertise in delivering personalized nutrition consultations that have positively impacted countless individuals.

Ankita Gupta Sehgal, a distinguished Sports Nutritionist holding a Post Graduate Diploma in Sports Nutrition, BSc in Dietetics/Nutrition, and an MSc in Food and Applied Nutrition, has been at the forefront of providing effective and personalized diet plans.

[Nutrition Matters](#), a longstanding venture of Ankita Gupta Sehgal, caters to the diverse nutritional needs of men, women, children, infants, and pregnant, and breastfeeding women. The clinic provides tailored diet consultations addressing a spectrum of health concerns, from managing Pre-menstrual Pains, PCOD, PCOS, and Pre-Pregnancy/Post Pregnancy to dealing with conditions like Thyroid, Diabetes, Cholesterol, Obesity & [Weight Management](#), and Uric Acid.

Beyond individual consultations, Nutrition Matters actively engages in educational initiatives. The clinic spreads awareness about the importance of maintaining a healthy life through webinars, blog posts, celebrity diet insights, and participation in corporate health events.

## Services Offered by Nutrition Matters:

- Digestive Wellness
- Weight Management
- Diabetes Management
- Healthy Heart Diet
- Diet During Pregnancy
- Diet for Hypertension
- Therapeutic Diet
- Cholesterol Management
- Healthy Hair and Skin Diet

"At Nutrition Matters, our focus is on providing simple, convenient, and flexible diet plans that guarantee long-lasting positive results," says [Ankita Gupta Sehgal](#). The clinic's commitment to empowering individuals with nutritional knowledge remains at the forefront of its mission.

For media inquiries, interviews, or additional information, please visit: <https://www.nutritionmatters.co.in/>

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## About Ankita Gupta Sehgal

Ankita Gupta Sehgal is a highly accomplished Dietitian and Sports Nutritionist with over 17 years of experience. Holding a Post Graduate Diploma in Sports Nutrition, a BSc in Dietetics/Nutrition, and an MSc in Food and Applied Nutrition, she has dedicated her career to promoting health and well-being through personalized diet consultations.

## About Nutrition Matters

Nutrition Matters, founded by Ankita Gupta Sehgal, is a leading [diet consultancy clinic in Delhi NCR](#). With a focus on providing personalized and practical diet plans, Nutrition Matters addresses a wide range of health concerns, empowering individuals to lead healthy and fulfilling lives. The clinic actively engages in educational initiatives to spread awareness about the significance of maintaining a balanced and healthy lifestyle.



## **Media Contact**

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