



## **Sumiti Gupta**

**RD, CDE**

**Registered Dietitian**

Sumiti has a passion for food and for educating others in how to achieve good health by making nutrition not only simple, but delicious. She prides herself in creating a supportive environment to craft innovative and personalized solutions for a patient's health and wellness journey.

Sumiti brings in-depth, evidence-based knowledge in providing quality care to patients with a variety of needs. She provides nutritional counselling for chronic disease management, cardiovascular disease, weight management, women's health, arthritis, GI disorders, gestational diabetes and diabetes management. Sumiti also specializes in smart menu planning and creating evidence-based and culturally appropriate meal plans for vegetarians, people in shift-work, plant-based eating and others.

In addition, Sumiti is a Certified Diabetes Educator and a Certified Craving Change™ expert specializing in strategies for problematic and emotional eating, mindful eating and motivating behavioural change. She is also a Certified Lifestyle Coach who has conducted several Group Lifestyle Balance Workshops with individuals and groups for people at risk of developing or living with diabetes or at risk of chronic disease.

With over 12 years of specialized experience as a Registered Dietitian, Sumiti started her career as a wellness dietitian working in various areas including children's nutrition, diabetes education and promoting healthy eating behaviours. Most recently, she has been working extensively with chronic disease management and in her private practice she developed a lifestyle management program called the 'The Nutreecare Way' to help patients build a positive relationship with their food and live a healthier life.

Sumiti completed graduate studies from the San Jose State University and Howard University. She is a member of Dietitians of Canada, the College of Dietitians of Ontario and the Academy of Nutrition and Dietetics, USA as a Registered Dietitian Nutritionist.

Sumiti is fluent in Hindi, Urdu, Punjabi and Gujarati and can conduct patient sessions in Indonesian and Sri Lankan.

