



## **Qurra-Tul-Ain Sheikh**

MHSc, RD

**Registered Dietitian**

Qurra-Tul-Ain completed her Master of Health Sciences in Nutrition Communication from Toronto Metropolitan University. She has experience working in long-term care and community health care, with a focus on diabetes. She helps clients manage health conditions including, diabetes, cardiovascular disease, hypertension, fatty liver, and more. She has experience developing and facilitating various group education sessions including diabetes management, food labels, hypertension, etc.

Qurra-Tul-Ain is keen on helping her clients achieve their best health through nutrition without having to compromise their favourite cultural foods and values. She believes all foods can fit in a balanced diet and healthy eating is not a one size fits all approach. She works with her clients to adapt healthy eating patterns that fit with their lifestyle while progressing toward their health goals.

In addition to English, she can also speak Urdu and Hindi.

