



# Dencita Josna Machado

## Clinical Dietician

A dedicated Clinical Dietitian and Diabetes Educator with over 2 years of hands-on experience in India, holding DHA eligibility and a proven track record in patient-centered nutritional care. Specialized in diabetes-specific dietary management, with expertise in evidence-based meal planning and personalized dietary interventions tailored to individual health needs.

I hold a Master's degree in Food Science and Nutrition from *Mangalore University* and a Bachelor's degree in Food, Nutrition.

DHA ID :04551756

### CONTACTS

- +971 563256214
- [machadodencita10@gmail.com](mailto:machadodencita10@gmail.com)
- 2 years 1 month
- Indian
- English, Hindi, Konkani
- Dubai, United Arab Emirates (UAE)

### KEY SKILLS

- Meal Planning
- Nutrition Assessment
- Diet Counselling
- Dietitian Activities
- Clinical Trials

### PROJECTS

- Dietary Management of Anemia in Adults
- Conducted an online survey to assess dietary patterns in anemic individuals and developed
- modified diet plans to improve iron intake and nutritional status.
- Study on Non-Communicable Diseases and Their Dietary Management
- Assessed dietary habits using the 24-hour recall method and performed nutritional evaluations to suggest diet modifications for managing NCDs like diabetes and hypertension.

### Certifications

- Certified Diabetic educator under National diabetes educator program(NDEP)
- Member of India Association for Parenteral and Enteral Nutrition
- Member of IAPEN Association
- DHA Eligibility

### PROFESSIONAL EXPERIENCE

#### Srinivas Institute Of medical research& Hospital Clinical Dietician

Oct 2023 - Oct 2025 | Mangalore, India

Served as a Clinical Dietitian at a 920 bedded NABH Accredited multi specialty hospital.

- Delivered expert dietary consultations to both inpatients and outpatients across multiple disciplines, including General Medicine, Surgery, Pediatrics, and ICU.
- Developed and executed personalised therapeutic nutrition plans for diverse conditions, such as Diabetes, Renal Disorders, Cardiovascular Diseases, Gastrointestinal Disorders, and Malnutrition.
- Partnered with an interdisciplinary team of Doctors, Nurses, and Healthcare Professionals to ensure comprehensive patient care.
- Performed nutritional assessments, tracked patient progress, and refined diet strategies to optimize outcomes.
- Provided essential patient counseling and education to promote sustainable health and dietary practices.

#### Srinivas Port Hospital Clinical Dietitian

Oct 2023 - Oct 2025 | India, India

- Delivered expert dietary consultations for patients with diabetes, hypertension, and gastrointestinal issues.
- Developed and implemented tailored therapeutic diet plans, enhancing patient health outcomes.
- Collaborated with medical teams to ensure comprehensive patient care and nutritional support.

### EDUCATION

#### Master of Science - Food Technology Mangalore Univesity, India

2023

#### Bachelor of Science - Food Technology Mangalore University Distance Education, India

2021