Good nutrition defines a state when your body gets all the nutrients, vitamins, and minerals it needs. The state of your body and how well it works depends, to a large extent, on how appropriately it is nourished.

Good nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, your choice of food can:

- Help you reach and maintain a healthy weight
- Reduce your risk of chronic diseases (e.g. diabetes, hypertension) and their subsequent complications
- Increases energy levels
- Boosts immune system and improves your ability to fight off illness
- Reduce the risk of some lifestyle conditions e.g. malnutrition (overweight and underweight), osteoporosis, nutrient deficiencies such as iron deficiency anemia, low birth weight, stunting in children, gout etc.
- Improve your well-being
AT OUR NUTRICARE CLINIC

• Eating Well for Early years – paediatric nutrition,
• Family nutrition – for older children, moms and dads.
• Nutrition before during and after pregnancy
• Weight Management Program - underweight, overweight and obesity
• Management of gastrointestinal disorders – Irritable Bowel Syndrome, Hyperacidity etc
• Dietary management in Non Communicable Diseases - Diabetes, hypertension, Cancer, Hypercholesterolemia etc
• Food allergies and food intolerance.
• Nutrition for sports performance and fitness training support

Days of Service

Wednesdays (Appointment Only): 9am – 4 pm

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E-mail: sumedicalcenter@strathmore.edu

Opening hours
Mon – Fri (9:00am – 5:00pm)