

We work together to develop
personalized eating
plans



Corporate Wellness

Health Fairs, Group lectures and Individual 1-on-1 Consultations Planning, developing, and implementing Nutrition, Health and Wellness programs. I am also Helicopter Underwater Egress Trained (HUET) for lectures on platforms offshore!



Locations

Caroni Savannah Road, Chaguanas
Occupational Health Solutions, Chaguanas
Dinsley Gardens, Trincity
House Visits
Online Consultations

Contact Us

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Clients include

- Caribbean Gas Chemicals Ltd (CGCL)
- BHP Billiton (On land and Offshore)
- Sagicor Life
- Repsol
- Cameron
- Trinity power
- Arcelor Mittal
- SWMCOL
- Unilever
- ASCO Ltd
- Svitser Marine
- N&M Wood Group
- T&T Civil Aviation Authority
- Territorial Services Ltd
- Weatherford
- Servus Ltd.



Kimberly Suraj
Registered Dietitian



www.kimberly-suraj.com

DRAGONFLY NUTRITION is your reliable partner in health and nutrition. A symbol of transformation, at Dragonfly Nutrition we inspire you to bring about the changes needed to reach your full potential by changing how you eat.

At Dragonfly Nutrition, I translate scientific nutrition information into practical advice, educate groups about food and how it relates to managing or maintaining good health, I calculate and plan meals specific to individuals, as well as help you decide what diet is right for you. I am focused heavily on building relationships with my clients, and promoting positive and long term lifestyle changes.

Are you frustrated with conflicting advice regarding which foods are good for you and which are not?

Are you tired of restricting your diet, constantly thinking about food, what to eat and how much?

You want to end the struggle and just get consistent results? Food isn't the enemy.

You don't have to do it alone - By consulting with Dragonfly Nutrition, you can manage your conditions with the right foods, feel light, confident and energetic



Some of the most serious health conditions – obesity, diabetes, hypertension, and heart disease – can be prevented or managed through simple lifestyle changes and healthier habits.

What is a Dietitian?

A Registered Dietitian (RD) is a qualified health professional who assesses, diagnoses and treats nutrition problems, based on current scientific evidence RD's are your trusted experts in nutrition.

About Me

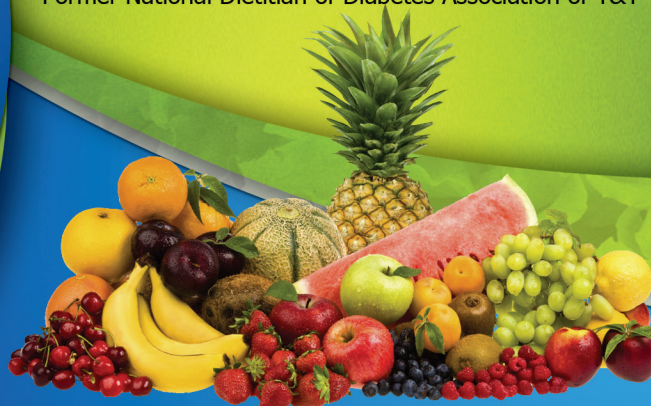
Specialized Diabetes educator

Diabetes pump educator

Specialized in Digestive health, Irritable bowel syndrome

Board Member of T&T Nutritionists & Dietitians' Board

Former National Dietitian of Diabetes Association of T&T



What can I do for you?

Using foods from the Caribbean six food groups, learn to eat better, and smarter, without feeling deprived!

An initial assessment will determine your medical history and body composition (body fat, visceral fat, muscle, body age, etc)

Discuss goals and prepare a meal plan to guide you

Lower your risk of developing certain diseases by making healthy food and lifestyle choices

Choose a healthy diet that will ensure you get the nutrients for your needs or medical conditions

Help you achieve and maintain a healthy weight

Manage medical conditions such as heart disease, diabetes, high blood pressure or irritable bowel syndrome

Focus on women's health such as Polycystic Ovary Syndrome (PCOS)

Special diets for your aging parents

Tips for eating on the run

What to eat when you are planning, pregnant or breast feeding

How to modify your diet after surgery

Learn nutrition topics to enhance your ability to make healthier and more informed choices

What foods to eat to improve your athletic performance

How to be a healthy vegetarian

