



FAAIZA H ASMAL LAHER

CLINICAL DIETITIAN

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ABOUT ME

I am Wife and Mother to three girls, I am an avid cook and an adventurous baker, I understand that any eating plan or regimen is not successful if it is not balanced and exciting! Being a Clinical Dietician in private practise for many years now, I have learnt to help many clients, both young and old reach their nutrition and lifestyle goals. My Lab is my Kitchen, where I stock and prepare deliciously nutritious healthy meals and snacks. I am passionate about nutrition and healthy eating. I believe that Serving up healthy meals and snacks is the first step to ensuring a healthy family. I work to provide you with the tools, credible and reliable guidance and lots of expert advice to make your healthy family dream a reality! When one talks of healthy meals you help you envision colour and texture. Variety is always a must! I graduated at the University of the Free State, and completed my community service at Chris Hani Baragwaneth Hospital, I have come a long way to offer you and your family a wealth of nutrition expertise! I currently work as a clinical Dietician at Garden City Clinic.

