



DR. SHALINI GARWIN BLISS

Executive Dietitian

Qualification

MSc in Food and Human Nutrition

Field of Expertise

- Dietetics and Nutrition

Languages Spoken

- Hindi
- English

Talks & Publications

- Dt. Shalini Garwin Bliss explains how pulses can affect health in Times Now News. [Click Here](#)
- Dr. Shalini G Bliss on eating disorders on the rise: Poor body image and anxiety are contributors to News9 (Tv9 Network). [Click Here](#)
- Study Says Cooked Veggies May Not Benefit Your Heart, But Dieticians Have A Different Opinion. [Click Here](#)
- Dal is healthy, but are you eating at a right time? Dietician explains how pulses can affect health. [Click Here](#)
- Eating disorders on the rise: Poor body image and anxiety are contributors, say experts. [Click Here](#)
- Nutrition Alert: Avoid these foods for better immunity . [Click Here](#)
- ٠٠٠٠٠ ٠٠٠ ٠٠٠٠٠ ٠٠٠٠٠ ٠٠ ٠٠ ٠٠٠٠٠ ٠٠٠٠٠ ٠٠ ٠٠ ٠٠٠٠٠٠٠ ٠٠٠٠٠٠ | ulcerative colitis | Sehat ep 316. [Click Here](#)
- Shalini Garwin Bliss discusses on Ramadan 2022: Know health benefits of fasting, and what to eat and what to avoid during sehri and iftaar in Zee News (Digital). [Click Here](#)