

## Nita Sharda

Nita is a Registered Dietitian, a wife, an absolute foodie and founder of Carrots and Cake Balanced Nutrition Consulting.

Her interest in food was sparked when she was a little girl. She would often spend time in the kitchen admiring her mother's touch with Indian cuisine. It was the time she spent working at her family's convenience store that eventually lead her to pursuing a career in Dietetics. It was in this environment she felt comfortable offering educational opportunities to people about nutrition.



She supports a balanced approach to nutrition (with room to play!) and encourages her clients to take joy in preparing simple and tasty meals.