

Izabella Henter RD
Dietitian
Health care manager



I took my degree at the Dietetic department of the Health Sciences Collage of the Semmelweis Medical University of Budapest, and Health care Manager at the department of the Paramedical Faculty of Haynal Imre Health Science University.

I started my career at the Medicine-Autoimmun and Catering Department of National Institute of Rheuma and Physiotherapy.

I continued my work in the Pediatric Clinic of Semmelweis Medical University and in the "Madarász" Pediatric Hospital. I was a consultant dietitian on the Pediatric Outpatient Clinic.

From 1995 I worked as a scientific support dietitian for a Hungarian-Dutch trading company of infant and tube feeding formulas. I was responsible for the nutrition of infants and children.

Three years later I moved to the Clinical Nutrition Department and dealt with the nutritional aspects of gastroenterology, oncology, pulmonology, osteoporosis and surgery. In this position I was in close relation with the patients'societies of these kinds of illnesses.

I have been representing Hungary in the European Federation of the Associations of Dietitians (EFAD) since 1996. In 2001 I was elected to be the general secretary of the Hungarian Dietetic Association. I'm the elected member of the Advisory Board of Nursing.

I'm the co-author of 5 nutritional books, I wrote more than 20 articles on the subject of dietetics. I was a lecturer more than 40 times at conferences and public events.

I come from an engineer-teacher family. I have got three adult children, my husband is an architect.

I act as a freelance dietitian from 2008. I believe we are all responsible for our health.

I would like to support all my clients who want to do for their own well-being with my experiences and knowledge.

12+1 reasons to ask for the dietitian

Introducing healthy life style and nutrition into your individualized diet

Infant and child nutrition

Nutrition of pregnant and lactating women

Diet of the „change of life” period

„Head-ache diet”

Osteoporosis and nutrition

Slimming cure

Weight gain diet

Food allergy, food intolerance (cow's milk-, egg-, soya, lactose, fructose, coeliac disease)

Gastrointestinal diseases and diets

Cystic fibrosis

Malignant diseases and nutrition

Tube feeding

What does the dietetic counselling mean?

Nutritional risk screening

Nutritional assessment (BMI, body fat %, abdominal circumference)

Nutritional anamnesis (evaluation of actual nutritional habit, analyse the food diary, food frequency, food amount, calculation of energy and nutrient intake)

Prepare the individualized diet

Lifestyle advices referring nutrition

Practical advices, tips

Consultation fee:

First time: 10.000 HUF + VAT (cca. 90 minutes)

Kontrol: 6.000 HUF + VAT (cca. 30-40 minutes)

Consulting hours: Monday 12.00-15.00, Tuesday 14.30-19.00

Location: 1092 Budapest, Ferenc krt. 2-4. III. floor / App. 24. door-bell 44

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