

## Wen-Ting Wang



### • Current position:

- Dietician, Department of Dietetics, National Taiwan University Hospital.

### • Specialty:

- Diet Therapy
- Cardiovascular
- Renal Nutrition

### • Education:

- MS, School of Nutrition and Health Sciences,

Taipei Medical University.

- BS, School of Nutrition and Health Sciences, Taipei Medical University.

## • Career and certification:

- Dietician, Department of Dietetics, National Taiwan University Hospital.

## • Reminder from Dietician Wang

You are what you eat, a balanced diet is the key point to stay healthy. Eating unhealthy food or an unbalanced diet will lead to malnutrition or get sick. Eating a balanced healthy diet, choose fresh food, avoid processed food and maintain exercise habit can prevent cardiovascular disease, cancer, diabetes, obesity and other chronic disease.

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