

Al Ahli Hospital launches a unique diet centre

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DOHA: Al Ahli Hospital opened a first of its kind diet centre in the country, yesterday. The 'Hemya' centre will deliver a unique diet program and food prepared for people intend to lose weight and change lifestyle. The centre will cater food under the strict monitoring of dietitians on calories and other factors which contribute to a healthy meal.

'Hemya' centre situated at the Al Ahli Hospital campus was inaugurated by Khaled Emadi, the CEO of Al Ahli Hospital, together with Jamal Hamad, the Deputy CEO, Al Ahli Hospital; Dr Abdul Azziz Abdul Wahab Hussain, Chief of Medical Staff; Afia'a Mohammed Al Masri, Manager of Hemya and Dominique Richard, Catering Manager, Hemya. "For the very



Khaled Emadi, the CEO of Al Ahli Hospital, together with other officials at the inauguration. PIC: ABDUL BASIT / THE PENINSULA

first time in Qatar people will find clinical dietitians joining hands with a French Chef to provide food for people intend to adopt a healthy lifestyle. The novel initiative will give people a choice of

more than 200 healthy dishes. So if anyone wants to go on a special diet or lose weight, they don't need to go for the usual bored food every day, but choose from a wide selection," said Hammad.

'Hemya' centre is a commercialised service and anyone would be able to order food through subscription. The order will be home delivered. It aims at catering 200 people initially within Doha and expand its services to other parts soon. Registered guests can create their menu daily based on dietitians' recommendations via the website www.HEMYA.com or the mobile application HEMYA.

"Hemya, is committed to provide high quality and healthy food to guests, the meals provided are as per the nutritional standards and personal preferences. Guests register with 'Hemya' centre will be first assessed by a dietitian. Each guest will have a calorie intake designed to suit their health condition and needs," said Al Masri.

"Guests can log into Hemya with a password and user name. They will be able to select food

from the menu, but if they exceeded the designated calorie intake they will not be able to submit the order," she added.

According to Al Masri, every person following a diet plan with Hemya, would be able to lose an average of 4kg weight per month.

'Hemya' will deliver three fresh main meals each day. The menu changes on a weekly basis and every week guests can choose from 56 exquisite dishes. Details of each dish such as the amount of calories, minerals as well as the ingredients can be viewed in both English and Arabic on the website and mobile application. All meals are expertly prepared and cooked by Hemya in state-of-the-art facilities which have been certified to international food safety standards (HACCP).