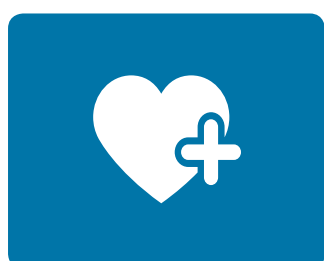


What is your dietitian thinking about?

Dietitians are experts in nutrition. They apply science and evidence to your personal circumstances to help you achieve the best possible results. They will consider a range of factors about you to work towards helping you make the right food choices for your health.

AGE AND GENDER



BODY IMAGE



ACTIVITY LEVEL



WORK PATTERN



FOOD/NUTRIENTS



BUDGET



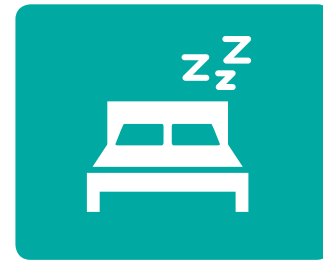
FOOD AVAILABILITY



EXISTING MEDICATION



FAMILY & LIFESTYLE



LITERACY LEVEL



CULTURE



YOUR ENVIRONMENT



YOUR BODY SIZE



RELIGION & BELIEFS



SYMPTOMS & CONDITIONS



TASTE & EATING HABITS



COOKING SKILLS



YOUR MENTAL WELLBEING



Find a registered dietitian at www.adsa.org.za