#### What will my first appointment be like?

Many people are familiar with the process of seeing their primary care physician or a specialist, but aren't sure of what to expect before their first dietitian appointment. But every appointment is tailored to your individual needs, so no two appointments are alike.

- While every appointment is different, our main goal is to help you reach your goals while still enjoying your favorite foods
- During your initial appointment, your dietitian will get to you know you and determine what exactly you want to get out of your visits
- They will work with you to develop a plan that fits into your current lifestyle by making manageable changes
- The dietitian will review your medical history and eating habits to help you set realistic goals for long term success





#### Questions your Dietitian may ask you:



### How many times and how frequently will we see you

- This depends on your personal goals, needs and how much nutrition education you might have had in the past
- However, regular meetings can lead to better compliance and help you better reach your goals
- Initially we recommend appointments every 2 weeks to provide motivation, accountability, and review of diet changes.
- After the first 2-3 appointments, appointments usually occur every 4-6 weeks



# Reasons to see a Registered Dietitian



You're tired of an endless string of diets with nothing to show for it

Every year there is a new "fad" diet that promises to hold the secret you have been missing. A dietitian will help you ditch these books and create a plan based off you.

You're overwhelmed with information



With Google readily available to most people, it can be pretty easy to get overwhelmed with all the contradictory information about nutrition. Dietitians can help you separate fact from fiction.



You feel alone and frustrated

It can feel embarrassing to reach out for help when you feel lost or uncertain. But you don't have to go at it alone; a dietitian will be at your side to help and support you through your own journey.

# Areas a Registered Dietitian can assist you in:

- General healthy eating
- Management of Diabetes
- Eating for weight loss, weight loss surgery or weight gain
- Eating for cardiovascular health
- Eating well during pregnancy and lactation
- Learning how to read food labels and how to choose best options when eating out
- Food intolerances and allergies
- Management of gut issues (IBS)
- Eating for bone, kidney and liver health
- Management/prevention of malnutrition
- Managing reflux
- Food preparation
- Eating to optimize sports performance
- Nutritional deficiencies
- Nutrition for mental health





# What to Expect at your Registered Dietitian Appointment

