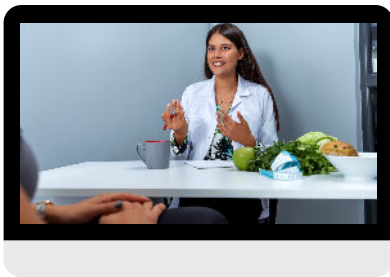


What will my first appointment be like?

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 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:

What does a "normal" day of eating look like?

Have you seen a Registered Dietitian in the past?

What are your stress and sleep habits like?

What are your hunger and fullness signals like?

Do you like to cook?

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



