

## Customised Nutrition Advice

**\*\* One free appointment after every five visits to your dietitian!! \*\***

At your first appointment your Nutrition Professionals Australia (NPA) Dietitian will assess your overall diet and lifestyle, and will assist with setting some goals for change and improvement. There is strong evidence that regular support and follow up is an important factor in achieving your goals. To support this, NPA can offer a discount whereby you can receive one free consultation for every 5 individual appointments to one of our dietitians within 6 months.

We suggest that you discuss this with your dietitian to select a list of topics that you would like to cover over your scheduled appointments. These topics are a starting point only and can be altered as you wish:

- Healthy Snacks – How much should I be eating?
- Label Reading
- Dining Out and Takeaway
- Recipe Modification- altering favourites to be more healthy
- Physical Activity- what if I hate to exercise?
- Alcohol - how much and how often?
- Breakfast options - which cereals are best?
- Making long term changes
- Healthy fats - what are poly and mono?
- Counting fat - how much do I need?
- Fibre - how much do I need and where does it come from?
- Entertaining
- Fluids - how much should I be drinking?
- Free Foods - what foods can I eat and not gain weight?
- Fruit - how important is it?
- Glycaemic Index - what does low GI really mean?
- High Protein Low Carb diets?
- How much protein do I need?
- Meal Planning & Shopping
- Whole grains - what are the benefits?
- Quick & Easy meal ideas
- Salad Dressings - some options for summer
- Soups - not just from a packet
- Salt - flavouring food without salt
- Sandwich Ideas
- Special occasions - staying on track
- Artificial sweeteners - are they OK?
- Takeaway food - what are the healthier ones?
- Travelling - how to cope when away from home
- Vegetables - some ideas to keep them interesting
- Calcium - do you really need to eat dairy foods?
- Heartburn - strategies to improve symptoms
- Iron - which are the best sources?
- Vegetarian diets - the importance of protein
- Cholesterol - how many eggs can I eat?
- Legumes - you don't need to be a vegetarian to enjoy them
- Nutrition for exercise - is there something special I should eat?



This list is just designed to help you get the most out of your appointments. If you would prefer to leave your appointments unstructured this can be provided too. Your dietitian will tailor your sessions to suit you.