

Mindful Nutrition Counseling

Registered, Licensed Dietitians

At your initial consultation:

You will be asked to come prepared with a food record kept for a minimum of 2 weekdays and 1 weekend day. The purpose of this journal is to give both the dietitian and you an idea of your current eating patterns, preferences & schedule. Paperwork filled out on arrival to the appointment includes: a questionnaire regarding your medical history, diet history, activity level, social history, and lifestyle; as well as contact information. Please bring recent blood work, supplements, food labels, or list of pertinent questions.

What to Expect:

- The dietitian will spend one hour working with you to develop initial goals, long-term goals, and comprehensive plan to reach them
- The RD will address a wide variety of nutritional, medical, behavioral and social concerns and begin by going over the questionnaire that you filled out prior to your appointment
- You will be encouraged to ask questions!
- Our nutritionists take pride in listening to and respecting what clients want and need in order to provide the best advice
- We strive to focus on customizing our approach and discussions with each individual. There are **no** lists of foods to eat/avoid or generalized set “diet” to follow.
- You will leave each session with an action plan of reasonable steps toward achieving your specific goals that you’ve decided collectively with the dietitian.
- We are known for being very personable, realistic and results-oriented.

Questions the Registered Dietitian will ask:

- Medical, family, personal, social history
- Dietary habits & behaviors, preferences, allergies and avoidances
- Pattern of weight gain or loss, past and present
- Your level of motivation, happiness, stress, and emotional state
- Your readiness to make necessary changes
- Specific goals that you wish to achieve

Discussions and Session Details:

- The time between your first and second visit varies depending on the reason for your visit. Clients with the most success check in with the dietitian every 2 to 4 weeks and continue with a food journal, consistently.
- It is up to you how many times you follow-up. Many clients continue to check in every 3 to 6 months even after their goals have been met.

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