

## **What to expect when you see a Dietitian:**

### **At your initial appointment:**

Sue will conduct a thorough assessment of what you are currently eating, and discuss any relevant past and current medical conditions. She will ask you details of what dietary changes you have tried in the past, and what you felt happened as a result. For example- did those things help you achieve your goals? Sue will then offer practical suggestions for dietary changes which can help you to achieve your goals. This will take into consideration your personal likes and dislikes as well as lifestyle issues which impact what you eat and why. Sue will work together with you.

Examples of ways she can help include: answering queries about a particular food, and how this might fit into your eating plans; resolve any misconceptions you may have about foods which may have impacted on your ability to see results in the past; explain and sort ways of monitoring your progress and 'success' in ways other than just looking at the scales. Some people want a 'diet plan' of what to eat, which Sue is happy to design specifically for you. Other people would prefer general guidelines and advice, which is also very effective if you would rather this.

Your initial appointment will be scheduled to last one hour. At that time, Sue will discuss how she can support you with making these changes, and make a plan for a follow-up appointment. Sue will usually plan to see you at least twice, but follow up support is an individual thing, and will be discussed with you at the time.

Do you want recipes and meal planning ideas? Sue would love to be able to suggest some tasty recipe and meal ideas for you to try which fit in with your dietary goals.

### **Who would benefit from seeing a Dietitian?**

- Anyone who feels they know what to do, have tried changing their diet, but still have not seen any results
- People who feel they need support to help maintain their dietary changes over the long term, in order to improve their progress and their health
- People who want evidence-based facts on what are better food choices and why
- People who have been diagnosed with a medical condition which impacts their diet, and for which improving their diet will improve their condition
- People who want help getting their family's eating patterns into better shape