

BEFORE YOUR NUTRITION CONSULTATION

Please consider the following before your appointment:

BASIC MEDICAL HISTORY

Current medical conditions

- 1.
- 2.
- 3.

Significant past medical conditions

- 1.
- 2.

Current medications – prescribed and other

- 1.
- 2.
- 3.

MOST RECENT PATHOLOGY TEST RESULTS

Mainly the most recent tests.

PLEASE CONSIDER THE FOLLOWING QUESTIONS:

1. What is the main reason for this visit?
2. Do you have a regular GP?
3. Broadly speaking, where are you at now with your current diet and for how long?
4. Are there other members of your household, and are they supportive of what you are doing?
5. Are your eating habits affected by eating out or frequent travel?
6. What Whole Food Plant-Based books, films etc are you familiar with?
7. What are your health goals?
8. To what degree do you wish to change your diet to help you reach these goals?

DIET DIARY

You may wish to complete a three day diet diary. This may be useful if you have already changed your diet and are looking for advice on fine tuning.