

“Personalised Diets for Optimum Health”

Outline copy for a dietician’s website

Everybody’s health needs are unique. And each of us needs a diet to meet those needs for optimum health.

As a registered dietitian (RD), for 15 years I have helped my clients achieve their health goals with fad-free, evidence-backed diet and nutrition advice.

UNDERSTANDING YOUR NEEDS AND CIRCUMSTANCES

My clients come to me for a variety of reasons, for example:

- the optimum diet for a chronic health condition
- weight loss
- coping with stress
- feeling better
- optimum performance in sports

If you have tried a fad diet and failed, you’re not alone. Most people I see have tried at least one, with disappointing results. The key to a successful diet is understanding that a diet needs to be sustainable, and to achieve that it has to meet our unique health and lifestyle requirements.

With every client, my first task is to understand your individual needs, considering:

- personal circumstances
- reasons for any past dieting failures
- physical requirements
- stress
- lifestyle
- living and working environments

CONSULTATION AND ASSESSMENT

In our first consultation, we figure out where you are now. I make a full assessment of your general health, current eating habits and any dietary problems.

Your assessment may include tests such as blood, urine, stool or saliva to get a more detailed clinical analysis of your health. These tests also reveal if you have any food intolerances.

YOUR PERSONALISED DIET PLAN

After completing your assessment, I’ll research and build you a personalised eating plan. Your plan will be based on solid nutrition principles, while considering your personal circumstances, such as other family members, commitments or work that may impact your eating plan.

Once we’ve discussed and finalised your plan, I provide you with detailed recipes for easy-to-prepare dishes. I always keep in mind your taste preferences, cooking skills, and how much time you have for food preparation.

YOUR ONLINE DIET TOOLS

Your plan comes pre-loaded into your personal and secure online account for quick access in the kitchen, office, or at the supermarket.

Your plan includes a diary space to write notes as you progress, or comment on the recipes. And you can choose to share this with me so I can check on your progress.

There is also a supplier list for less common items, and a chat facility and contact phone number if you need my help.

FOLLOW-UP ASSESSMENT AND SUPPORT

My service includes a follow-up consultation to discuss your progress and decide on next steps. If you’re reaching your goals, that might mean moving to a maintenance program for long-term results. Or, if you’re still struggling, we reassess your plan and decide what to do next.

I’d love to help you achieve your goals.

Get in touch for a free 15-minute pre-consultation to discuss your needs.