

<b>Topics</b>	<b>Purpose</b>
<b>Review of your current food choices, eating habits and preferences (a three day food record will be provided to keep track of what you eat)</b>	The dietitian will provide constructive feedback on how to incorporate heart healthy foods into your diet that fit with your lifestyle
<b>Blood Lipid Management</b>	Learn about how food choices may impact cholesterol, high & low density lipoproteins, triglycerides based on your risk factors and medications
<b>Weight Management</b>	Learn what a healthy weight is for you, realistic weight loss/gain, and strategies to help you achieve your goals in a healthy way
<b>Specialized Diets</b>	Individualized advice based on your medical history such as kidney health, food allergies/intolerances, potassium restrictions, etc.
<b>Diabetes Prevention and Management</b>	Learn how food choices, meal balance, meal timing, and low glycemic index foods can improve your blood glucose levels to manage your diabetes or prevent it from developing if you are at risk.
<b>Blood Pressure Management</b>	Learn about food sources of sodium and tips to reduce sodium intake while still enjoying some of your favourite foods.
<b>Meal Planning</b>	Tips on how to fit healthy eating into a busy lifestyle!