

CONSULTATION WITH A REGISTERED DIETITIAN

## DIAGNOSIS

- |  |   |
|--|---|
| <input type="checkbox"/> Food allergies _____                  |   |
| <input type="checkbox"/> Lactose Intolerance                   | <input type="checkbox"/> Diabetes                 |
| <input type="checkbox"/> Celiac Disease                        | <input type="checkbox"/> Glucose intolerance      |
| <input type="checkbox"/> Non- celiac gluten sensitivity        | <input type="checkbox"/> Hypoglycemia             |
| <input type="checkbox"/> Constipation                          | <input type="checkbox"/> Hypercholesterolemia     |
| <input type="checkbox"/> Diverticulitis / Diverticulosis       | <input type="checkbox"/> Hypertension             |
| <input type="checkbox"/> Gastroesophageal Reflux               | <input type="checkbox"/> Hypertriglyceridemia     |
| <input type="checkbox"/> Irritable Bowel Syndrome <sup>1</sup> | <input type="checkbox"/> Osteoporosis             |
| <input type="checkbox"/> Ulcerative Colitis <sup>2</sup>       | <input type="checkbox"/> Rheumatoid polyarthritis |
| <input type="checkbox"/> Crohn's Disease <sup>2</sup>          | <input type="checkbox"/> _____                    |

<sup>1</sup>Low FODMAP Meal Plans

<sup>2</sup>Meal Plans for the remission phases

## PARTICULAR NEEDS

### Weight Loss

- Mediterranean Diet
- Low Carb High Fat Diet
- Ketogenic Diet

### Women

- Pregnancy
- Breastfeeding
- Menopause

### Other

- Vegetarian
- Vegan
- Sport

*N.B. Each meal plan can be personalised according to your allergies, intolerances and food preferences.*

- Peanuts, wheat, corn, mustard, nuts, eggs, fish, seafood, dairy products, bovine protein, sesame, soy, sulfites, etc.
- Individual FODMAPs: fructans, fructose in excess of glucose, galacto-oligosaccharides, lactose, mannitol, sorbitol

To receive the above meal plans:

**WWW.SOSCUISINE.COM/PRESCRIPTION**

