



# nampa recreation center

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## Nutrition Counseling

Meet with a registered dietitian for personalized nutrition recommendations which could include specific dietary changes, portion sizes, appropriate meal composition, food suggestions, food record keeping and meal planning.

In order to maximize your time with the Dietitian, complete the form below and turn in to the Program Desk PRIOR to your appointment. Also bring to your appointment a 2-3 day food record including amount of food and beverage consumed, time of day, and reason for eating.

- Initial appointment: (45 minutes) Member \$36, Non-Member \$42
- Follow up appointment: (20 minutes) Member \$18, Non-Member \$21

### Contact Information

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Address: \_\_\_\_\_ E-mail: \_\_\_\_\_

### Basic Information

Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Medical issues that involve diet changes (*check all that apply*)

- Diabetes
- Hypertension
- Obesity
- Heart Disease
- Other \_\_\_\_\_

Expectations for the visit:

- Healthy food choices
- Portion control
- Meal composition
- Meal planning
- Weight loss
- Healthy eating
- Other \_\_\_\_\_

Exercise frequency:  4-5x+/week  2-3x/week  1x/week or less

Exercise Intensity:  High  Medium  Low

#### **For staff use only**

Amount paid \$ \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ NRC staff initials: \_\_\_\_\_

Date faxed to Dietitian: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ NRC staff initials: \_\_\_\_\_

***Fax to Jackie Amende, 454-6349 & place original in Sherri's mailbox***

***Room scheduled:*** \_\_\_\_\_ ***Staff initials:*** \_\_\_\_\_

Dietitian comments: \_\_\_\_\_