

Summary of Nutrition Consultations:

**Names: Husband Mr Isaac Wong and
 Wife Ms Teo CaiQun**

Observations from the first consultation- 16 September 2017

Wants to maintain a good diet to support the choice of food planning and selection, with the purpose of improving energy level to cope with stressful lifestyle.

- *Craves sweets and processed foods.*
- *Eat out frequently including fast foods, Cook simple or eat at home about 3 times/week during dinner.*
- *Limited choice of healthy foods when eating out. Not aware of healthy choices and nutritional requirements.*
- *Activity level – swim and run occasionally.*

Observations/Objectives on second consultation - 26 September 2017

- Increased nutrients intake through a balanced diet with 2 days of detox diet
- Eliminate unhealthy food selections as advised.
- Increased in energy level and improved bowel system
- Have increased activity level to almost daily.
- Improvement on fluid intake.
- Overall objectives met but need continuous monitoring.