

**Summary of 2 Nutrition Consultations:**

**Names: Mdm Li Lin Wee**

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**Observations/Objectives from the first consultation- 8 June 2018**

* Some allergic attacks e.g. curry powder, alcohol, and soy sauce. Suggest doing food allergy test to confirm and determine other allergens.
* Wants better sleep and craves chocolates and sweet foods.
* Eat in most times – family cooks healthy, quinoa as carbs mainly. Less red meat. Advised on all food groups requirements with portioning control.
* Yoga twice a week and walking

**Observations/Objectives on second consultation – 11 July 2018**

* Prescribed supplements for her sleep. Passiflora drops and to increase her yoga practice to relax.
* To reduce egg and coconut oil consumption
* Detox Diet given to do twice a week.
* Given low GI diet list to follow
* To increase in vegetables portion.
* No more cravings for sweets or chocolates
* Diet has improved overall but need to monitor and improve on weight.
* Follow up needed in Mid August.