

Client Interview 1 (Thursday 10 October , 10am)

Subject: Dr Catherine R Hankey. Senior Lecturer and Researcher in Human Nutrition, University of Glasgow.

Key Points:

- Check out Food Standards Agency Scotland's Balanced Plate project
- Eat Well Everyday Project
- Research WinDiets and other commercial products.
- FSA provide an Eat Well report: give some insight into nutritional requirements.
- SACN: major institution about nutritional info.
- Consider waist circumference and BMI as goal tracking devices.
- Look up guides on standard food portion sizes: gives some idea as to what the average serving of a given food is.