



Nutrition and Dietetics

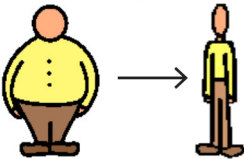
Information for clients
Community Learning Disability Service



WE CAN HELP YOU IF:



- ❖ You have a poor appetite and not eating.



- ❖ You would like to lose weight.



- ❖ Your eating and drinking and swallowing skills have changed.



- ❖ You can't go to the toilet.



- ❖ You need a special diet and need to eat different foods to make you feel better.

WE CAN HELP YOU WITH:



- ❖ Making good food choices and meal plans.



- ❖ Eating and drinking.

We can help your carers:



- ❖ Understand how they can support you with your eating and drinking.

WE CAN VISIT YOU:



❖ at home

OR



❖ out and about



WHAT HAPPENS WHEN I SEE THE DIETITIAN?

We will take your weight and height and will ask you about the food and liquids you eat and drink.



WILL THE DIETITIAN ASK ME TO DO ANYTHING?

We may ask you to keep a food and activity diary.



HOW WILL THE DIETITIAN HELP MY CARERS WITH MY SPECIAL DIET?

We will make a food plan with you and your carers. We can also give you some meal ideas and recipes.



CONTACT US AT:



Department of
Nutrition and Dietetics
Kirklands
Fallside Road
Bothwell
G71 8BB.



Telephone: 01698 855514



I LIKE THESE FOODS:

A large, empty rounded rectangular box with a teal border, intended for listing liked foods.



I DO NOT LIKE THESE FOODS:

A large, empty rounded rectangular box with a red border, intended for listing disliked foods.

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Tel: 858-550-0084; Fax: 858-550-0449;
email: mayerj@mayer-johnson.com;
website: www.mayer-johnson.com

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