

# What is your **dietitian** thinking about?

Dietitians are experts in nutrition. They apply science and evidence to your personal circumstances to help you achieve the best possible results. They will consider a range of factors about you to work towards helping you make the right food choices.

**AGE AND GENDER**



**BODY IMAGE**



**ACTIVITY LEVEL**



**WORK PATTERN**



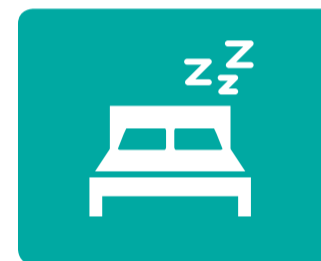
**FOOD/NUTRIENTS**



**EXISTING MEDICATION**



**FAMILY & LIFESTYLE**



**ABILITY**



**CULTURE**



**RELIGION & BELIEFS**



**YOUR BODY SIZE**



**TASTE & EATING HABITS**



**SYMPTOMS & CONDITIONS**



**YOUR ENVIRONMENT**



**COOKING SKILLS**



**YOUR MENTAL WELLBEING**



Find out more at [dietitiansweek.co.uk](http://dietitiansweek.co.uk)