

What to Bring to Your Nutrition Consultation with Jocelyn Dubin, MS, RD

- **Supplements you are currently taking**
- **Supplements you have purchased and are considering taking**
- **Names of prescription medications you are taking**
- **Names of over-the-counter medications you are taking**
- **Commonly used dishes (i.e. water bottle, coffee cup, dinner plate/bowl, drinking glass)**
- **Food labels from special order foods/beverages**
- **Wear lightweight clothing for weighing**
- **Completed 24-hour food log**

Fax #: (866) 731-7132



**I look forward to helping you to meet your
nutritional goals!**

