

## **Initial Nutrition Consultation: What to Bring**

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 72-hour food log**
- Any medical reports (including but not limited to lab results) that are one year old or newer**

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**Jocelyn looks forward to helping you improve your health and achieve your nutrition goals.**

**NOURISH**  
mind body spirit