**Ask the Dietitian Sample Questions**

Below are some sample questions to give you some ideas for your session with the Dietitian. During your 20 minutes together, you’ll have the opportunity to ask your question and discuss some ideas and resources to get you pointed in the right direction. If you want more support, you can consider booking a full nutrition assessment. More details and rates can be found at: <https://www.heidismithnutrition.com/personal-consultation>

**General Health and Wellbeing**

* What are some easy ways to start eating better?
* What should I be looking for on food labels to make better choices?
* What are some quick, satisfying breakfast ideas?
* How can I get better at planning meals?
* Any tips on saving money at the grocery store?
* How can I get more vegetables into my diet?
* What are some quick and easy lunches I can pack?
* How can I reduce my caffeine intake without feeling sluggish?
* What are some tips for eating healthy when I’m on the go?

**Energy and Exercise**

* Why am I so tired, could my eating patterns help boost energy?
* What should I eat before exercise?
* How can I speed recovery from workouts?
* What’s the best way to hydrate throughout the day?
* What should I eat to help me build muscle?

**Nutrient Needs**

* How much protein do I really need?
* What are some easy ways to increase protein?
* Are plant-based proteins as good as meat?
* How much sugar is ok to eat in a day?
* Why do I have strong sugar cravings?
* What are some easy ways to increase my fiber intake?
* Do I need a vitamin D supplement if I drink milk? How much?

**Weight and Emotional Eating**

* How much should I be eating to improve health without dieting?
* Should I be snacking between meals?
* I’m not hungry in the morning, should I still eat breakfast?
* How can I balance my meals to avoid overeating?
* Why do I get sugar cravings after I eat a meal?
* How can I break the cycle of overeating in the evening?
* I know what I should be eating, why can’t I stick to a plan?

**Lifecyle Nutrition**

* What foods will help me in peri-menopause?
* What factors should I be considering to prevent osteoporosis?
* What foods and habits will help protect my heart and lower cholesterol?
* How can I make mealtimes more enjoyable if my child is a picky eater?