

Nutritional Plan Questionnaire

1. Are you interested in nutrition for weight loss or health purposes?

A healthy diet is a long-term strategy that keeps people in a healthier life, while a diet is a short-term strategy that is only effective if the diet followed continuously. Doctors agree that a healthy diet that emphasizes proper nutrition is one of the most important things people can do for their health.

2. How many meals per day do you eat?

The number of meals you eat per day depends on your energy needs and schedule as well as your health. There is a lot of science to support intermittent fasting but a structured healthy plan needs to be put together for you.

3. Do you snack during the day?

Contrary to what is often believed, snacking between meals can be a healthy habit, for example to take the edge off your appetite. Snacking however has to be part of your structured nutrition plan to ensure you are feeding your body correctly.

4. How much coffee (or caffeinated drinks) do you drink per day?

Like so many foods and nutrients, too much coffee (or any caffeinated drink) can cause problems, especially in the digestive tract. Studies have shown that drinking up to four cups of coffee per day is safe.

5. How much water do you drink per day?

Your body is about 60% water and you constantly lose water throughout the day, through urine, sweat and other body functions like breathing. To prevent dehydration, you need to get plenty of water from drink and food every day. Health experts commonly recommend eight glasses of water per day, which equals about 2 liters. Make drinking water a regular part of your day – a glass upon waking, a glass with each meal and have water near you constantly.

If you would like a customised nutrition plan or advice contact monique@theorangesa.com to book your consultation.



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