

Bluegrass Nutrition Counseling, Inc  
“Licensed Dietitians Dedicated to Quality Nutrition Care”

Please take a minute to review the topics listed below. To help serve you better, indicate five areas of special interest that you would like discussed during our session. Note: other topics of interest beyond these five can be discussed in future sessions. Please feel free to list any other nutrition topics not included.

- No special areas of interest
- Specific calorie/carbohydrate/fat/protein needs
- Convenience foods
- Supermarket shopping tips
- Eating at parties/surviving the holidays
- High fiber
- Label reading
- Vegetarianism/Vegan Lifestyle
- Calcium rich foods
- Cooking for one
- Food safety and sanitation
- Nutrition supplements/multivitamins
- Sports/exercise nutrition
- Food allergies
- International cuisine
- Food/drug interactions
- Brown bag lunches
- other \_\_\_\_\_

535 W. Second Street, Suite 207, Lexington, Ky 40508  
(859)388-9152

