



Ms MaryRose Spence

New Zealand Registered Dietitian

Saturday, August 10, 2019

(Room 1)

17:25 - 17:50 Ditch the Diet

Ditch the Diet!

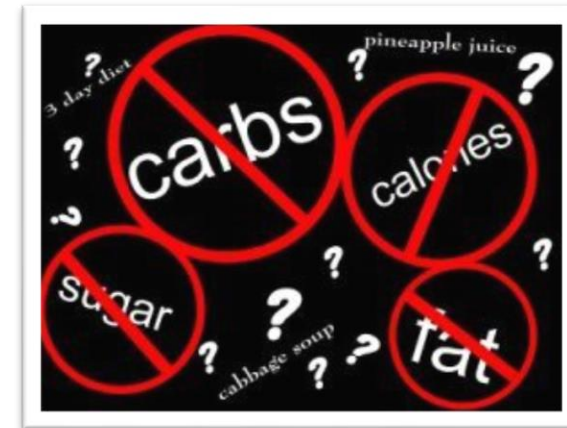
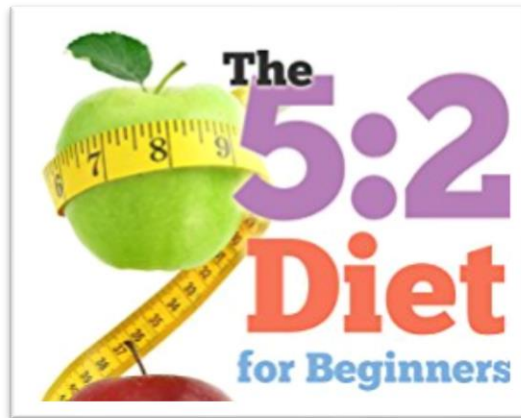
MaryRose Spence BHSc
Registered Dietitian



nutritionconsultants.co.nz



nutritionconsultants.co.nz



nutritionconsultants.co.nz



nutritionconsultants.co.nz



nutritionconsultants.co.nz

Fluids

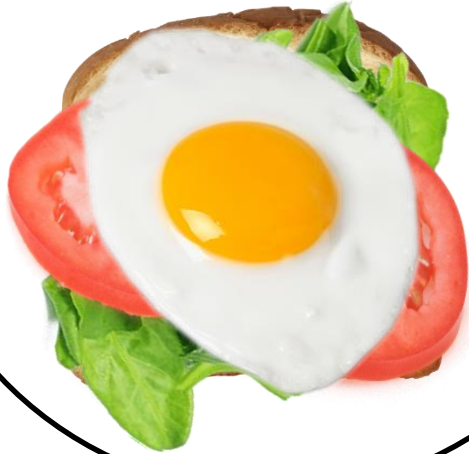


nutritionconsultants.co.nz



nutritionconsultants.co.nz

Breakfast:
7.00-8.30am



Lunch:
12.00-1.30pm



Dinner
5.30-7.30pm



nutritionconsultants.co.nz

NUTRITION CONSULTANTS - Food and Activity Diary						
Please record the intake of all foods and all fluids containing calories – note quantities and cooking techniques.						
BREAKFAST	MID A.M.	LUNCH	MID P.M.	EVENING MEAL	SUPPER	
Date:						Exercise Type:
						Time taken:
						Steps/day:
						Water:
						Alcohol:
Time:	Time:	Time:	Time:	Time:	Time:	Comments:
Date:						Exercise Type:
						Time taken:
						Steps/day:
						Water:
						Alcohol:
Time:	Time:	Time:	Time:	Time:	Time:	Comments:
Date:						Exercise Type:
						Time taken:
						Steps/day:
						Water:
						Alcohol:
Time:	Time:	Time:	Time:	Time:	Time:	Comments:
Date:						Exercise Type:
						Time taken:
						Steps/day:
						Water:
						Alcohol:
Time:	Time:	Time:	Time:	Time:	Time:	Comments:
MaryRose Spence BHSc. Registered Dietitian NZ						
NUTRITION CONSULTANTS		Phone/Fax: (09) 522 1776		www.nutritionconsultants.co.nz		



nutritionconsultants.co.nz



nutritionconsultants.co.nz



Breakfast



Lunch



Dinner



nutritionconsultants.co.nz



PROTEINS 17KJ/gram

ANIMAL



VEGETABLE



FATS and OILS 37KJ/gram

SATURATED FATS



POLYUNSATURATED and MONOUNSATURATED FATS



CARBOHYDRATES 16KJ/gram

SUGARS



STARCHES



UNRESTRICTED



nutritionconsultants.co.nz

CARBOHYDRATES ^{16KJgram}

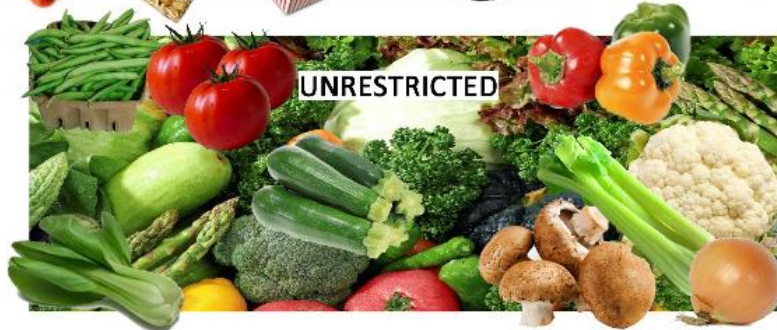
SUGARS



STARCHES



UNRESTRICTED



nutritionconsultants.co.nz

PROTEINS 17KJ/gram

ANIMAL



VEGETABLE



nutritionconsultants.co.nz

PROTEINS 17KJ/gram

ANIMAL



VEGETABLE



CARBOHYDRATES 16KJ/gram

SUGARS



STARCHES



nutritionconsultants.co.nz

FATS and OILS ^{37KJ/gram}

SATURATED FATS



POLYUNSATURATED and MONOUNSATURATED FATS



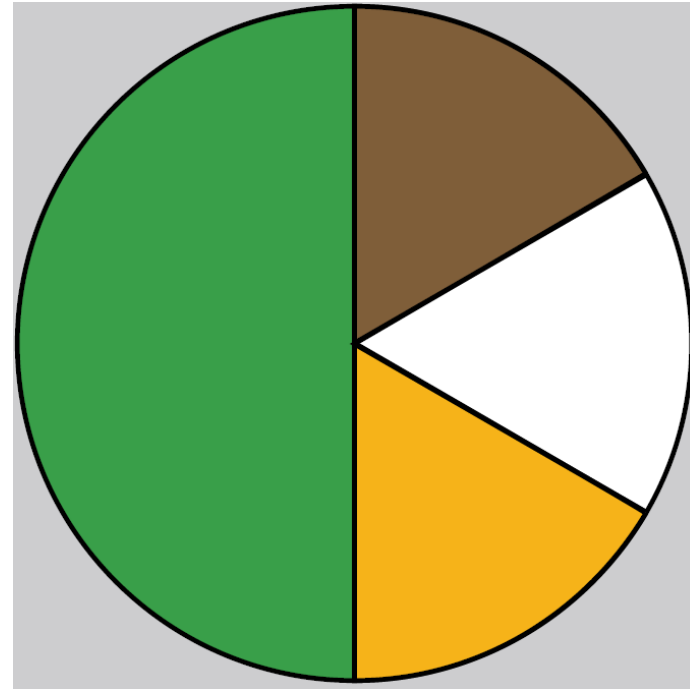
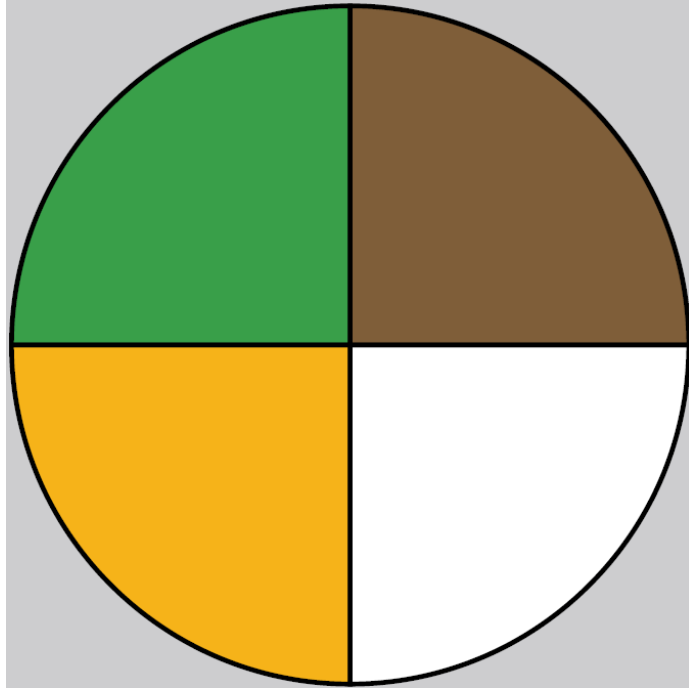
nutritionconsultants.co.nz



nutritionconsultants.co.nz



nutritionconsultants.co.nz

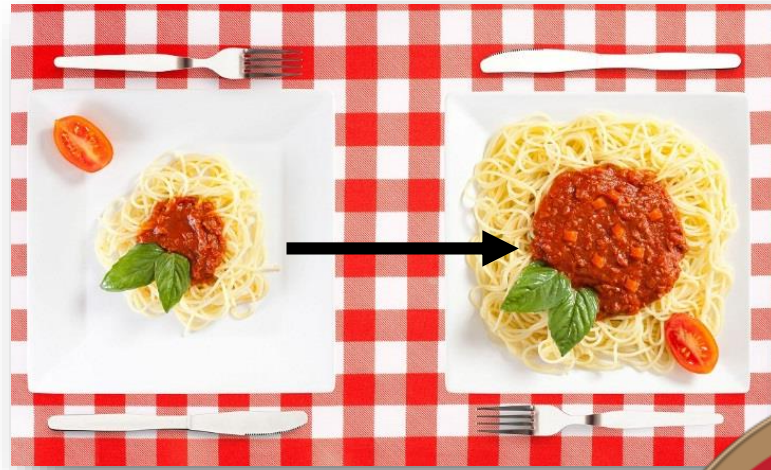


nutritionconsultants.co.nz

Snacks



nutritionconsultants.co.nz



nutritionconsultants.co.nz



Nutrition
Consultants

Specialist advice on your nutrition

MaryRose Spence BHSc
NZ Registered Dietitian

nutritionconsultants.co.nz