

Consultation with nurse specialist for nutrition counselling

Nutrition counselling includes analysing a patient's diet and lifestyle and giving advice on exercising and healthy eating.

At the consultation the nurse takes your body measurements, you learn about the basics of a healthy diet and you receive nutritional advice based on the analysis of your food diary.

Nutrition counselling is recommended for everyone, especially those who need special diet guidance due to a specific health condition, such as:

- cardiovascular disease, hypertension
- type 2 diabetes (for patients older than 40)
- gout
- coeliac disease

Consultant: nutrition counselling is provided in Estonian or Russian by clinical nurse specialist Lilian Leevald.

Consultation duration: 30 minutes