



www.tateishinutrition.com Toll Free: 1.877.600.4849 Fax: 604.277.0500 Richmond, B.C.

Dear Client:

Please complete the attached questionnaire. This provides very valuable information to appropriately assess and counsel you regarding your specific dietary requirements. The 3-day food diary will be used to complete a computerized dietary analysis.

It is recommended that you inform your Physician's office of this appointment, and request that any pertinent lab work or medical history be forwarded to my office.

If you would like to have a body fat measurement performed at your appointment, please ensure that you are well hydrated i.e. drink 2 - 4 glasses of water approximately 2 hours before the appointment, refrain from exercising 4 to 6 hours before your consultation and refrain from consuming alcohol within the previous 24 hours. You can eat a meal or snack 2 hours before the appointment but no food or fluid for the 2 hours immediately prior to your appointment. (For more detailed information, please check the website under "My Appointment").

Once the forms have been completed, please fax to 604.277.0500 or scan the completed forms and e-mail to forms@tateishinutrition.com. The completed questionnaire, including the food diary, should be received by this office at least one week prior to your scheduled appointment.

I look forward to consulting with you.

Sharon J. Tateishi, B.Sc., R.D.
Clinical/Consulting Dietitian