



LA PALESTRA NUTRITION SERVICES

Initial Nutrition Session

Your one hour initial nutrition session is highly individualized based upon your specific needs. The dietitian will help define your nutrition goals through the collection of relevant current and past medical, exercise, and lifestyle information. Through education and science-based nutrition, you will set both short and long term goals. You will leave this initial session with the beginning of a tailored plan, and the support that is proven helpful in reaching your goals.

To prepare for this appointment, log what you eat and drink for at least 3 days (including one weekend day) prior to the appointment. Include as much information as possible in your log, including: time of day, ingredients and amount, calories, hunger level before eating, and any thoughts or comments. Bring a list of medications (prescription and over the counter) and supplements (including herbals) with dose and reason for taking to the appointment.

Body Gem Resting Metabolic Rate Analysis

To accurately determine the amount of energy (calories) you need to maintain, gain, or lose weight, you need to know your Resting Metabolic Rate (RMR). Your RMR is the number of calories you require to survive in a waking state each day. When you add in activity (lifestyle movement as well as planned exercise), you know how many calories you need to fuel your body to perform at its optimum level.

This 30-minute session includes the RMR test and energy expenditure calculations to determine the caloric intake required to maintain your current weight. Depending on your goal, the dietitian will decrease or increase total daily calories, and break them down into specific meal and snack times and amounts through the day. In follow up sessions, we will incorporate foods into a plan that will help you meet your goals based on your specific dietary needs.

For the most accurate results, this test needs to be done first thing in the morning, as soon after waking as possible. You will need to refrain from consuming any food or drink, smoking, or physical activity prior to the test. If you have medications that need to be taken in the morning, we will discuss prior to the test.

Follow up Nutrition Sessions

These 30 minute follow up appointments include check in and support, education, and continued development and fine tuning of a plan that will help you with long term success. These sessions are individualized depending on goals and your specific needs at that time. Some typical topics include: macronutrient balance; medical nutrition therapy; fluid intake; eating out and dining in; entertaining and alcohol consumption; travel; cooking and meal planning; and sports nutrition. If clients prefer a one hour follow up, two sessions may be combined for this time.

Contact Nutrition Manager, Sarah Shanahan, MS, RD to schedule your Nutrition Session.
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