

Before Coming To DMA Nutrition

Thank you for choosing DMA Nutrition to help you reach your health related goals. So, we can make our time together as efficient as possible please take a look at the following and try to complete as much as possible.

Before coming to DMA

1. Please complete the Patient Assessment Form. You can find the link to these forms under the “Our Office” tab on the right side of the page listed as “Forms & Policies”.
2. Please complete the Food Log for the three to seven day period before the first appointment with the dietitian. We can be of most assistance to you in our first appointment if you keep a complete log, so please enter all food, beverages, snacks and anything you consume during this period. Jot down anything that is a question to ask the dietitian when you have your first appointment.
3. Make sure to bring your physician’s contact information, including name, address and phone numbers.
4. Take a moment and think of any and all nutrition related questions that you might have and write them down. These questions can be related to your immediate health condition, or they can just be general nutrition questions. Please bring this list of questions with you to your first appointment.
5. Take another moment to think of exactly what you would like to accomplish from meeting with a dietitian. Document these goals, as well as your perceived time frame, and bring this to your first meeting as well.