

Our 4 Step Process

The Nutrition Clinic of Northern California is dedicated to improving your health so you can be healthy, look your best and feel great.

We understand that breaking old and unfavorable nutrition habits can be a challenge. We also understand that forming new and healthier habits that will lead to lasting positive change can be just as challenging. For this reason, you will benefit by having us as your personal nutrition consultant every step of the way.

We employ a systematic and scientific approach to providing high quality nutrition care. Our process includes four interrelated steps all designed to determine the optimum nutrition solution for YOUR needs.



Throughout the process we can also work directly with your current health care provider if necessary.

Step 1 – Nutrition Assessment

During this step, we will collect, verify, and interpret your specific data including:

- Food and nutrition related history
- Biochemical data
- Lifestyle habits
- Body measurements
- Medical tests, health and family history if applicable

Your nutrition assessment data is then compared to relevant norms and standards for interpretation and decision-making. This information allows us to better understand your current health situation so that we can properly identify a nutrition treatment plan for your needs.

Step 2 – Nutrition Diagnosis

We will seek to identify and describe a specific nutrition problem that can be resolved or improved through treatment and/or nutrition intervention.

Step 3 – Nutrition Intervention

The purpose is to resolve or improve the identified nutrition problem by planning and implementing appropriate nutrition interventions that are tailored to your needs.

Step 4 – Nutrition Monitoring & Evaluation

The purpose is to determine the amount of progress made and whether goals and/or expected outcomes are being achieved.



NUTRITION CLINIC
OF NORTHERN CALIFORNIA
Food & Nutrition Experts
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