

DIETITIAN SERVICES

SARAH KRUPAT, RD



WHAT TO EXPECT:

The first session with our dietitian will include an in-depth initial nutrition assessment to learn about your specific needs and nutrient requirements. Sarah will work closely with you to develop an individualized approach to help you reach your nutrition, health and lifestyle goals.

SERVICES CAN INCLUDE:

- ✓ One-on-One Counselling
- ✓ Personalized Meals Plans
- ✓ Regularly Scheduled Follow-Ups
- ✓ Grocery and Meal Prep Support
- ✓ Recipes and Meal Ideas
- ✓ Review of Food Logs and Food Journals

SPECIALIZATIONS IN:

🍏 Eating Disorders (Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, ARFID)

🍏 Disordered Eating

🍏 Diabetes

🍏 Gut Health (IBS, Crohn's, Bloating, GERD, Constipation, Diarrhea, etc.)

🍏 Weight Management

🍏 Cancer and Nutrition

🍏 Nutrition and Mental Health

🍏 Lifestyle and Well-Being

CONTACT US:

krupat@thetherapycentre.ca or info@thetherapycentre.ca | thetherapycentre.ca