

NOURISH TO FLOURISH

NUTRITION MONTH 2025

What your dietitian thinks about...



PHYSIOLOGICAL

- Nutrient Requirements
- Symptoms & Conditions
- Ability
- Medications & Supplements
- Body Size
- Age & Gender
- Genetics
- Activity Level
- Hydration



MENTAL

- Mental Wellbeing
- Ability
- Medications & Supplements
- Lifestyle modification



SOCIOCULTURAL

- Work Pattern
- Family & Lifestyle
- Religion & Beliefs
- Cooking Skills / Food Literacy
- Eating Habits
- Culture
- Food access / availability
- Budget



EMOTIONAL

- Body Image
- Diet History
- Eating competence / relationship with food
- Ability
- Motivation to change
- Past food trauma
- Food preferences / taste

