

SOCIOCULTURAL

- Work pattern
- Family & lifestyle
- Religion & Beliefs
- Cooking Skills/
Food Literacy
- Eating habits
- Culture
- Food access/
availability
- Budget

NOURISH TO FLOURISH

NUTRITION MONTH 2025

PHYSIOLOGICAL

- Nutrient requirements
- Symptoms & conditions
- Ability
- Medications &
supplements
- Body size
- Age & gender
- Genetics
- Activity level
- Hydration

MENTAL

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

What your dietitian thinks about...

EMOTIONAL

- Body image
- Diet history
- Eating competence/
Relationship with food
- Ability
- Motivation to change
- Past food trauma
- Food preferences/
taste