

## Diet Therapy Package

The package includes:

- Anthropometry assessment - height, weight, waist circumference and body fat percentage
- Nutrition assessment
- Personalised meal plan
- Behavioural modification

Services (8 Sessions)

1. Initial Assessment and Consultation (1 Session)
  - 45 to 60 minutes per session
2. Follow-up Session (7 Sessions)
  - 15 to 30 minutes per session

Remarks: Valid for eight months after payment at the first session



\* Prices are subject to changes without prior notice

Department of Dietetics

## Department of Dietetics

### Happy Valley

Hong Kong Sanatorium & Hospital  
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Monday to Friday: 9:00 am – 5:00 pm  
Saturday: 9:00 am – 1:00 pm  
Closed on Sundays and Public Holidays

### Admiralty

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Consultation by Appointment

### Island East

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Monday to Friday: 9:00 am – 5:00 pm  
Saturday: 9:00 am – 1:00 pm  
Closed on Sundays and Public Holidays

For enquiries and appointments,  
please contact us



# Dietetic Service



營養部

Department of Dietetics

www.hksh.com

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## Dietetic Service

Dietetic service is available for all inpatients and outpatients during treatment in order to ensure that patients' nutritional status and/or symptoms are monitored, maintained or improved wherever possible.

Our Registered Dietitians have the professional knowledge and experience to assess the nutritional needs and to recommend appropriate nutritional treatment for referred patients. Dietitians will evaluate and monitor dietetic intervention to help ensure a positive effect on patients' nutritional status, aid the recovery process, control symptoms and improve well-being.

Department of Dietetics offers nutritional advice on a range of health conditions including:

- General healthy eating
- Pregnancy and breastfeeding
- Infant feeding
- Vitamin and mineral deficiencies
- Malnutrition
- Anemia
- Bone health and osteoporosis
- Food allergy and intolerances
- Weight management
- High blood pressure
- High cholesterol and high triglyceride
- Stroke
- Gout
- Fatty liver
- Diarrhea and constipation
- Inflammatory bowel diseases (IBD)
- Irritable bowel syndrome (IBS)
- Chronic liver diseases
- Kidney diseases
- Cancer
- Pre-operation and post operation

## Our Service



- **Nutrition Assessment and Consultation**
  - Individualised diet counselling for both inpatients and outpatients
  - Regular follow-ups to review progress and achieve nutritional goals
- **Diet Therapy**
  - Eat well, exercise well to lose weight
- **Nutrition Counselling for Health Assessment**
  - Individualised nutrition recommendations and lifestyle modifications
- **Health Promotion**
  - Media interviews and publications for nutrition education
- **Health Seminars**
  - Health seminars are held on a regular basis on the following topics:
    - Nutrition for Pregnancy / Breastfeeding
    - Nutrition for Cancer Prevention / Cancer Survivors

## Counselling Procedures and Charges

### Initial Nutrition Assessment and Consultation

Typical duration: 45 to 60 minutes

- Collect personal data (age, height, weight, body fat percentage, activity and blood test results)
- Obtain diet information (24-hour diet recall and other eating habits)
- Perform dietary analysis and assessment
- Provide counselling and advice (Discuss individualised meal plan, dietary goals and lifestyle modification)



### Follow-Up Consultations

Typical duration: 15 to 30 minutes

Ongoing review:

- Monitor dietary habits, progress and compliance
- Modify meal plan
- Provide further advice