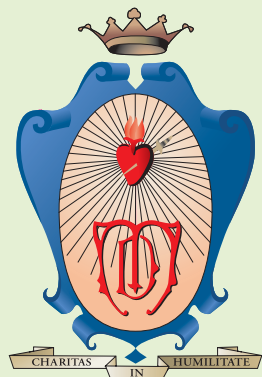


營養及飲食治療諮詢服務



嘉諾撒醫院
Canossa Hospital (Caritas)

肥胖、糖尿病、高血脂及脂肪肝等均是近年有增加趨勢的疾病。合適的營養及飲食治療，可幫助病人避免及減輕其發病機會。嘉諾撒醫院註冊營養師會按每位病人體質及疾病需要，度身編制出一列選擇多元化、高彈性及可持久的飲食方法，確保營養攝取充足及良好的生活質素可得到維持。請看下一部份了解更多營養諮詢詳情。

營養及飲食治療諮詢服務包括

了解

病人身體健康狀況及有關驗血結果等

量度

體重、身高、脂肪比例

了解及分析

個人飲食習慣

定立

長線及短線目標

提供

有選擇及有彈性的餐單

引導及鼓勵

飲食行為改變·生活行為改變

建議及教導

出外飲食貼士·簡易健康烹調
食物標籤講解·食物換算講解
維持體重飲食方法

跟進

持續及定期的跟進

其他

- 營養不良飲食須知
- 腎病飲食須知
- 管飼流質餐編排
- 高尿酸飲食須知
- 服食薄血藥飲食須知

診症收費及會面時間

每次：	\$300 - \$450 (約30 - 60分鐘)
減肥套餐：	\$1200 (共4次, 共約150分鐘)



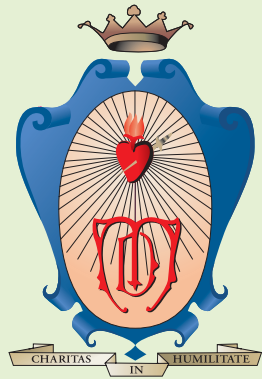
開診時間

星期一至五：早上九時半至下午五時半
(除星期四外)
星期四：中午十二時至下午八時
星期六：早上九時半至下午一時
星期日：~ 休息 ~

地址及預約電話

嘉諾撒醫院地下
香港舊山頂道一號
電話：2825 2135 (直線)
網址：www.canossahospital.org.hk

Nutrition and Dietetic Services



嘉諾撒醫院
Canossa Hospital (Caritas)

The prevalence of Obesity, Diabetes, High Cholesterol and Fatty Liver continue to rise. A palatably healthy and flexible diet is an effective option that can treat/control these conditions.

Our Registered Dietitian will take into account your medical conditions, eating habits, food preferences and lifestyles factors to tailor make an individualized and enjoyable eating plan for you. Please read next section to find out more information.

Nutrition and Dietetic Services include

Understanding

Patients' Medical Conditions and
Other Relevant Blood Results

Measuring

Body Weights · Body Heights · Body Fat %

Obtaining & Analyzing

Personal Eating Patterns and Food Portions

Establishing

Long Term and Short Term Goals

Providing

Realistic, Flexible & Feasible Diet Meal Plans

Giving Guidance & Encouragement

Positive Eating Behavior Changes
Positive Lifestyle Behavior Changes

Suggesting & Educating

Eating Out Tips · Cooking Tips
Reading Food Labels Tips · Food Exchange Systems
Diets for Weight Maintenance

Follow-ups

Continuous and Regular Follow-ups

Others

- Diet for Malnutrition
- Warfarin Diet
- Diet for Kidney Disease
- Diet for Gout
- Tube Feeding Regime
- Others

Consultation Fees & Durations

	Per Consultation	Weight Loss Package (includes 4 visits)
Fees	\$300 - \$450	\$1200
Duration	30 - 60 minutes	~ 150 minutes (total)



Clinic Hours

Monday - Friday : 9:30a.m. - 5:30p.m.

(Except Thursday)

Thursday : 12:00noon - 8:00p.m.

Saturday : 9:30a.m. - 1:00p.m.

Sunday : ~ Closed ~

Address

Canossa Hospital (Caritas), Basement

1 Old Peak Road, Hong Kong

Tel : 2825 2135 (Direct line)

Website : www.canossahospital.org.hk