Canossa HOSPITAL (CARITAS) 嘉諾撒醫院



糖尿病飲食治療套餐

Diabetes Diet Therapy Package

HK$2,980

目標 Objective:

- 透過健康飲食和生活方式調整，優化血糖控制、身心及長期健康。
  To optimize glycemic management, wellbeing, and long-term health through healthy eating and lifestyle modification.

誰可從這飲食治療套餐中受益?
Who will benefit from this package?

- 患有糖尿病前期、新確診糖尿病或糖尿病控制不佳的人仕
  People with pre-diabetes, newly diagnosed diabetes, or poorly controlled diabetes

套餐內容 Package content:

- 營養評估 Nutrition assessment
- 身體組成分析(體脂/肌肉)及監控 Body composition analysis and monitoring
- 目標設定 Goal setting
- 個人化飲食計劃及建議 Individualized meal plan and recommendations
- 體重管理 Weight management
- 閱讀營養標籤 Nutrition label reading
- 出外用膳小貼士 Tips when dining out
- 健康小吃 Healthy snacks
- 可選擇其中1節參加超市購物導覽（自行購買食材或準備餐點的客　可能更適合參加此導覽。）
  Option of a supermarket tour as one of the sessions (Clients who buy their own groceries or prepare their own meals will more likely benefit from this option.)

節數 Number of sessions:

- 6節（1年內完成）6 sessions (to be completed within one year)

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