



## Select the Right Diet

Your Personal Shopping Experience



london medical  
**SmartWeight™**

# Select the Right Diet

## Your Personal Shopping Experience

If you find yourself unsure of what to buy or how to read the nutritional labels when you are picking up lunch or doing your weekly shop, come and try our personal shopping experience.

You will be accompanied by our Senior Clinical Nutritionist to a supermarket or food outlet of your choice (within 15 minutes walk of the clinic).

You will be given tailored advice relating to your medical condition or general requirements, taking into consideration your likes and dislikes, for example:

- **Weight management**
- **Cholesterol lowering**
- **Diabetes - Type 1 and 2**
- **Low glycaemic diets**
- **Food allergies and intolerance**
- **Vegetarian/ vegan**
- **General healthy eating**

You will be advised on suitable foods to buy, shopping list formulation and how to put foods together to make quick and simple meals.

The assisted visit lasts for 45 minutes and a recommended shopping list and some suggested recipe ideas using the selected ingredients will be emailed to you within 72hrs.

### **Price:**

SmartWeight™ Members - £95 Non-Members - £120

Contact Angela Hoffman on 020 7467 5470  
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