

The Online Diet Consultation

Since we started the quarantine process in our homes, you may have lost your weight control with the effect of stress, inactivity, increased time in the kitchen and emotional eating behavior. Ongoing online diet consultation for the employees and students of our institution; you will adapt a healthy nutrition system while ensuring your weight control in a healthy and permanent way, that you can maintain throughout your life.

The online diet consultation process;

1. First of all, you need contacting our dieticians serving in the institution over their email addresses to make an appointment schedule. Appointment day and time are determined for you and your dietician.
2. In this process, with your dietitian who will serve, you will be interviewed through applications such as zoom, whereby or google meet, every week or once every 2 weeks
3. The first interview takes approximately 30-40 minutes. In this time period, your dietitian will have information about your health, nutritional habits, lifestyle, blood parameters, and daily routine. Your other appointments will take 15 minutes.
4. On the morning of the appointment, you are asked to weigh on an empty stomach. You are also asked to measure your waist and hip with a tape measure. Differences between weekly measurements will allow to make assumptions about the fat mass lost. In this way, it helps your dietitians to interpret your diet process more clearly.
5. Throughout the online diet consultation, a nutritional diary is requested about food content and water consumption. Thus, the follow up of the process will be much more practical.
6. The person is informed by the dietitian about how to follow the nutrition period in the process after reaching the target weight. A healthy maintenance diet plan will be created.

Students and employees of our institution who want to get online diet consultation can reach our institution dietitians via e-mail addresses.

Mail Addresses of Our Dieticians Providing Services to Students;

alara.yuksel@yeditepe.edu.tr and ozden.kacar@yeditepe.edu.tr

E-mail address of our Dietitian Providing Service to Employees;

selen.aral@yeditepe.edu.tr