

# Your Health Day Dietitian

**Wendy Lord**  
Registered Dietitian

Get in touch to plan the nutrition component of your health day. All services can be customized to meet your needs.

**Website:**  
[www.wendylorddietician.co.za](http://www.wendylorddietician.co.za)

**Email:**  
[wendy@wendylorddietician.co.za](mailto:wendy@wendylorddietician.co.za)

**Phone:**  
082 784 7698



## Rate Card: Corporate Health Services

<p><b>Display Table</b> Plus Q&amp;A with a Dietitian</p> 	<p><b>Food displays:</b> Choose a nutrition themed display table to get the conversation going. Manned by the dietitian, employees are given an opportunity to have all their diet and nutrition questions answered. Popular themes include: Good vs Bad Food   Sugar Content of Popular Foods   Salt Content of Popular Foods   Portion Control   Understanding Food Labels   Eating for Gut Health</p> <p><b>From R3500</b></p>
<p><b>Mini Consultations</b> Get answers for your diet and nutrition questions</p> 	<p><b>Mini Nutrition Consultations:</b> Not everyone is comfortable sharing their health information in public. Mini nutrition consultations allow employees to book a time slot with me to discuss their diet and health in a quiet private space. Time slots range from 10-30 minutes. I can provide information on any diet-related health condition from IBS to celiac disease, diabetes to heart health, children's diets, vegetarian meals, and weight loss.</p> <p><b>From R3500</b></p>
<p><b>Diet &amp; Nutrition Talks</b> Choose your topic</p> 	<p><b>Diet, Nutrition, and Health Talks:</b> Invite me to speak to your staff about how to improve their health and productivity through healthy diet and lifestyle habits. Talks are customized to your requirements and include time for Q&amp;A. Popular topics include: Weight Loss   Gut Health   Menopause   Diabetes   Heart Health   Productivity   Food Labels   Healthy Diet</p> <p><b>From R4500</b></p>
<p><b>Cooking Demos</b> Lunch   Snacks   Smoothies   Dinner</p> 	<p><b>Cooking Demonstrations:</b> Cooking demonstrations are a fun way to learn about healthy eating. Discover simple practical meals that are budget-friendly, quick to prepare, and can be made by anyone. These interactive sessions give employees a chance to ask lots of questions. Popular demonstrations include: Breakfast   Smoothies   Lunch Boxes   Snacks   20-Minute Dinners (Rate includes cost of food supplies.)</p> <p><b>From R3500</b></p>
<p><b>Health Workshops</b> Choose your topic</p> 	<p><b>Health and Nutrition Workshops:</b> These 3-hour health and nutrition workshops are customized to your requirements. They provide in-depth knowledge on a variety of diet, nutrition, and health topics, including: How to Plan a Healthy Diet   Eating for Heart Health   Mastering the Diabetes Diet   Eating for Gut Health   Practical Weight Loss For groups of 4 to 12.</p> <p><b>From R4500</b></p>
<p><b>Lunch &amp; Learn</b> Let's chat over lunch</p> 	<p><b>Lunch and Learn:</b> Lunch is on me! Let's gather around the table and discuss topical diet and nutrition issues. I will bring a tasty, healthy lunchtime meal for everyone to enjoy, highlighting the nutrition concepts in the planned discussion. For groups of 4-12. Rate includes cost of ingredients for lunch and a quick demonstration.</p> <p><b>From R3500</b></p>

**Add on Menu:**

Smoothies, wraps, fruit cups, veggie & dip bowls, fruit skewers, dried fruit, nuts & seeds, mini bran muffins