

# Questions to ask your healthcare provider about nutrition

You may wish to print this sheet and use it while talking to your healthcare provider

## General Questions

## Notes

Do you recommend a vegetarian or a vegan diet? How do I get protein on a vegan diet?

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Is it possible to lower blood pressure with diet? If so, how?

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What's wrong with drinking milk? Is organic milk better? Is soy milk a safer alternative?

What about other dairy products?

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Is it safe to eat soy beans and other soy foods?

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What are the safest types of fish to eat? Aren't fish the best source of omega-3 fatty acids?

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What is the best way to get vitamin B12?

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What's the best diet for weight loss?

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Are carbohydrates bad for you? Is it OK to eat carbohydrates if I am trying to lose weight?

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Should I be on a gluten-free diet?

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Is the Atkins diet healthy/safe? What about other low-carb diets?

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Is it true that some foods are addictive?

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Someone in my family was diagnosed with cancer: what dietary recommendations would you offer him/her?

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