

# Food Coach

Do you need that first step in the right direction to reach your nutrition goal? Or are you already on your way with a plan, but could use some (extra) guidance? Then contact our Food Coach. In a 15-minute consultation you can ask questions, get tips and discuss the various aspects of nutrition.

## Who is Food Advice suitable for?

- Getting started: Don't have much knowledge about the different aspects of nutrition? Our Food Coach will help you take that first step towards setting an appropriate nutrition goal.
- Steering: Already have a clear idea of what you want, but not sure if you're still following the right route? Our Food Coach can give you personal advice and tips, so you can get back on track.
- Curious: If you have questions about your current diet, want to get tips or want to talk about nutrition in general, a consultation can also help you.

## Afterwards

After the consultation with our Food Coach you're able to make a start with a healthy diet or make adjustments to your current plan. You will receive a follow-up document with basic tips and additional information about workshops, interesting websites and sports and exercise options at the SSC that are in line with your plan.

## Contact



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