

Elderly Dietary Therapy 長者飲食計劃

Frailty is not part of healthy ageing. Navigating smarter food choices best suited to your health is key to compress morbidity and enjoy life to your fullest extent.

衰弱並不是健康高齡化一部份。

瞭解最適合您健康狀況的明智食物選擇能縮短生病時期而享受健康人生。

	4 sessions	8 sessions	12 sessions
Growth Tracking (BIA per session) 成長追蹤（每節身體成分分析）	免費	免費	免費
Individualized Meal Plan 個人化餐單設計	✓	✓	✓
Virtual Supermarket Tour/ Shopping List for Healthier Weight 虛擬超市導覽/ 體重管理購物清單		✓	✓
Healthier Snack Ideas 健康零食建議		✓	✓
Smart Eating Out 外出飲食貼士		✓	✓
Portion Exchange for Variety 食物換算			✓
No Rebound Strategies 不反彈攻略			✓
Original Price 原價	\$2,080 (\$520 /session)	\$3,920 (\$490 /session)	\$5,640 (\$470 /session)

Adventist Hospital Professional Dietetic Services
港安醫院註冊營養師服務
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