



From understanding clinical condition and metabolic disorders to changing eating habits:  
Basic knowledge required for nutrition counseling

# At counseling

Client

“Weight is higher than the standard for height”  
“Triglyceride level is higher than the reference range”  
“Blood pressure is higher than the reference range”

Counselor

“If you lose weight, then your triglyceride and blood pressure levels will decrease”

“Eating vegetables helps lower both”

Client

“Why?”

**Counseling based on mechanism of metabolism**

# The Complete Food Transit and Digestive Process

