



 **KEY2 CONNECT**



**Ask the Dietitian**



**What is the correct calorie intake  
for an individual? It is difficult to  
follow with so many different  
formulas out on the internet.**

Is it healthy to drink



KY2 CONNECT

Hot water everyday?





# Should I become Vegetarian?





**Do I need to  
avoid to alcohol  
after a cancer  
diagnosis?**



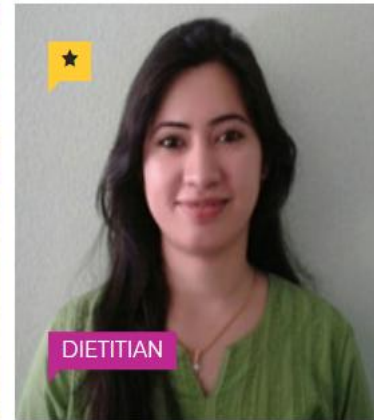
# How Much Should I Be Eating?







## Free Diet consultation with dietitian





*Thank  
you*

