



TeleDIETS

RD Designed & Doctor Contributed

Chronic Disease Series

Kidney Disease
 Rheumatic Heart Disease
 Heart Healthy
 Rheumatic Arthritis
 Active Plan
 Alkaline Cancer
 Arthritis and Heart Disease
 COPD
 Cirrhosis
 GERD
 Gluten Free/Celiac
 Hormone Balance
 Irritable Bowel Syndrome
 Obesity
 Pancreatic
 Sarcopenia
 Thyroid
 Cancer and Heart Disease
 Behavioral Disorders
 Crohn's Disease
 Diabetes
 Diabetes and Hypertension
 Diabetes and Heart Disease
 Diabetes and High Cholesterol
 Diabetes and Obesity
 Anti inflammatory
 Psoriasis
 Anemia
 Arthritis and Diabetes
 Asthma
 Eczema
 Gout
 Hepatitis
 Multiple Sclerosis
 Osteomalacia
 Osteoporosis
 Parkinson's
 Rickets
 Coronary Artery Disease
 High Cholesterol
 Stroke
 Alzheimer's
 Congestive Heart Disease
 Depression
 Epilepsy
 Ulcerative colitis
 Cystic Fibrosis

Childhood Obesity Series

Healthy Start 2-3 years
 Healthy Habits 4-8 years
 Healthy Habits 9-13 years
 Healthy Teens 14-18 years
 Low Cholesterol 9-18 years

Maternity Pre/Post Natal Series

Prenatal
 Healthy Breastfeeding
 Post Pregnancy Weight Loss
 Post Pregnancy Hormone Balance

Food Allergy Series

Peanut
 Fish / Shell Fish
 Cow Milk
 Chicken Egg
 Pine Nut
 Gluten R2

Bariatric Post Surgery Series

Stage 1 Template - Liquids Only
 Stage 2 Template - Semi Liquids
 Stage 3 Template - Soft Foods
 Stage 4 Template - Stabilization

Bariatric VLCD Series (very low calorie)

Low Glycemic—500 to 1300 cal.
 Low Carb - 500 to 1300 cal.
 Stable Blood Sugar - 500 to 1300
 Ketogenic VLCD - 500 to 1000 cal

Intermittent Fasting Series

I.F. 16:8 Hour Plan
 I.F. Alternate Day Plan
 I.F. 5:2 Day Plan

GLP - 1 RA / Semaglutide Series

GLP-1 Diabetes
 GLP-1 Diabetes and High Cholesterol
 GLP-1 Diabetes and Hypertension
 GLP-1 Obesity and Diabetes
 GLP-1 Hypertension
 GLP-1 High Cholesterol

Special

Vegan Lifestyle
 Vegetarian Lifestyle
 Organic Low Fat & Low Carb
 Kosher
 High Fiber