

## PREVIEW\_ Kesar Sadhra - Interview (Manchester 2017) 2

**Dr. Sadhra:** I'm fairly clear in the way of approaching it and I am fairly consistent, which is you always need to look at their dietary history. What they're having. What they're having at breakfast, what they're having at lunch, what they're having in the evening, what they're having for their snacks and you need to focus on that at every occasion.

You cannot expect them to make sudden changes across the board from food that they've been having previously in their life. So I expect some changes at a time and I will follow it up with suggestions at the next consultation or whatever subsequent consultations that occur. So big change and then followed by fine tuning.

I've tried it before. So if it's stopping chapatis or finding an alternative to chapati, I have actually done a lot at home, tried it out to make sure it's going to be acceptable, palatable, practical and the family aren't going to be able to criticize it or turn the other way.