

Nutritional Lifestyle Designs *offer:*

- Diabetes
- Cardiac
- Behavioral
- Picky Eaters
- Food Allergies
- Prenatal Nutrition
- Eating Disorders
- Constipation/Diarrhea
- Renal

PERSONALIZED NUTRITION COUNSELING

NUTRITION COUNSELING WITH FOCUS ON:

THE WHEAT, DAIRY, GLUTEN AND CANDIDA DIET
BEING A VEGETARIAN
CONQUERING PMS WITH NUTRITION
PREGNANCY BEFORE & AFTER
BOOSTING THE IMMUNE SYSTEM

EDUCATION

WHAT ARE "ALLOWED FOODS"

FOR THOSE INDIVIDUALS WITH FOOD
SENSITIVITIES OR INTOLERANCES/ALLERGIES

COMBINING NUTRITION BALANCED MEALS
WITH "ALLOWABLE" EXERCISE TO ENHANCE
YOUR QUALITY OF LIFE

WELLNESS PROGRAMS

SPECIFICALLY DESIGNED TO FIT YOUR NEEDS

TIPS FOR "EATING OUT WISELY"

MENU AND/OR RECIPES

ASSESSMENT AND ANALYSIS

NUTRITIOUS MENU IDEAS AND MENU PLANNING

GROCERY SHOPPING

HELPFUL HINTS FOR HEALTH SHOPPING

"PICKY" EATERS"

EXPANDING THE VARIETY OF FOODS YOUR CHILD
EATS.

INDIVIDUALIZED NUTRITION AND FITNESS

ASSESSMENTS/PROFILES

IDEAS

RECIPE SUBSTITUTIONS TO ENABLE YOU TO EAT
SOME OF YOUR FAVORITE "FORBIDDEN" FOODS

HOW TO READ FOOD LABELS

PORTION CONTROL

PROMOTING HEALTHY WEIGHT LOSS

ASSESSMENT/ANALYSIS OF YOUR FOOD/EXERCISE DIARY

WEIGHT MANAGEMENT EDUCATION

PROMOTE WEIGHT LOSS, WEIGHT GAIN AND
WEIGHT MAINTENANCE

CARDIAC/HEART DISEASE

DIET COUNSELING - CHOLESTEROL
AND TRIGLYCERIDE EDUCATION

DIABETIC NUTRITION PLANNING

EATING AROUND SUGAR



MAKE THE COMMITMENT!!

