

Nutritional **L**ifestyle **D**esigns offers:

- Diabetes • Cardiac • Food Allergies
- Renal • Prenatal Nutrition • Sports Nutrition
- Weight Loss • Eating Disorders

- **Personalized** Nutrition Counseling in the **PRIVACY** of Your Own Home or Office
- **Individualized** Nutrition and Fitness Assessments/Profiles
- **Nutritious** Menu Ideas and Menu Planning
- **Osteoporosis** Nutrition Counseling
- **Nutrition Counseling** Before, During and After Pregnancy
- **PMS** Nutrition Counseling
- **Support and Education** Necessary to Achieve and Maintain Ideal Body Weight and/or Goal Weight
- **Nutrition Education** to Promote Weight Loss, Weight Gain and Maintenance
- **Portion Control** → Promoting Healthy Weight Loss
- **Grocery Shopping** Tours → Helpful Hints when Shopping
- **Label** Reading
- **Fats and Choles' erol** Education
- **Tips** for 'Eating Out Wisely'
- **Education** in Combining Nutritious, Balanced Meals with 'Allowable' Exercise to Enhance Your 'Quality of Life'
- **Wellness** Programs Specifically Designed to Fit **YOUR** Needs
- **Education** of "Allowed Foods" for those Individuals with Food Sensitivities or Intolerances (i.e., dairy or gluten)
- **Weekly** Visits to Ensure Compliance to **YOUR** New Lifestyle Design
- **Menu and/or Recipe** Assessment and Analysis
- **Ideas** for Recipe 'Substitutions' to Enable You to Eat Some of Your Favorite 'Forbidden' Foods
- **Weekly Assessment/Analysis** of Your Food/Exercise Diary
- **Patient Progress Update** to Benefit Both You and Your Physician

Make the Commitment!