

# **Nutrition Corner**

## **Nutritional Counseling at the Incline Village Recreation Center**

### **Make your health goals a reality!**

Whether it is weight management or a desire to lead a healthier life; let our Registered Dietitian be your partner in health. We understand there are many obstacles that can make it difficult to stay motivated and on track. Utilizing a Personal Nutrition Consultant can keep you on course & make your health goals an attainable reality!

### **What is a Registered Dietitian?**

"Registered Dietitians are the food & nutrition experts who can translate the science of nutrition into practical solutions for healthy living. Registered Dietitians use their nutrition expertise to help individuals make unique, positive lifestyle changes."

***Each session is personalized. Topics may include but are not limited to:***

- Calories and Your Weight
- Portion Perfection
- Small Frequent Meals
- Breakfast Starts the Day Right
- Hydration Highlights
- Exercise & Nutrition: A Winning Combination
- Using Your Spice Rack
- Recipe Substitution Ideas
- Understanding Food Labels
- Pick Healthier Carbohydrates
- Pick Healthier Protein
- Pick Healthier Fats
- Dining Out Your Way
- Eating Smart at Picnics, BBQs & Parties
- Manage High Cholesterol
- Healthy Choices for Type 2 Diabetes
- Osteoporosis

***Have other concerns? Just mention the topic (s) when you make your appointment.***



**For more information or to be referred to  
our Registered Dietitian:  
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