

Eating Right Nutritional Counselling



Eating is one of life's greatest pleasures. It's also an area in life where we can get into trouble if we aren't careful. Working with a nutritional counsellor can help you sort through the conflicting information that's out there and develop a dietary plan that works for you.

Eat right and feel great!

- ▶ Struggling with your weight? Losing weight and keeping it off can mean changing what we eat. Our Registered Dietitians provide up-to-date, evidence-based nutrition information to help maintain a consistent approach to weight loss.
- ▶ Need to eat a more heart-healthy diet? There's no doubt that eating a heart smart diet can stave off heart disease. We work with you to develop a personalized food plan.
- ▶ Want to boost your energy levels? Making simple changes to your diet can increase your energy and help you feel better. We help develop a nutrition plan that can be easily integrated in to your lifestyle.
- ▶ Have special dietary needs? Sometimes we need to develop specialized diets to avoid problems (e.g. lactose intolerance, irritable bowel). Working with a dietitian makes planning the right diet easier.

One call is all it takes to get started.

We make it simple to get started and guide you step-by-step. We'll empower you with information and support to ensure nutritional plans are easily integrated into your lifestyle. When you call our Client Services Centre, here's what you can expect:

- We ask a few specific questions to make sure you receive the customized service that will be most helpful.
- We arrange for a Registered Dietitian to conduct an assessment of your dietary needs, and work to develop personalized food plans, provide nutritional information, and provide 'how to' advice and coaching, all by phone.
- A dietitian will provide one-on-one coaching as needed.

If you ever feel overwhelmed or stressed out by the challenges you face, we can easily arrange counselling (face-to-face, over the phone, or through the internet).

Call now to eat healthier and improve your weight, energy and disease resistance!

1.800.655.5004 *(Translation to other languages available)*

1.888.384.1152 *(International, call collect)*

604.689.1717

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