

# NUTRITION COUNSELING

Proper Nutrition is an essential part of wellness. In order to be truly healthy, one must balance work, family, stress, and health. Our comprehensive approach to wellness will help you become the healthiest you have ever been. Nutrition Department specialties

includes:

- ◆ Weight Loss
- ◆ Sports & Exercise
- ◆ Disease Prevention & Management
- ◆ Digestive Issues

## WHAT TO EXPECT:

Nutrition counseling is not a quick fix, restrictive diet. Our dietitians will work with you one-on-one to develop realistic health and nutrition goals to fit into your busy lifestyle. During your first appointment, you will discuss your medical history, typical eating habits, and exercise habits. If desired, blood pressure, weight, and other measurements will be taken. Together, you will then develop a plan to meet your goals. This may include:

- ◆ Recipes
- ◆ Sample meals & snacks
- ◆ Exercise recommendations
- ◆ Mindful eating tactics
- ◆ Behavior modifications
- ◆ Stress management
- ◆ Medical nutrition therapy techniques

The following insurances are accepted:



Follow-up sessions will be used for continuing education and accountability as well as monitoring and evaluating the intervention. Family and Couples counseling available.

## Nutrition Department:

**Samantha McCarthy** MS,RD/LDN, CPT

Sam received her bachelor's degree in nutrition with a minor in exercise & sport from the University of Connecticut and her master's degree in Nutrition & Health Promotion from Simmons College. Sam has worked in the nutrition and fitness field for over 11 years. She counsels a broad range clients, specializing in weight loss and sports nutrition. Sam has a passion for helping others reach their health and wellness goals whether it is through exercise, diet, or a combination of the two.

For more information or to book an appointment contact the Nutrition Department.

**[nutrition@cedardale-health.net](mailto:nutrition@cedardale-health.net)**