



Bay Area Nutrition

"Optimizing Health Through Nutrition"

Do I Need a Nutrition Check-up?

Why Consulting with a Registered Dietitian (RD) can Benefit You:

You have diabetes, cardiovascular problems or high blood pressure. An RD serves as an integral part of your health-care team by helping you safely change your eating plan to improve your health without compromising taste or nutrition.

You have digestive problems. A registered dietitian will work with you to help fine-tune your diet so you can maximize nutrition without aggravating your condition.

You're pregnant, trying to get pregnant or are breastfeeding. A registered dietitian can help make sure you get the proper nutrients to ensure a good foundation for your baby, your health and good milk supply.

You have food allergies, intolerances or other restrictions. A registered dietitian will work with you to make sure you are getting enough nutrition for growth and health within your dietary constraints.

Your child or teen has issues/concerns with food and eating healthfully. A registered dietitian can help ensure good nutrition for kids with eating problems whether they are picky eaters, have weight or growth concerns, or have disordered eating.

You need to gain or lose weight. A registered dietitian can work with you to develop an eating plan to aid in improving your health and body weight without feeling restricted.

You're caring for an aging parent. A registered dietitian can help with food or drug interaction, proper hydration, special diets for hypertension and changing taste buds as you age.

You want to eat smarter. A registered dietitian can help you sort through misinformation, learn how to read labels, discover that healthy cooking can be quick and tasty, learn how to eat out, and how to eat to energize your body and brain.

You want to improve your performance in sports. A registered dietitian can help you set nutrition goals to improve performance, recovery and energy levels — whether you're running a marathon, skiing or jogging with your dog.

You are thinking of becoming vegetarian. A registered dietitian will help educate you and provide practical options to ensure adequate nutrition and a healthful way of eating.

You have a busy family and want to eat well. A registered dietitian can work with you and your family to develop family friendly meals and snacks without having to be a short order cook or have 'food fights' at the table.

For any questions or to work with a registered dietitian, please contact Bay Area Nutrition, LLC. Bay Area Nutrition, LLC, has offices in Campbell, Gilroy and Sunnyvale, and has been working with individuals and families since 1999.

Phone: 408.370.7731 www.BayAreaNutrition.com