

NUTRITION FOR YOU



Nutrition Therapy & Counseling
of Doylestown Hospital

Confused by the conflicting advice you hear about what healthy eating is? One size does not fit all when it comes to recommendations for healthy eating. Attend this 6-week nutrition series to learn the science-based facts about food and dietary supplementation to promote optimal health and prevent health problems and to manage existing conditions.

Session 1 **Nutrition for Digestive Health**

You are what you eat? Actually you are what you digest. This session will address the relationship between your digestion and overall health. Food and supplement recommendations to maintain healthy digestion will be discussed.

Session 2 **Nutrition for Regulation of Blood Sugar**

Learn how to count carbohydrate to stick with your carbohydrate budget. This session is recommended for all to help decrease risk factors for type 2 diabetes but especially people who have been diagnosed with pre-diabetes or hypoglycemia. Dietary supplementation for blood sugar control will also be discussed.

Session 3 **Your Weight Management Plan**

Whether you need to lose, gain, or maintain your weight, learn what plan would work best for you. Participants will get the best results for weight management if prior to this session the RMR measurement and body composition analysis is completed. Call for an appointment - extra \$70 for this testing.

Session 4 **Food and Mood**

This presentation will discuss how the nutrients in food can improve energy levels, sleep, memory, attitude and weight. Learn how to promote mental, emotional and physical health and develop an eating style that will help you feel your best.

Session 5 **Nutrition for a Healthy Heart**

This session will address an eating style to decrease other cardiac risk factors - LDL cholesterol, triglycerides, blood pressure.

Session 6 **Supermarket Nutrition Tour**

Attend this educational nutrition supermarket tour at Wegmans in Warrington to learn smart shopping tips to help you put your eating plan into practice.

Attend all sessions or choose to register for any number of sessions.

Fee: \$100. (entire series) \$20. (individual session)

Classes will be held at the **Health & Wellness Center, Warrington**

Pre-registration is required. Call Amy Pieczarka, 215-918-5701 to register.