

What to expect from nutrition counseling...

Good nutrition is an essential part of a healthy lifestyle. The first step toward achieving healthy eating is education—knowing how to make the right food choices based on your specific needs and medical conditions. A registered dietitian can provide one on one counseling to individuals with a wide variety of nutritional or health concerns.

A registered dietitian will be able to evaluate your current eating patterns and help you develop an eating plan to suit your needs.



The initial meeting...

The first meeting with a registered dietitian usually takes about an hour. In this meeting, the RD will ask about your eating patterns, medications and dietary supplements, and medical conditions. The RD will work with you to develop an individualized eating plan to help reach your health goals.

In most cases, follow up visits are necessary to implement your individualized eating plan and review your progress.



Rates

1/2 hour \$25.00

1 hour \$50.00

Packages

5 hours \$225.00

10 hours \$400.00

Please check with your health insurance plan for details regarding coverage for nutrition counseling.



Diana Wojnowski RD, CDN
Registered Dietitian

Gananda-Walworth Physical Therapy and
Village Fitness
1218 Mayberry Place
Macedon, NY 14502

Phone: (315) 486-3256

E-mail: diana612570@yahoo.com

Nutrition Therapy can be provided for:

- Cardiovascular Disease
- Diabetes Mellitus
- Obesity
- Hypertension
- Unexpected Weight Loss
- Kidney and Liver Disease
- Hypercholesterolemia
- Eating Disorders
- Osteoporosis
- Sports Performance
- GI Disorders
- Food Allergies and Intolerances
- Cancer and HIV



Appointments can be made by calling or emailing Diana or Village Fitness.

"Those who think they have no time for healthy eating will sooner or later have to find time for illness."
~Edward Stanley



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Nutrition Counseling

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