



## Nutritional Lifestyle Change

### We deliver results!

Specializing in nutritional lifestyle change, Nutritional Perspectives provides personal counseling and corporate consulting services for clients in the Triangle area and beyond.

We work with individuals and families to help transform lifestyle habits and dining patterns to achieve optimal health and well-being.

We work with organizations to assist with their strategic planning and implementation of their healthy living foodservice programs. Benefits to our clients include:

- High energy levels
- Weight management
- Normalized food habits
- Decrease in symptoms
- Increased ability to focus
- Disease prevention

### Personal Counseling

Providing dietary guidance that will lead to positive behavior change, we help to make food a positive part of life! Nutritional Perspectives works with individuals and families to help improve their health and nutritional well-being. Areas of expertise include:

- Medical nutritional therapy
- Weight management and fitness
- Eating disorders
- Food sensitivities and allergies
- Digestive disturbances
- Sports nutrition
- Family nutrition, including child and adolescent growth and development
- Senior nutrition

### Prevention and Wellness

Nutritional Perspectives enables clients to protect their health for a lifetime. We assess disease risk and demonstrate how to apply appropriate nutritional strategies to achieve optimal wellness. Services include:

- Chronic disease risk reduction
- Complementary nutrition therapy
- Functional nutritional support
- Guidance in effective and safe use of supplements and herbs

### Food Education

As lifestyles and dietary needs change, so do the foods we eat. Integrating the latest in nutritional meal planning, Nutritional Perspectives works with individuals and families to teach them how to grow, purchase, and conveniently prepare healthy foods to meet the needs of a fast-paced life. Areas of education include:

- Organic gardening
- Grocery shopping
- Family and individual meal planning
- Food preparation
- Eating on the run
- College eating survival skills
- Nutrition skills for executives, professionals, and travelers

### Foodservice

Focused on transforming dining services into venues of healthy choices for lifestyle change, Nutritional Perspectives offers services that include:

- Foodservice issues and trends evaluation
- Vendor RFP development
- Business growth opportunities and strategies
- Brand-building long range foodservice planning
- Nutritional program development and implementation
- Affordable healthy lifestyle food planning and education



### About Nutritional Perspectives

Nutritional Perspectives helps busy individuals and families learn how to eat wisely to achieve improved function and well-being. Our clients learn about effective weight loss and maintenance, and understand how to reduce disease symptoms and risk. Our consulting services enable organizations to successfully transform dining services into venues of healthy choices for lifestyle change. Nutritional Perspectives uses evidence-based methods and cutting-edge nutrition information to offer solutions that work. More information about Nutritional Perspectives can be found at [www.nutritionalperspectives.com](http://www.nutritionalperspectives.com), or by contacting us: [info@nutritionalperspectives.com](mailto:info@nutritionalperspectives.com).

**We help to make food a positive part of (your) life!**