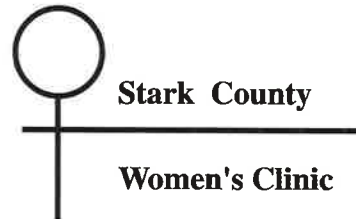


Top Five Reasons to see a licensed Dietitian

1. Improve your Health - Lower your cholesterol, better control of blood sugars and help reduce your blood pressure.
2. You suffer from fatigue.
3. You are pregnant or trying to get pregnant.
4. You are struggling with weight issues and the latest fad diet just isn't working any more.
5. You want to eat smarter to stay fit and improve your family's eating habits.



Stark County

Women's Clinic

Dietetic Department

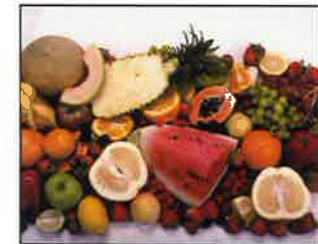
5000 Higbee Avenue
Canton, OH 44718

Phone: 330-493-0313
Toll Free: 800-544-0313



Decide to make a difference!

Stark County Women's Clinic



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Getting Started



Give us a call, we're here to help you

Getting started is as easy as picking up the phone.

Finding the motivation to lose weight can be difficult, especially if you have tried before

and struggled. Our program offers one on one appointments with our registered dietitian.

Our program offers:

- Individualized meal plans
- Ongoing monitoring and accountability
- Identifying and dealing with food/emotional triggers to overeating
- Exercise recommendations
- Meal replacement supplements
- Weight loss prescription medication
- A maintenance program once you have reached your goal
- Body Fat Analysis

WHY LOSE WEIGHT?

There are many reasons people wish to lose weight. Whether it's because you want to look better, feel better, have more energy or take control of health issues. . .we're here to help.

Whatever your reason, successful weight loss and healthy weight management depend on sensible goals and expectations. With these keys to success you are more likely to meet your goals and have a better chance of keeping the weight off.

DID YOU KNOW...

The following health problems may be more likely if you are overweight:

- Osteoarthritis
- Type 2 diabetes
- High blood pressure & heart disease
- Sleep apnea and other respiratory problems
- Certain types of cancer

As we all know one size does NOT fit all, and neither should a healthy diet program. We take the time to work with you and find what fits your needs, schedule and lifestyle.

Remember, a good diet plan is more than just losing weight, it's losing weight through proper nutrition. Help yourself, and those you love, find a happy healthy balance.

Give us a call...

we're here for you!



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What Can a Registered Dietitian Do For You?

Between what you hear on television and read in the news, eating right can seem like a major challenge. It doesn't have to be! Whether you want to slim down, lower your cholesterol, or simply eat better, a registered dietitian (RD) can help you by providing sound, easy-to-follow nutrition advice.

Personally Tailored Advice

When you see a registered dietitian, the last thing you get is a one-size-fits-all diet advice. After learning about your health history, favorite foods, eating and physical activity habits, a dietitian will help you set goals and prioritize. Follow-up visits will focus on maintenance and monitoring your progress.

Help Manage Chronic Diseases

If you have high cholesterol, high blood pressure, diabetes, or cancer it can be hard to know what to eat. An RD can review your lab results with you, help you understand your condition, and provide education about the nutrients that affect it. Then, the dietitian can help you create an eating plan that includes all the important nutrients that can help you manage your condition.

Guidance Navigating Food Allergies, Sensitivities, and Intolerances

Suffering from conditions such as celiac disease, food allergies, or lactose intolerance can cause you to feel overwhelmed by what you think you can't eat. An RD can teach you how to read food labels so you'll know which ingredients to avoid and help you find substitutions to keep your diet balanced and tasty, too.

A Weight Loss Program that Really Works

Fad diets may sound like the easiest way to lose weight but they rarely work for very long. A registered dietitian will partner with you to develop a safe, effective weight loss plan that you can stick with for the long haul. To guide and motivate you, an RD will use creative and out-of-the-box strategies to help with meal planning, grocery shopping, food journaling, and mindful eating.

Women Who are Pregnant or Trying to Become Pregnant

A registered dietitian can help make sure you get nutrients like folate, especially during the first three months of pregnancy, lowering your newborn's risk for neural or spinal cord defects. An RD can also help women optimize chances to become pregnant by helping to ensure specific nutritional needs are met.

Nutrition and Sports

If you want to improve your performance in sports, a registered dietitian can help you set goals to achieve results-whether you are running a marathon, skiing, or jogging.

****Call 330-493-0313 to set up an appointment with ~~one of~~ our on-site dietitians.**

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