

Nutrition Services

WHY IS NUTRITION IMPORTANT?

A healthy lifestyle, including eating right and exercising regularly, is the foundation for continuous good health. Eating right not only can help prevent diseases like diabetes, heart disease, and cancer, but it also gives us the fuel we need to function at our best.

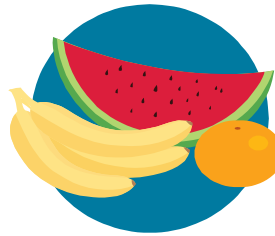
Besides body weight, what we eat can make an impact on things such as athletic performance, school performance, body image and self-esteem, daily energy levels, and overall well-being.

WHY DO I NEED A DIETITIAN?

Consumer nutrition advice and information is abundant in today's society, however sometimes it is hard to separate myth from fact. Registered Dietitians can let you know the truth about nutrition. They also:

- Have a high level of training on nutrition and biochemical metabolic processes
- Will individualize nutrition to fit your needs and lifestyle
- Will act as a coach to help you achieve your nutrition goals
- Are the experts of all medical nutrition therapy (nutrition for diabetes, heart disease, high cholesterol, etc.)
- Can apply nutrition information to real life situations

SERVICES



Nutrition counseling services can be tailored to fit any nutrition issue or situation. Counseling can be for individuals, couples, or families who wish to improve their eating habits or change their diet. Couple and family counseling can be very beneficial to get everyone on the same level and working together to change. Any nutrition-related topic is welcome to be discussed during counseling. Examples of topics that may be addressed include:

- Sports nutrition
- Weight management
- Child and adolescent nutrition
- Eating disorders
- Prenatal nutrition
- High cholesterol
- High blood pressure
- Diabetes/Pre-diabetes
- Healthy shopping on a budget
- Eating on the go
- Eating out
- Supplement use
- The list goes on!



MEET THE DIETITIAN

Arielle Kamps is a nationally registered dietitian with the Commission on Dietetic Registration. She received her Bachelor's degree in Nutrition at The Ohio State University and is currently finishing her Master's degree in Nutrition at Case Western Reserve University.

Arielle recently completed a Dietetic Internship at the Louis Stokes Cleveland VA Medical Center, where she spent time counseling patients on a variety of nutrition and medical issues. Before, she worked for the Ohio Department of Youth Services, providing nutrition information and counseling to youth and helping to oversee implementation of the National School Lunch Program.

Arielle is dedicated to giving her clients the tools they need to succeed at all of their nutrition goals.

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"To eat is a necessity,
but to eat intelligently is an art."
-La Rochefoucauld