



Nutrition

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Nutrition Counseling Services

Working with a dietitian to improve your eating habits and maximize your nutrition positively affects the way you feel, your health, and the way you look – no matter what your major goal is. Here are some of the specific areas C&J Nutrition provides counseling for:

Medical nutrition therapy

Nutrition puts the power of your health into your hands. Healthful food choices, combinations, portions, and timing can all positively affect your health, reducing blood pressure, improving cholesterol numbers, managing blood sugars in diabetes and prediabetes, minimizing symptoms of IBS and Crohn's disease, etc.

Eating for good health

No matter what your nutrition goals are, learning to optimize your nutrient intake through smart food choices is key. Whether your goal involves your weight (lose, gain, or maintain), your health, your performance in sport, your family, or just the way you feel, incorporating healthy eating practices improves your quality of life on every level.

Weight loss/weight maintenance

Losing weight is a step-by-step process that includes making healthy changes in your lifestyle. C&J Nutrition will guide you through this process, by providing meal plans that you can follow as a guide and realistically implement, along with the education, close follow-up, and support that you need to meet your goals. We work from the ground up to build a healthful foundation so that you can lose weight and keep it off.

Pre/Post-natal nutrition

Even if you've never thought about what you eat before, or you were focused only on weight loss in the past, pregnancy changes your relationship with food. You're now eating to nourish your own body as well as your developing baby's and getting enough of the right nutrients is of far-reaching importance. And although we ideally get through pregnancy flawlessly, well-planned nutrition practices are of utmost importance when gestational diabetes or hypertension occur. After delivery, your nutrient needs change again – creating a balancing act between providing your newborn with nourishment while working to reach your weight goal. The third nutrition milestone comes as your baby begins to eat solid foods, a time when both what you eat and what you choose to let your baby eat affects his or her health in the present and future.

Eating for physical endurance

Whether you're training for a marathon, play a professional sport, or work out at a health club after work, you need physical endurance. The different physical demands of sports, athletic events, classes at the gym, etc. create differences in nutritional needs. A well-planned approach to fueling yourself with balanced meals and snacks gives you that physical edge, making training more fruitful and maximizing your performance on race day, game day, during that new kickboxing class, etc.



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Personalized Nutrition Services

Think outside the salad!

There's more to healthy eating than just chomping on salads all day long. Here are some things that C&J Nutrition does with clients to make eating well fantastically easy and...fun!

Grocery store tours: Going grocery shopping with a plan makes eating well all week a lot easier and efficient. Meeting a registered dietitian at the store sheds a whole new light on shopping and food choices – and will change the way you approach grocery shopping forever!

Recipe selection/ modification: Maybe you have a favorite meat loaf recipe that doesn't quite fit into your heart-healthy diet, or you have to bring a side dish to a party and want to make it elegant, delicious, AND healthy? We can help.

Meal planning: A plan is helpful – but a flexible, personalized plan is empowering! Learning how to plan balanced, healthy meals and snacks lets you confidently take on your week – no matter what your schedule may bring – knowing that your energy, mood, and body will be functioning at their best.

Travel planning: While finding healthy choices in the airport or on the road may seem virtually impossible, with a little guidance, traveling and health can live in harmony.

Restaurant chooser: We help clients make healthy choices at meals for work occasions, plan ahead for dinners out with friends, discover the healthiest choices at their favorite restaurants, and make suggestions for finding the healthiest options for any type of cuisine.

Healthy eating plan for work: You spend a lot of time at work each day, why not make your work environment conducive to healthy eating? We'll help you build a workday routine that supports your health and well being, keeps your energy levels stable, and can even boost productivity.

Eating well at college: Choosing healthful foods on and off campus can be a challenge – especially with increased stress/responsibility, late night study sessions, and no parents around to encourage balanced eating.

Family nutrition: Good nutrition is vital for healthy growth in children and teens as well as keeping adults healthy and feeling great. Eating well improves concentration at school and keeps energy levels and productivity high at work. We'll show you how to set up your kitchen, pantry, grocery list, and meal schedule in a way that makes it possible for the entire family to eat well (and be happy about it!) and keeps everyone performing at their best (academics, work), healthy, and feeling great.

Kitchen/pantry makeovers: A well-stocked kitchen and pantry make eating healthy possible and simple, even when your schedule is not so simple. We'll work with you to create a shopping list of basics so that even when the urge for less healthy options strikes, you'll always be able to whip up something that satisfies you and is good for you.

Nutrition parties: Get a group of friends together in a comfortable setting, and we'll bring the healthy snacks and some practical and fun nutrition advice! Every participant walks away with tips they can immediately put into practice, not to mention a newfound network of support!