

# Nutritional Counselling



**Eating is one of life's greatest pleasures. It's also an area in life where we can get into trouble if we aren't careful. Working with a nutritional counsellor can help you sort through the conflicting information that's out there and develop a dietary plan that works for you.**

## **Eat right and feel great!**

- **Struggling with your weight?** Losing weight and keeping it off can mean changing what you eat. Our Registered Dietitians provide up-to-date, evidence-based nutrition information to help maintain a consistent approach to weight loss.

- **Need to eat a more heart-healthy diet?** There's no doubt that eating a heart smart diet can stave off heart disease. We work with you to develop a personalized food plan.
- **Want to boost your energy levels?** Making simple changes to your diet can increase your energy and help you feel better. We help develop a nutrition plan that can be easily integrated into your lifestyle.
- **Have special dietary needs?** Sometimes we need to develop specialized diets to avoid problems (e.g. high cholesterol, Type 2 diabetes, lactose intolerance, irritable bowel). Working with a dietitian makes planning the right diet easier.

Call us to get started (translation to other languages available.)  
1.800.663.1142 | TTY: 1-888-384-1152 | Numéro sans frais - en français :  
1-866-398-9505 International (Call collect) : 604-689-1717

[www.homewoodhealth.com](http://www.homewoodhealth.com)



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### **One call is all it takes to get started.**

Plan Smart empowers you with information and support to ensure nutritional plans are easily integrated into your lifestyle. We make it simple to get started and guide you step-by-step. When you call our Client Services Centre, here's what you can expect:

1. We ask a few questions to make sure you receive the customized service that will be most helpful.
2. We arrange for a Registered Dietitian to conduct an assessment of your dietary needs, and work to develop personalized food plans, provide nutritional information, and provide 'how to' advice and coaching, all by phone.
3. A dietitian will provide one-on-one coaching as needed.

**If you ever feel overwhelmed or stressed out by the challenges you face, we can easily arrange counselling (face-to-face, over the phone, or through the Internet).**



**Plan Smart helps you eat healthy and improve weight, energy, and disease-resistance!**

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