



# GLOBAL NUTRITION SERVICES NUTRITION COACHES



## DO YOU WANT TO...

- Reach your weight goals; develop healthier eating habits; learn about your metabolism?
- Receive a thorough nutrition evaluation from a nutrition expert so you can develop realistic nutrition goals; feel better and have more energy throughout the day?
- Receive the support you need to reach your nutrition goals from a Registered Dietitian?

Global Nutrition Services is a group of registered and licensed dietitians. As a group, we have over 100 years of experience in dietetics. All dietitians with Global Nutrition Services are registered dietitians with the Academy of Nutrition and Dietetics, licensed with the State of New Mexico. We have licensed dietitians that can practice in NM, TX, CO and AZ. All of the dietitians with Global Nutrition Services have obtained a Bachelors Degree in Nutrition. We also have 1 dietitian with a PhD in Nutrition, 7 dietitians who have a Masters Degree in Nutrition, 1 dietitian with a Masters Degree in Public Health Nutrition. We have 1 Certified Diabetes Educator, 3 Certified Nutrition Support Clinicians, 2 dietitians certified as a *Serving It Safe* instructor and a Culinary Chef. Other certifications Global Nutrition Services dietitians hold are Certificate of Training in Weight Management, Certified Breastfeeding Counselor, Board Certified Gerontological Nutrition and ServeSafe Certified.

### Nutrition Coaches can provide...

- Menu Development
- Nutrition Analysis
- Nutrition Facts Label Reading
- Grocery Shopping Tips
- Food Preparation Tips
- Healthy Food Choices When Eating Out
- Individual Nutrition Plans

### FIRST VISIT INCLUDES:

- ✓ An individual consultation with a registered dietitian to discuss your eating and exercise habits, goals for yourself and any health issues
- ✓ Your nutrition coach will help you create a personal eating and exercise plan that you can sustain and enjoy for a lifetime, tailored to your needs

### FOLLOW-UP VISIT INCLUDES:

- ✓ Weekly support sessions to answer questions and increase your nutrition knowledge
- ✓ Encouragement for the barriers you face
- ✓ Revising nutrition plans as needed

We can help you to develop realistic nutrition goals and give you the support needed to achieve these goals. A nutrition coach is just a phone call away. Eating smart helps you maintain a healthy weight and reduces the risk of chronic diseases such as heart disease, high blood pressure, cancer and type 2 diabetes. We offer many different packages depending on your budget. We provide all dietitian services at your home, or our office or any location most convenient for you.

For more information or to schedule an appointment with a registered dietitians in your area contact us at: Phone: 505.332.8070 ext. 0 OR Email: [office@gnsdietitians.com](mailto:office@gnsdietitians.com)