



## Healthy Eating for Life Program Youth & Teen (ages 6 – 19)

This dietary program is designed to address needed changes in family eating patterns for positive outcome, using USDA guidelines following nutritionally balanced diet plans.

Program includes:

- Monthly meetings with Rita in person or via e-mail and/or phone conversation
- Body Mass measurements included.
- "Follows 2009 Alliance for a Healthier Generation Format"
- Program materials included.

3 appointment pkg. \$99

Average program length 3-6 months.

Youth or family sessions by appointment:

(Pediatrician input recommended)

"HELP" Recommendations also made for TNT.

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