



Nutrition Consulting

For Teens & Young Adults

I LOVE helping teens & young adults navigate healthy nutrition.

Diet culture can be overpowering in today's world and with so much nutrition information out there it can be hard to prioritize what is most healthful for you as an individual. Many teens come to me because they want to perform better in school or in a sport, improve focus, or support better energy levels & mental health. I can help identify nutrient deficiencies and help with a good balance of overall nutrition. For some, thinking about food and making food choices alongside weight and body image issues adds a lot of stress to daily life. It can prevent a person from feeling healthy, energetic, worthy, or even valued.

www.strongerwellnessandnutrition.com

Meeting with a dietitian can help if:

- I find myself overly preoccupied with food.
- I worry I might lose control and eat too much.
- It sometimes seems that food controls my life.
- I can be overly restrictive and unkind to myself because I want to lose weight or change my body somehow.
- Sometimes food is associated with one or more of these feelings: stress, guilt, or fear.
- I need to criticize myself to "get my act together" and be healthier.
- I put a lot of pressure on myself and I sometimes feel bad about myself when eat a food I consider a treat food.

A dietitian can help if I am interested in:

- Sports Nutrition
- Good Nutrition for a healthy weight
- Good Nutrition for health
- Good Nutrition for anxiety/ mental health
- Good Nutrition for better focus or energy
- Improve body confidence/body image
- Better life balance (think less about food)
- Better Nutrition for Gut health
- Sleep / Stress improvement
- Curious about labs or supplements
- Good nutrition for healthy skin & hair
- Better Nutrition for hormone health