

How Can Nutrition Services Help You?

- **Controlling Eating Habits**
- **Promoting Exercise**
- **Choosing Healthy Foods**
- **Planning Healthy Meals**
- **Making Healthier Grocery Shopping Choices**
- **Improving Self Esteem**
- **Heart Healthy Meals**
- **Reading Nutrition Labels**
- **Assist With Making Balanced Meals**
- **Making Recipes Healthier**
- **Understanding Nutrition**
- **Choosing Foods that Fit Your Needs**
- **The Food Pyramid**
- **Health Management**
- **Counting Calories**
- **Controlling Your Weight**
- **Educating Your Family**
- **Help Control Diabetes**



Arc of Monroe Clinic Services
See what they can do for you today!
(585) 271-0660