

NUTRITION SESSION

SHARON P. BANTA, MS, RD, CDN



PHILOSOPHY

Our philosophy is SIMPLE, PRACTICAL, BALANCED nutrition; providing consultations, for your health and beauty needs. We fit into your lifestyle so that you don't have to stress. We help you do your best.

Sharon P. Banta, Registered Dietitian believes you must take care of yourself first. The better you feel, the better you are able to take care of yourself and the people around you. When you fuel your body with the right nutrition, you are more productive in all areas of your life: work, home and personal relationships. Feeling your best will help you do and look your best!

**FOR MORE INFO. CALL
347-762-5739
TO BOOK AN
APPOINTMENT VISIT:**

WWW.SPBNUTRITION.COM

SERVICES OFFERED

General Healthy Nutrition

Weight Management (gain or loss)

Heart Disease, high blood pressure, high cholesterol

Pre-diabetes and Diabetes

Meal Planning to fit your lifestyle

Initial Session: 45-60 Min.

Follow Up: 30 Min.

**YOUR
HEALTH IS
YOUR
WEALTH**