

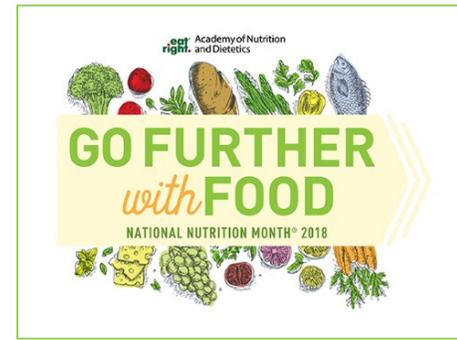


## Oswego County Opportunities, Inc.

### Nutrition Services

March 2018

315-598-4712



**March is National Nutrition Month**, and what better time to figure out a nutrition plan that works for you? Between what you hear on TV and in the news, eating right can seem like a challenge. But it doesn't have to be.

Whether you want to slim down, lower your cholesterol or simply eat better, a registered dietitian can help you weed through all the bad nutrition information out there, and provide good, easy-to-follow advice.

Here are just a few of the things a dietitian can do for you:

**The highest level of nutrition counseling.** Anyone can call themselves a nutritionist, but only a registered dietitian (RD) has completed a Bachelor's or Master's degree in nutrition science, completed a 1,200-hour internship, passed a national exam to obtain the "RD" credential, and then complete 75 hours of continuing education every 5 years!

**Personally tailored advice.** When you see a dietitian, the last thing you'll get is generic diet advice that you could read in a magazine. A dietitian is like an investigator who learns about your current state of health and helps make a specific nutrition plan that is best for you. After learning about your health history, favorite foods, eating and exercise habits, a dietitian will help you set goals that work for you. Any follow-up visits then will focus on monitoring your progress and helping you stay on track.

**Help managing chronic diseases.** If you have high cholesterol, high blood pressure, diabetes or cancer it can be hard to know what to eat. A dietitian can review your lab results with you, help you understand your condition and provide education about the nutrients and foods that affect it. The dietitian can then help you create an eating plan that includes all the important nutrients you need for your condition.

**Help with food allergies, sensitivities and intolerances.** When you suffer from conditions such as celiac disease, food allergies or lactose intolerance, it's easy to be overwhelmed by what you think you can't eat. Sometimes this leads to people eating a boring diet that is stricter than it needs to be. A dietitian can help you understand food labels so you'll know which ingredients to avoid, and help you find substitutions to keep your diet balanced and tasty, too.

**A weight loss program that really works.** Fad diets may sound like the quick ticket to weight loss, but they rarely work for very long. A dietitian will partner with you to develop a safe, effective weight loss plan that you can stick with for the long haul. We then can work on meal planning, grocery shopping, food journaling and mindful eating.

Unlike some think, dietitians are NOT the food police and are not going to judge the way you currently eat!



**Your dietitian for OCO Nutrition Services is Chaya Charles** and she is excited to help you with whatever nutrition questions or concerns you may have! You may contact her at the Mexico office at (315) 592-0766 and she can answer your questions over the telephone. You may also set up an in-person visit with her at your home or at one of the Dining and Activity Centers.