



**Affordable
Nutrition
Help!**

Schedule a
Private Consultation
With a Registered Dietitian!

Only \$15 Per Session!

**A Registered Dietitian
Can Help You:**

- ◆ Make a meal plan
- ◆ Understand portion sizes and nutrition label facts
- ◆ Learn how to make simple recipe swaps to create healthier meals
- ◆ Learn how to eat for your specific health needs
- ◆ Help you manage your Diabetes with diet
- ◆ Learn recipes for balanced meals

And More!

Call

830-606-9500

to schedule your
appointment today!

McKenna New BraunFit
801 W. San Antonio St.

www.newbraunfit.org



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