

Private Practice Nutrition Counseling Services

The Nutrition Clinic of Northern California is a Folsom based nutrition and wellness center with one mission: to help you improve your nutritional health by translating the science of nutrition into practical solutions for weight loss and healthy living.

We offer registered, licensed professionals that provide nutrition screening, assessment, intervention and counseling to individuals and families living throughout Northern California.

Our focus is on the nutritional management and prevention of disease and conditions that are linked to body weight, food choices, eating habits, and physical activity.

As food and nutrition experts, our extensive science based education, training and experience will help you manage weight loss, improve your nutritional health, body image, and quality of life.



Medical Nutrition Therapy

Medical nutrition therapy is a type of treatment for nutrition-related diseases that includes a review of your eating habits, nutritional health, and a personalized nutrition treatment plan. Together with the registered dietitian, nutrition goals will be established to improve your health.

Reasons To Visit Our Clinic

- **Weight Management** – Whether your goal is to lose 10 pounds or more than 100, we provide a professional and comprehensive weight loss option for you.
- **Adolescent and Teen Nutrition** - Learn to eat healthy during your middle school, high school, and college years - ideal times to form healthy habits that will last a life time.
- **Bariatric Surgical Patients** - Pre and post-surgery.
- **Cardiovascular Disease** - Manage cardiovascular disease, cholesterol, triglycerides, and blood pressure.
- **Diabetes** - Prevent and manage diabetes while achieving a healthy body weight and controlling blood glucose level.
- **Eating Disorders** - Help you fight against anorexia, bulimia, bingeing, and purging.
- **General Wellness** - Create a healthy diet plan to prevent disease, optimize energy and wellness.
- **Geriatric Nutrition** – Specialized nutritional care for the elderly.
- **Obesity** - Help you make changes in your lifestyle to lose weight one bite at a time.
- **Pediatric Nutrition** – Specialized nutritional care for children.
- **Pregnancy Nutrition** - Pre and post-natal nutritional support for mothers and infants.
- **Sports Nutrition** - Enhance athletic performance and gain a competitive edge through optimum nutrition.
- **Other Areas of Practice** – Renal diet, food allergies, eating disorders, and cancer nutrition support.



NUTRITION CLINIC
OF NORTHERN CALIFORNIA
Food & Nutrition Experts
www.nutritionworks4all.com