



## **WELCOME TO AM NUTRITION SERVICES**

Our mission is to provide tools and enhance skills to improve your nutritional health. This program is designed to help you understand your nutritional life and its importance to your health and well-being. AM Nutrition Services educates on the facts and definitions of nutritional concepts, assists in developing a realistic and practical application of nutrition practices, and helps you become honest with yourself when it comes to your plan of action. This program will help you set and achieve goals based on your specific health concerns.

## **WHO WE ARE**

AM Nutrition Services is a specialist clinic focused on nutrition counseling and education as medically necessary. In the medical field, Registered Dietitians are considered the experts on nutrition; providing credible nutrition information rather than promoting the latest quick fix. Our team of Registered Dietitians will help translate the science of nutrition into a realistic plan for you. We believe with awareness, education, and planning you will be able to achieve your goals and continue to live a healthy lifestyle.

## **WHO WE HELP**

Our Registered Dietitians treat children and adults with medical conditions including but not limited to:

- Diabetes
- Chronic Kidney Disease
- Weight Management
- Hypertension
- Fatty Liver
- Hyperlipidemia
- Gastrointestinal Disorders
- Celiac Disease
- PCOS
- Bariatric Evaluations (Pre/Post)
- Eating Disorders
- Food Allergies/Sensitivities





*“Providing Tools and Enhancing Skills  
To Improve Your Nutritional Health”*

## **OUR PROGRAM**

We have designed our program based on the need for you to be able to easily understand the nutrition topics discussed and apply them to your lives. Our program is interactive while keeping your specific needs in mind. Not only are common concepts addressed at each session, but time is set aside for your personal challenges and struggles.

While working with your Dietitian, you will:

- Become aware of your current lifestyle, food intake, and health history
- Understand definitions and terminology on topics concerning your diagnosis
- Separate fact from fiction on nutrition information available online and in books
- Achieve realistic health improvements as a result of implementing small changes into your life, consistently

## **YOUR COMMITMENT**

Taking an active role in your health is a challenging concept. Making the decision to take an active role is the most challenging of all. Embrace the fact that you must learn new habits to take better care of yourself. Becoming aware of your own behavior and learning a new life-long skill-set will set you on the right path. Let us provide you with the education and accountability needed to help with your success!

## **CANCELLATION POLICY**

It is a firm belief that the successes enjoyed by the patients of AM Nutrition Services come from the timing of sessions. Canceling, no-showing, or rescheduling appointments not only affects the quality of your program, but it affects the quality of every other patient. We provide services to thousands of patients monthly, and our schedule is very limited. Holes in the schedule prevent everyone from receiving proper and timely health care.

**You will receive a confirmation text 48 hours in advance and a reminder call 24 hours in advance. We respect your time by not double-booking, please respect ours by giving minimum of 48 hours' notice to cancel or reschedule your appointment**

## **FOOD TRACKING via Nourishly**

Registered Dietitians are like investigators, seeking to learn about your current and desired state of health. Many people are unaware of the foods and beverages they consume daily, so food logs provide great data for you and your dietitian.

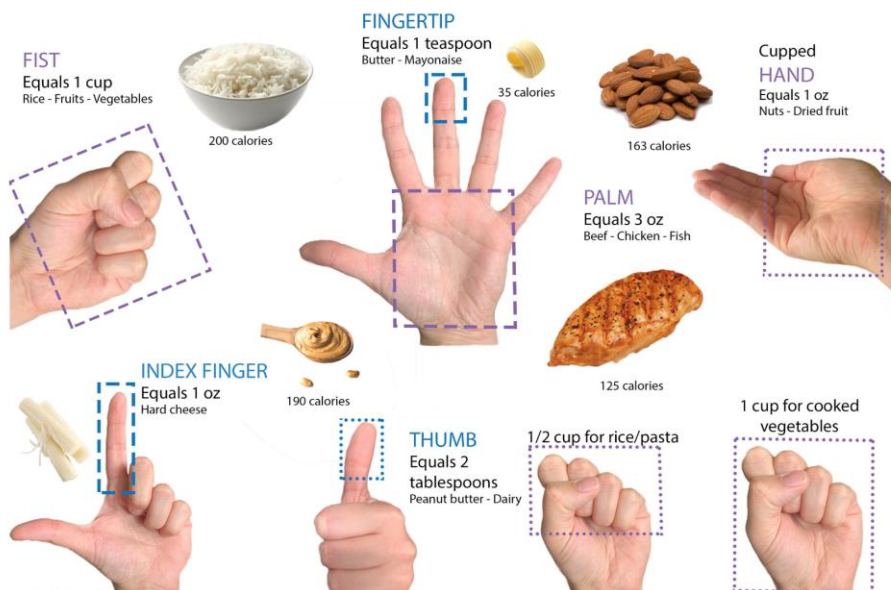
Food tracking via Nourishly can be beneficial for:

- Determining foods or beverages that may be inhibiting your success with you health and nutrition goals
- Understanding how meal timing and food choices affect your body
- Identifying trigger foods to determine the root cause of gastrointestinal issues or food sensitivities
- Monitoring intake and physical activity
- Becoming aware of your bodies hunger and fullness cues as well as any other habits influencing your nutritional health
- Assisting in meal planning, as Nourishly has hundreds of meal ideas/ recipes

You will utilize an app or website version of Nourishly. Your dietitian will connect with you on Nourishly at or after the first appointment.

## **PORTION SIZES**

When getting started with food tracking, a common question is "how do I know how much I'm eating?" Below are some visualizations for estimating serving sizes of common foods. Of course, if you have measuring cups, those work great, too!





## HOW TO READ A NUTRITION FACTS LABEL

### 1. Servings

The number of "servings per container" and the "Serving Size" declaration have increased and are now in larger and/or bolder type. Serving sizes have been updated to reflect what people actually eat and drink today. For example, the serving size for ice cream was previously 1/2 cup and now is 2/3 cup.

There are also new requirements for certain size packages, such as those that are between one and two servings or are larger than a single serving but could be consumed in one or multiple sittings.

### 2. Calories

"Calories" is now larger and bolder.

### 3. Fats

"Calories from Fat" has been removed because research shows the type of fat consumed is more important than the amount.

### 4. Added Sugars

"Added Sugars" in grams and as a percent Daily Value (%DV) is now required on the label. Added sugars includes sugars that are either added during the processing of foods, or are packaged as such (e.g., a bag of table sugar), and also includes sugars from syrups and honey, and

<b>Nutrition Facts</b>		
<b>1</b>	8 servings per container	
	<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>2</b>	<b>Amount per serving</b>	
	<b>Calories</b>	<b>230</b>
		<b>% Daily Value*</b>
<b>3</b>	<b>Total Fat</b> 8g	<b>10%</b>
	Saturated Fat 1g	<b>5%</b>
	Trans Fat 0g	
	<b>Cholesterol</b> 0mg	<b>0%</b>
	<b>Sodium</b> 160mg	<b>7%</b>
	<b>Total Carbohydrate</b> 37g	<b>13%</b>
	Dietary Fiber 4g	<b>14%</b>
	Total Sugars 12g	
<b>4</b>	Includes 10g Added Sugars	<b>20%</b>
	<b>Protein</b> 3g	
<b>5</b>	Vitamin D 2mcg	10%
	Calcium 200mg	15%
	Iron 8mg	45%
	Potassium 235mg	6%
<b>6</b>	* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

sugars from concentrated fruit or vegetable juices. Scientific data shows that it is difficult to meet nutrient needs while staying within calorie limits if you consume more than 10 percent of your total daily calories from added sugar.

### 5. Nutrients

The lists of nutrients that are required or permitted on the label have been updated. Vitamin D and potassium are now required on the label because Americans do not always get the recommended amounts. Vitamins A and C are no longer required since deficiencies of these vitamins are rare today. The actual amount (in milligrams or micrograms) in addition to the %DV must be listed for vitamin D, calcium, iron, and potassium.

The daily values for nutrients have also been updated based on newer scientific evidence. The daily values are reference amounts of nutrients to consume or not to exceed and are used to calculate the %DV.

### 6. Footnote

The footnote at the bottom of the label has changed to better explain the meaning of %DV. The %DV helps you understand the nutrition information in the context of a total daily diet.