



# NutriPledge

Nutrition, Health & Wellness Consulting Services Tailored to You!

## NutriPledge presents “MyPlate to YourPlate” Workshop

**Introduction:** “MyPlate to Your Plate” is an introductory food and nutrition workshop designed for adults 18 years or older. This workshop teaches the relationship among food intake, nutrition, and health. This workshop introduces the nation’s food and nutrition policies and programs to help you make healthy food choices. This would be an inexpensive way of learning from a licensed professional on how eating right can prevent/manage unintentional weight gain, and chronic conditions like diabetes, heart disease, thyroid disease, cancer etc.

### Learning Objectives:

- ✓ Relationship among food intake, nutrition and health.
- ✓ Root causes of developing nutrition related health conditions like obesity, diabetes, heart disease and more.
- ✓ Nutrients that play a significant role in these life-threatening health conditions.
- ✓ Nation’s food and nutrition policies to help prevent/manage chronic health conditions.
- ✓ Get to know “MyPlate”, Dietary guidelines for Americans, and Dietary Reference Intake (DRI).
- ✓ Applying nutrition basics and guidelines from “MyPlate” to “YourPlate”
- ✓ How personalized Medical Nutrition Therapy can help prevent/manage chronic health conditions

### Participants will receive:

- ✓ General healthy and balanced carb consistent 3-day menu with corresponding therapeutic, delicious and easy to prepare recipes. Our recipes are modified to follow Ayurvedic food principles.
- ✓ Other useful handouts, tools and resources to help eat right.
- ✓ 20% off coupon for additional four days general healthy menu plan.
- ✓ 20% off coupon for personalized Medical Nutrition Therapy (MNT).

