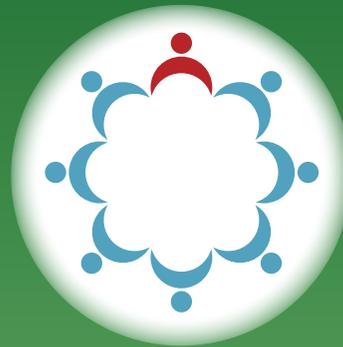


# Food Factor

Encouraging healthy eating habits early in life help children and families achieve a well-balanced and productive lifestyle.

Visit a Portrait Health Centers' location for more information on customized meal plans, food allergies, weight management, and other nutrition based programs.



## Portrait Health Centers

Vernon Hills Location:  
175 E Hawthorn Parkway  
Suite 235  
Vernon Hills, IL 60061

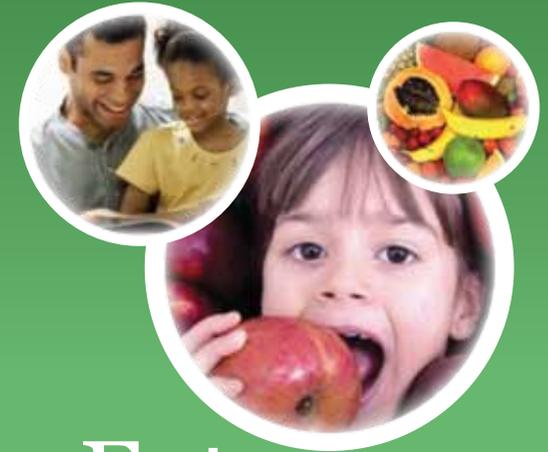
Aurora Location:  
1222 N Eola Road  
Aurora, IL 60502

Elgin Location:  
10 N Spring Street  
Elgin, Illinois 60120

Oswego Location:  
62 S Madison Street  
Oswego, Illinois 60542

For a complete list of locations  
please visit our website

## Nutrition Counseling



# Eat Learn Succeed



Email: [info@portraithealthcenters.com](mailto:info@portraithealthcenters.com)  
[www.PortraitHealthCenters.com](http://www.PortraitHealthCenters.com)  
Phone: (847) 868-3435

 Portrait Health Centers™



# Nutrition Center

Utilizing nutrition as a mechanism to improve quality of life is a challenge for even the most disciplined people. New research regarding nutrition and its health benefits is continually emerging in the science world and is commonly misunderstood in the media, causing confusion and frustration. Learning how to properly utilize food and nutrition through a well-balanced diet can help individuals and families set and achieve their goals. A Portrait Health Registered Dietitian can provide the education, guidance and strategies to navigate through the challenges of healthy eating.



## Services *Offered*

- Nutritional Counseling
- Individual Meal Plans
- Weight Loss Programs
- Pregnancy Nutrition
- Food Allergies and Intolerances such as gluten sensitivity
- Diabetes & Blood Sugar Stability
- GI Disorders
- Bariatric Evaluations
- Sports Nutrition



Our philosophy for nutrition counseling is to teach realistic dietary habits and lifestyle strategies so that clients can successfully manage the tools to which they have access and reach their goals. A well-nourished body experiences the benefits of enhanced functionality through improved energy levels without the spikes of hyperactivity and lulls of inattentiveness, better sleep, reduced risk of disease, increased focus, optimized learning as well as improved physical appearance.

Obtaining essential nutrients through food allows for optimal digestion and absorption. Consuming these foods at the appropriate time of day and in the appropriate mix will improve the body's utilization, maximizing the available benefits. The brain functions more efficiently when properly nourished and learning capabilities are optimized.

To learn more about how to achieve a healthy, well-balanced and productive lifestyle, please contact Portrait Health Centers for an appointment.