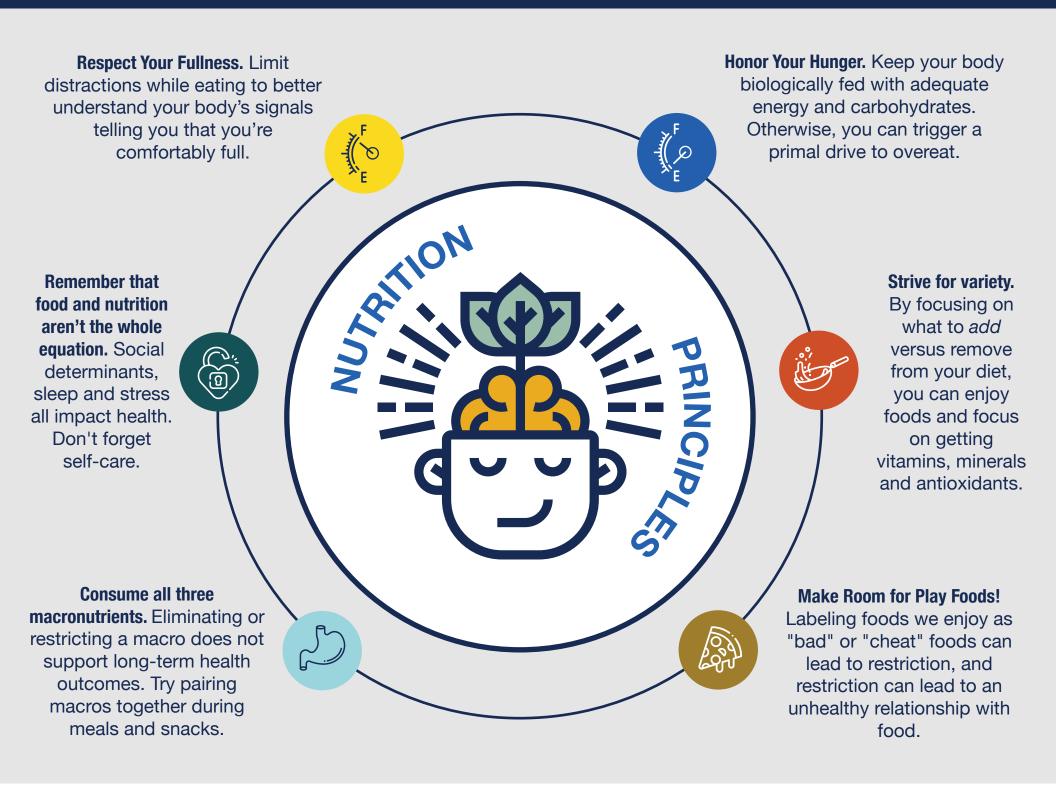


## THE DIETITIAN DISH

Health that works is when feeling, eating and moving honors our diverse biological needs.

These principles are founded on an evidence-based health approach that focuses on listening and responding to the body's physical and psychological needs.



## Are all three macronutrients important? YES!





## Fats give your body energy. They help your body absorb vitamins and minerals and support cell growth. They also keep your blood pressure and cholesterol under control.