



Nutrition Program (Eat Smart)

Virginia Premier is here to help you feel your best. Do you want to eat healthier? Are you ready to lose some weight and increase your energy? Are you just not sure how to change your eating habits? The time to start eating right is now and your health educator is here to help. If you are ready to begin your wellness journey with Virginia Premier, give us a call.

Why participate in the Eat Smart Program?

- You are overweight and have no energy
- You have high blood pressure or your cholesterol is a little high
- You are at risk for getting diabetes or renal disease
- You want to eat more fruits and vegetables
- You want to look and feel better
- You know you need to eat healthier, but are not sure how

What does the program include?

- Assessment of your overall health by your health educator
- Nutrition tips
- Nutrition materials and healthy cooking recipes
- Ongoing support from your health educator
- A better outlook on life

Follow-up calls

Your health educator will check on you to see how you are doing and assess your ever-changing needs.

Learn more about Nutrition:

<http://choosemyplate.gov/>

<http://www.nutrition.gov/>

<http://www.hsph.harvard.edu/nutritionsource/>

<http://www.nlm.nih.gov/medlineplus/nutrition.html>

<http://fnic.nal.usda.gov/>

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