DIETITIAN NUTRITION SERVICES

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Collins Aerospace Rec Center

Collins Aerospace
An RTX Business

Weight Loss

Tracking - using the Free or Gold version of the Cronometer app track your food, beverage, supplements, and exercise. Schedule an appointment with Sandy to review appropriate energy intake, macronutrient balance, and micronutrient intake to optimize your health and meet your goals.

Intuitive Eating – get away from the numbers game and get back to listening to your own internal body cues for hunger and satiety to help you find a healthy balance.

Diabetes

Learn carbohydrate counting and healthy diet strategies to assist with weight loss and lowering blood sugars. Helpful for anyone experiencing insulin resistance, pre-diabetes, or Type 2 diabetes.

Heart Health

Mediterranean Diet - learn about the Mediterranean diet for reducing inflammation in your body, which can improve heart health, bone health, joint health, and mood.

Lower LDL Cholesterol - what foods contribute to bad cholesterol? Learn what foods to limit and foods to increase to assist with lowering bad cholesterol.

Lower Blood Pressure – certain nutrients have the potential to moderate blood pressure and relax the blood vessels. Learn foods and recipes to assist.

Digestion

Gluten/Dairy Free Diet -This diet is for anyone diagnosed with a specific disease that may require the removal of gluten and/or dairy such as thyroid disease, gallbladder disease, acid reflux, celiac and gluten sensitivity.

Irritable Bowel Syndrome (IBS) - If you have fructose or lactose intolerance or irritable bowel syndrome, the Dietitian invites you to try an elimination diet that can zone in on carbohydrate containing foods and amounts that may be causing the issues.