

Welcome to Nutrition Your Way LLC.

Thank you for your interest in nutrition counseling! My philosophy is simple: eat the foods you like, learn to moderate certain foods, and feel empowered to make healthy, informed food decisions, while incorporating physical activity and stress management tools. We will work together to set individual, realistic, and measurable goals, track your progress and change towards a healthier lifestyle. Let's work together!

Here is what to expect:

Initial Session: 60-75 minutes

During our first appointment you will be encouraged to set personal goals. An individualized plan will be created for you using basic nutrition principles and personal preferences.

Please bring the following items to your first appointment:

- 1.) New Client forms: General Information, Nutrition Counseling Intake, Food Log (3days)
- 2.) Insurance card and picture ID
- 3.) Insurance Referral: This is helpful if you are planning to use your insurance to pay for your nutrition visit.

Follow Up Sessions: 30 minutes

Re-evaluation of your eating, physical activity and coping patterns, review of goals and objectives, discussion of advanced nutrition topics.

Keep in mind that making changes in your life will take determination, support, patience, education and time. As your personal dietitian, I am here to help identify your personal needs, address your challenges and support your positive changes.

Thank you for completing the intake forms. Completing these forms prior to your appointment will allow you to be as detailed as possible and will give us more time at your visit to focus on nutrition.

I look forward to meeting with you. Please feel free to contact me by phone, 401-308-5531, or via e-mail, nutritionyourway1@verizon.net, with any questions before or after your nutrition visit.

Sincerely,

Amanda J. Petty, MS, RD, LDN
Nutrition Your Way LLC