

Healthy Living Nutrition Services

Our Nutrition Philosophy

Our philosophy is: good nutrition and health care is a basic human right. We believe that good nutrition is the key to better health and long life. Our dietary and nutrition recommendations are based on scientific evidences and on the creation model of food consumption and healthful living. We emphasize an overall shift away from certain animal products and certain highly refined foods. A greater emphasis is placed on the consumption of plant products and whole grain foods along with frequent activities and movements. By practicing the principles of healthy living, one can help to prevent certain nutrition-related diseases, improve current health conditions, and enhance overall quality of life.

Our Nutrition Mission

The mission of Healthy Living Nutrition Services is to enable clients to reap maximum health benefits by promoting a healthful lifestyle of each individual through nutrition education and nutrition training.

Our Nutrition Purpose

Our purpose is to be the provider as well as the link to better nutrition and health. This is done by providing a wide range of nutrition choices to clients in their homes, communities and in social groups. Our individualized meal and activity plans are flexible enough to provide pleasure as well as good nutrition to all age groups. We encourage a healthy balance of nutritious food intake and activity. We encourage our clients to strive for, and maintain positive health indicators such as blood pressure, BMI, cardiac indicators, and their overall body weight.

GET PROFESSIONAL AND CUSTOMIZED HELP WITH:

Diabetes
High Blood Pressure
(Hypertension)
High Cholesterol
Heart Disease
Weight Management
G.I. Problems
Planning your own Diet
Planning Menus
Child Nutrition
Obesity
Healthy Eating

Eat Better, Feel Better, Look
Better, & Live Longer!

Call Now 407-299-3872

**Healthy Living
Nutrition Services**

START NOW

REFRESH! REFOCUS! AND
REVATILIZE YOUR HEALTH
WITH GOOD NUTRITION

Refresh your Eating Habits

Learn how to plan and prepare quick and healthful meals

Explore the fun in Foods

Eat for taste, enjoyment and health

Find the right mixes of activities
that suit your lifestyle

Balance leisure time with fun physical
activities to help keep your body healthy

Put it all together

**Combine nutrition and fitness for a
refreshing recipe that will help you
achieve a lifetime of health and wellness.**

Eat a variety of Foods

Balance the amount of foods you eat with
physical activities

Maintain a healthy weight

Choose a diet with plenty of whole grains,
vegetables and fruits

Choose a diet low in fat and cholesterol

Choose a diet low in salt and sugar

Drink plenty of water (64 ounces per day)
Abstain from, or limit your use of alcoholic
beverages.

**Good Nutrition is the Key to
Better Health**

**Call now for an appointment
with Dr. Pat Smith**



Dr. Smith is a Registered and Licensed Nutrition Professional who has over twenty years of experience in the areas of food and nutrition. Dr. Smith holds a bachelor's degree in Home Economics Education and a master's degree in Food Science and Nutrition from the University of Wisconsin-Stout. She has earned her Doctoral Degree from Nova Southeastern University. Dr. Smith is currently a professor of Nutrition with Diet therapy at one of the local Colleges in Orlando, Florida.

Dr. Smith has had a myriad of food and nutrition experiences as she has worked in several primary care, long-term care as well as acute hospital settings. She has specialized training in Healthy Eating and Weight Management. She has the required expertise to assist you with any food and nutrition related concerns. She is the recent past-president of the Orlando Chapter of the American Dietetic Association. Dr. Smith is considered by her peers to be a leader in the field of Nutrition and Food Service.

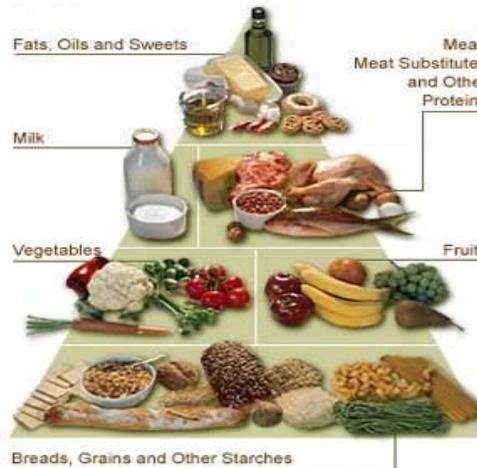
Healthy Living Nutrition Services

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**Eat Better, Feel Better,
Look Better, Live Longer**



**GET THE HELP YOU
DESERVE**

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NUTRITION
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