

---

## Why Choose A Registered &

The Registered & Licensed Dietitian (RD/LD) is **the nutrition expert** because she/he has the most rigorous and concentrated education and training in nutrition of any health care practitioner. The principles of nutrition are those based in human biochemistry & physiology, and food, behavioral and social sciences. The RD/LD has at least a baccalaureate degree in nutrition/dietetics from an accredited US college or university, has completed a supervised 6-12 month dietetic internship program, and has passed a nationwide credentialing exam.

Credentialing protects the public from being harmed by unqualified and incompetent practitioners. **Licensed Dietitians are the only nutritionists licensed and credentialed by the state of Texas.**

The RD/LD follows a professional code of ethics that places a high value on providing services based on scientific principles. Linda provides **Medical Nutrition Therapy** which incorporates nutrition assessment, personalized interventions and monitoring for the prevention of disease. Linda can separate facts from fads and translate the latest scientific findings into easy-to-understand nutrition programs. Linda is your trusted authority for cost effective, personalized, and preventive medical nutrition therapy.

---

## Top 10 Ways You Can Benefit From Medical Nutrition Therapy

1. **IMPROVED NUTRITIONAL HEALTH AND QUALITY OF LIFE**
2. **INCREASED ENERGY**
3. **DECREASED BODY FAT**
4. **DECREASED CHOLESTEROL**
5. **IMPROVED REGULATION OF BLOOD SUGAR**
6. **IMPROVED ATHLETIC PERFORMANCE**
7. **FEWER DIGESTIVE PROBLEMS**
8. **GREATER CONTROL OF EATING BEHAVIORS**
9. **SIMPLIFIED MEAL PLANNING, MEAL PREPARATION AND SHOPPING**
10. **FEWER DOCTOR VISITS AND DECREASED PHARMACEUTICAL COSTS**

---

## How Do I Make An Appointment ?

IT'S AS EASY AS 1 2 3!

1. **CALL LINDA: (210) 735-2402**  
9:30 - 6:00 Monday - Thursday  
9:30 - 4:00 Friday
2. **SCHEDULE** an appointment that fits your availability. Family members are encouraged to attend. Parking is free.
3. **COMMIT** to a new healthy lifestyle based on wise food choices, regular exercise, and positive behavior changes.

**Payment for services may be made by cash or check..**

**Medical Nutrition Therapy is covered by some insurance companies, so check your policy or ask your employer. If you wish to seek insurance reimbursement, a receipt for services can be provided.**

---

---

*Who Needs  
Medical Nutrition  
Therapy?*

If you answer **YES** to any of these questions, you can benefit from Linda Farr's personalized nutrition counseling.

- ◆ Do you have food allergies or digestive problems?
- ◆ Do you have multiple medical problems which require several complicated dietary restrictions?
- ◆ Have you or your teen had unintentional weight gain or weight loss?
- ◆ Are you trying to stay off of diabetes or cholesterol lowering medications?
- ◆ Are you confused by all the nutrition information available and unsure of what to believe?
- ◆ Are you preparing for or recovering from surgery?
- ◆ Is your blood sugar out of control?
- ◆ Could your athletic performance and body composition use improvement?
- ◆ Is your child developing secretive, restrictive or unhealthy eating habits?
- ◆ Are you pregnant or trying?
- ◆ Are you concerned about the nutritional needs of your aging parents?

**Linda Farr, R.D., L.D.**  
**Nutrition Associates of San Antonio**  
**4414 Centerview Drive, Suite 233**  
**San Antonio, TX 78228**  
**www.NutritiousTable.com**  
**Phone: 735-2402 FAX: 735-1176**



*Linda Farr*  
*Registered & Licensed  
Dietitian*

*“The Nutrition Expert  
to Trust”*



*Personalized  
Medical Nutrition  
Therapy  
for Adults and Teens*

**www.NutritiousTable.com**  
**210-735-2402**