
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.

- ◆ Are you trying to stay off of diabetes or cholesterol lowering medications?
- ◆ Have you or your teen had unintentional weight gain or weight loss?
- ◆ Do you have multiple medical problems which require several complicated dietary restrictions?
- ◆ Are you confused by all the nutrition information available and unsure of what to believe?
- ◆ Are you preparing for or recovering from surgery?
- ◆ Do you have food allergies or digestive problems?
- ◆ 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