



**HOME FOR BALANCE**  
PSYCHOTHERAPY GROUP LLC

# Transition to College Nutrition Program

Yaneth Beltran, RD/LDN, CEDS

# Transition to College Nutrition Program

**Our Transition to College Nutrition Program** offers high school graduates an opportunity to learn more about nutrition, meal planning and ideas of meals they can eat at college to help them maintain balance with eating and weight.

# Transition to College Nutrition Program

## ▶ Objectives:

- ▶ Identify nutrition areas of improvement
- ▶ Become more skillful in planning meals, buying groceries and selecting food choices that will help maintain/ improve their nutritional status.
- ▶ Empower students to use the tools provided during the program to facilitate compliance with individual nutrition recommendations.
- ▶ Provide students with individual nutrition recommendations so they can practice them in college

# YANETH BELTRAN, RD/LDN, CEDS

## Eating Disorder and OCD Registered Dietitian

Yaneth takes a holistic approach to wellness by providing nutritional counseling to clients that want to establish a healthy relationship with food.

Yaneth is a compassionate person, who believes in the power of the therapeutic relationship between clients and professionals.

Yaneth guides and supports clients in the process of finding balance within their bodies and lives. I help them to understand their concerns from a nutritional perspective by counseling them and encouraging them to learn better ways to relate to their bodies.



# Session #1: Nutrition Assessment

► Analysis of nutrient intake:

Dietary History

Medical history

Physical findings

Food allergies



## Session #2: Nutrition Education Meal Planning



- Identification of factors affecting nutritional status:

Development of individual strategies to help challenge nutrition misconceptions

organization of eating patterns

Learning how to build up meals based on USDA recommendations

# Session #3: Nutrition Education Serving Sizes

- ▶ Serving size list/exchanges based on nutrient content

Portioning out/ bring your plates activity

Fluids and Hydration

Grocery shopping list



## Session #4: Supermarket Visits



- ▶ Nutrition Fact labels
- ▶ Recognizing the importance of making food selections based on the nutritional properties instead of the number of calories.
- ▶ Touring the supermarket and practicing food label reading/ buying some groceries.



# Session #5: Mindful Eating

- ▶ Principles of Mindfulness
- ▶ Smell, taste, sight, touch, and hear
- ▶ An experiential mindful eating exercise/ Bring your favorite snack



# Session #6: Intuitive Eating

- ▶ Principles of Intuitive eating
- ▶ Understanding hunger and fullness levels
- ▶ Movement, exercise and outdoor activities



# Contact us

Please contact us directly and we will be happy to provide you with more information about our services, hours of operation and fees. We offer a FREE 30 minute phone consultation.

- ▶ 5300 W. Hillsboro Blvd, Suite 210  
Coconut Creek FL 33073
- ▶ Phone Number: 561. 600. 1424 -
- ▶ FAX Number: 561-544-7147
- ▶ [Email: info@homeforbalance.com](mailto:info@homeforbalance.com)
- ▶ [Home | Mysite \(homeforbalance.com\)](http://homeforbalance.com)

