

# Meet Nutritionist & Author Deanna Busteed M.S., R.D., L.D.

“Individualized attention to help you and your family meet  
your nutrition and fitness goals “

## Nutrition Services Offered

- Complete Nutrition Consultation

A 1 hour individualized appointment designed to help you reach your goals while optimizing your health.

*\*\*Specialty areas include weight management, sports performance, pre- and post pregnancy needs, meal planning, optimum health, eating disorders, gastrointestinal disease and more!*

- Metabolic Rate Assessment

Determine how many calories a day you need each day in order to maintain your body weight or to lose weight.

- Body Fat analysis

Accurately measure your progress by having your body fat checked using the extraordinarily accurate Bod Pod.

- Innovative programs including Girl Power !

