

## Fall Activities and Ongoing Programs for Nutrifit

### Become a Breakfast Club Regular

The Breakfast Club is FREE for anyone who struggles to eat a healthy breakfast on a regular basis. The monthly meal group offers a time to work on eating and making balanced choices. You'll meet with Page Love, RD, who will provide coaching to help you ease through food fears with peer support. Meetings are every other Thursday or Saturday of the month from 8:30-9:30 am. September's meeting will be at J Christopher's at 227 Sandy Springs Place on Saturday, September 13th at 8:30 am. October's meeting will be at J Christopher's again on Thursday, October 23rd at 8:30 am. Please R.S.V.P. by calling the Nutrifit office at 770-395-7331.

### Yoga is Now at Nutrifit!

Nutrifit now offers a yoga group at our office building's fitness center. The class is in the exercise studio on the ground floor of building. 1117. The classes are Monday nights at 8:15 pm. The cost per class is \$10. Contact Nutrifit at 770-395-7331 to R.S.V.P. as evenings alternate on a given week.

### Nutrifit Sport Therapy's Free "Fit for Life" Outings

September/October's fitness outing will be "Merricks Walk for EDIN" on Sunday, October 5th at 2:00 pm. This event will be a 2.7 mile walk that begins at the Galloway School and loops around the path of Chastain Park. Come join the Nutrifit team and walk with us! All proceeds benefit EDIN, a non-profit organization committed to preventing and raising awareness about the dangers of disordered eating at all ends of the weight spectrum.

Register Now At : [www.myedin.org](http://www.myedin.org)



### Free ANAD Eating Disorders Support Group

Now meets in room 145 at St. Luke's Church (1978 Mount Vernon Rd, Atlanta, GA 30338) from 10-11 am every Saturday. ANAD is a free support group for women and men struggling with anorexia, bulimia, and compulsive overeating as well as families and friends wishing to be involved in the recovery process. For more information, call Nutrifit at 770-395-7331.

### "Nutrifit In The News"



1. Page Love is quoted in *Sports Illustrated* this month about working with pro tennis players and diet in conjunction with the U.S. Open.
2. Carolyn Ballard is quoted about healthy dining out in *Jezebel Magazine*. View the entire article at: <http://modernluxury.com/jezebel/digital-edition>
3. Nancy Anderson's "Healthy Lunchbox Ideas" article is currently featured in *The Aha newsletter/website*. View the entire article at: <http://www.theahaconnection.com/recipes/healthy-lunch-box-ideas/>
4. Page Love is serving as onsite sport dietitian for the China Open in Wuhan China for the WTA in September and for the ATP University in conjunction with the ATP Masters in London later this fall.



## Back-To-School Lunchbox Tips!

"With the start of school also comes the daily challenge of packing a healthy lunch that your kids will actually eat. Just remember some simple guidelines when putting together a balanced lunch: About half of your child's plate should be comprised of fruits and/or vegetables, one quarter lean protein, and one quarter whole grains, with lowfat or nonfat milk, cheese or yogurt on the side. You can go to the U.S. Department of Agriculture's [ChooseMyPlate.gov](http://ChooseMyPlate.gov) for more information on your child's nutrition needs.

Lunchbox Ideas:

**Peanut Butter and Fruit Roll-Up:** Spread 2 tbsp peanut or almond butter on a whole-wheat tortilla. Sprinkle with chopped banana, apple or strawberries. Add 1-2 tsp. of mini chocolate chips, if desired, then roll and slice in half. Serve with a granola bar, baby carrots and a low fat yogurt.

**Pasta Salad with Tortellini and Pesto:** Cook any type of tortellini according to package directions. Toss with green peas and pesto. Include a piece of fruit, ¼ cup of almonds, and a pudding cup.

**Lunchbox Pizza Quesadillas:** While heating a whole-grain tortilla in a pan over medium heat, top with pizza sauce, turkey pepperoni, and mozzarella cheese (you can also include veggies!) followed by another tortilla. Heat on both sides until cheese is melted and tortillas are lightly browned. Cut into wedges. Serve with edamame and sliced apples.

**Bento Taco Bar:** Along with 1 or 2 soft taco tortillas, include a healthy assortment of taco fillings, like ground turkey, cheese, lettuce and pico de gallo in separate compartments. Add some diced pineapple and milk to complete the meal.



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## NUTRIFIT CONGRATULATES: Nancy Anderson, MPH, RD, CSSD, LD

Nutrifit congratulates our very own Nancy Anderson for passing her sport nutrition certification exam! A Registered and Licensed Dietitian, Nancy Anderson provides individualized nutrition therapy through Nutrifit Sport Therapy, Inc. Nancy specializes in assisting clients with issues relating to weight management and disease prevention and control, and nutrition therapy for disordered eating and sports nutrition.

Nancy Anderson's qualifications and experience includes:

- Earned both a Bachelor's and Master's Degree in Public Health from the University of North Carolina, Chapel Hill.
- 12 years of experience at the Emory Heart Center developing nutrition programs and educational materials aimed at reducing heart disease risk while also managing chronic conditions like hypertension, metabolic syndrome, and high cholesterol.
- More than 20 years experience in working in weight management and lifestyle counseling.
- Offers opportunities for dining out, grocery shopping, and other experiential activities.
- Experienced in working with athletes to offer sport-specific recommendations for optimal nutrition.
- Specializes in nutrition therapy for clients with disordered eating and in body image issues.
- Member of the Academy of Nutrition and Dietetics and Sports, Cardiovascular and Wellness Nutrition practice group (SCAN).
- Nancy's website, "Family Meal Coaching Tips" is coming soon.



## Our Dietitian's Favorite New Product:

Annie Chun's Roasted Seaweed Snacks



Available at: Whole Foods, Sprouts, and Walmart

## Crunch Time! Brain Boosting Foods For The Start Of School:

### Homemade Kale Chips

Makes 4 servings (about 2 cups each)

- 1 large bunch or bag of kale, tough stems removed, leaves torn into pieces (about 16 cups)
- 1 tbsp. olive oil
- ¼ tsp. Kosher or sea salt

1. Position racks in upper third and center of oven; Preheat oven to 400 degrees F.
2. Rinse, then thoroughly dry kale with a paper towel; transfer to a large bowl. Drizzle kale with olive oil and sprinkle with salt. Toss to coat.
3. Spread kale onto baking sheets in a single layer. If using multiple pans, you may want to turn the pans and switch from top to bottom after 4-5 minutes to prevent burning. Bake until leaves are crisp, about 8-12 minutes total.

Can be stored in an airtight container for up to 2 days.

Nutrition:

110 calories; 5 g fat; 0 mg cholesterol; 16 g carbohydrates, 6 g fiber; 210 mg sodium; 642 mg potassium.

Nutrition Bonus: A serving contains 767% of your daily value for Vitamin A, 192% for Vitamin C, and 20% for calcium.

Recipe Courtesy of:  
Nancy Anderson, MPH, RD, CSSD, LD



### FoodTrackerPro: Daily Food Eating Log



Nutrifit Recommends: FoodTrackerPro App:

Track what you eat without the boredom and monotony of counting calories. FoodTrackerPro allow you to eat well without wasting your day counting numbers, allows you to track food group portions.

Try it today!

<https://itunes.apple.com/us/app/foodtrackerpro-daily-food/id365373648?mt=8>



## WALK N' TALK with RD this Fall!

"Walk and Talk" is the ideal option available for you this fall, giving you access to the expertise of a Registered Dietitian, while getting regularly scheduled exercise! "Walk n' Talk with the RD" sessions are similar in content to regular in-office meetings with your Nutrifit dietitian. You will receive the one-on-one attention, expert advice, and answers to your questions about nutrition, fitness, and health. The sessions are 30 to 45 minutes of walking in the fresh air which stimulates your cardiovascular system, increases energy levels and helps weight management. Call today to get motivated!