

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 support group offers a time to work on eating and making balanced choices. You'll meet with Page Love, MS, RDN, LD, who will provide coaching to help you ease through food fears with peer support. Meetings are once per month. May and June meetings will be at Waffle House on Chamblee-Dunwoody Rd on Saturday, May 19th at 9 AM and Thursday, June 21st at 9 AM. Please RSVP by calling the NutriFit office at 770-395-7331.

Yoga is Now at Nutrifit!

NutriFit now offers a gentle 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 Tuesday nights at 8:00 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

NutriFit 's May event will be an enjoyable scenic hike up Stone Mountain on Sunday, May 20th at 3:00 PM. We will meet on the east side of the mountain at the train station behind the confederate museum. We look forward to seeing you then! For more information, please visit: www.atlantatrails.com/hiking-trails/stone-mountain-georgia-hiking. Our June event will be a bike ride at the Silver Comet Trail. We will meet at the Silver Comet Depot Bicycle Shop on Saturday, June 23rd at 4:00 PM. for a bike ride. The bike rental is located at 4342 Floyd Road, in Mableton, GA. The ride will be about an hour long and you have the option of bringing your own bike as well as renting one. For more information and directions to the bike shop, please visit <http://silvercometdepot.com> Please RSVP directly with us at 770-395-7331 if you plan to attend either of these events.

Free ANAD Eating Disorders Support Group

(Assoc. for Anorexia Nervosa and Associated Disorders)
Now meets in the Senior High Room, upstairs in room 207, at St. Luke's Presbyterian Church (1978 Mount Vernon Rd, Atlanta, GA 30338) from 10:00 am-11:00 am every Saturday. ANAD is a free support group for women and men struggling with all types of disordered eating, wishing to be involved in the recovery process. The group is led by professional facilitators and is for anorexia, bulimia, and compulsive and emotional over eating, as well as families and friends with eating disorders, wishing to be involved in the recovery process.

For more information, call Nutrifit at 770-395-7331

Nutrifit In The Tennis News



- Page continues to work with the USTA Sport Science Committee and will help in guidance for the Player Development program
- Page is serving as the sport dietitian for the WTA for their events at Indian Wells and the Miami Open
- Page spoke at the International Science Tennis Medicine Conference at Hilton Head on *Nutrition Plans to Manage Energy Deficiency in Tennis*



New Assessment Technology Now at Nutrifit

Nutrifit has newly acquired the latest in body composition and hydration testing technology: The SECA Body Composition Analyzer. We are offering individual sessions at a new introductory rate of \$55 through Groupon, normally \$100. Add-on price for the SECA measurement to your initial session will be \$40. This is both a body composition assessment and hydration baseline measurement and provides a calculation of your caloric needs and body composition goals.



Our Dietitian's Favorite New Vegetarian Side Dish: Birds Eye Zucchini Pasta



Dietitian Feature: Nancy Anderson, MPH, RD, LDN, CSSD

Re-Introducing “Family Meal Coach”
by Nancy Anderson

Juggling work, family, and other activities can leave little time to sit down to a healthy meal at home. Add in shopping for the right foods and preparing them on a busy weeknight, and you're ready to throw in the towel and hit the drive through! Family Meal Coach is a new way to bring practical solutions to your everyday nutrition problems.



Whether you have a picky eater, a growing athlete, or just want to know how to plan nutritious meals the whole family will enjoy, we can help! Best of all, you don't have to take time out of your busy day to drive to an appointment. We offer convenient phone-based consultations (and video consulting coming soon!) so that you can spend more time doing what matters most to you. Get peace of mind knowing you're feeding your family right!

Tips and Tricks to Add More Vegetables To Your Meals This Spring

Boost Your Breakfast

Add peppers, tomatoes, spinach, mushrooms or onions to your eggs for a delicious omelet
Have a glass of Juice! Try V8 juice, Naked, or tomato juice.
Add spinach, kale, or another vegetable of your choice in a breakfast smoothie.

Make Lunch Colorful

Consume raw vegetables as side
Cherry tomatoes or grape tomato
Baby carrots
Green pepper strips
Celery sticks
Sugar snap peas
Cucumber spears
Pair raw vegetables with a roasted vegetable dip or have salsa with chips
Add vegetables to your sandwich such as spinach and tomatoes



Double The Veggies at Dinner

Two cooked veggies
Cooked veggie + salad
Raw veggie appetizer tray + cooked veggie OR salad
The secret is in the sauce! Create a marinara loaded with vegetables in addition to your tradition tomato sauce base. Use any combination of chopped mushrooms, eggplant, onions, peppers, squash, or carrots. Pour over pasta, or start is as a soup based, then pair with another veggie option listed above!
—by Jessica Griffith, Nutrition Dietetic Student Intern

Nutrifit's Shopping Instagram Account

Check our new Instagram account
nutrifit_pagelove

We are posting pictures daily of new foods we recommend to add to your shopping list. We have weekly themes of categories of foods and pictures of products that we encourage you to try out. This should help you vary your intake and increase the nutrient density in your diet.



Nutrifit Featured Recipe: Ratatouille

Prep: 45 m
Cook: 45 m
Ready In: 1 h 30 m
Preheat the oven to 375 degrees

1. Spread tomato paste into the bottom of a 10x10-inch baking dish. Sprinkle with onion and garlic and stir in 1 tablespoon olive oil and water until thoroughly combined. Season with salt and black pepper.

2. Arrange alternating slices of eggplant, zucchini, yellow squash, red bell pepper, and yellow bell pepper, starting at the outer edge of the dish and working concentrically towards the center. Overlap the slices a little to display the colors. Drizzle the vegetables with 3 tablespoons olive oil and season with salt and black pepper. Sprinkle with thyme leaves. Cover vegetables with a piece of parchment paper cut to fit inside.

3. Bake in the preheated oven until vegetables are roasted and tender, about 45 minutes. Serve with dollops of mascarpone cheese.

Tip: Parchment can be used for easier cleanup/removal from the pan.

Ingredients

1 (6 ounce) can tomato paste
1/2 onion, chopped
White Onion, Large
1/4 cup minced garlic
1 tablespoon olive oil
Bertolli Extra Virgin Olive Oil, 25.5 oz
3/4 cup water
salt and ground black pepper to taste
1 small eggplant, trimmed and very thinly sliced
1 zucchini, trimmed and very thinly sliced
1 yellow squash, trimmed and very thinly sliced
1 red bell pepper, cored and very thinly sliced
1 yellow bell pepper, cored and very thinly sliced
3 tablespoons olive oil, or to taste
Bertolli Extra Virgin Olive Oil, 25.5 oz
1 teaspoon fresh thyme leaves, or to taste
3 tablespoons mascarpone cheese
All recipes.com



Page Love Now Seeing Clients in MidTown/Buckhead

We are excited to announce that Page will be offering her nutrition counseling services in the South Buckhead/Midtown area starting Jan. She plans to be there regularly on Thursday afternoons. If this location is closer for you and you would like to make an appointment with Page at this location please let us know by calling our regular number: 770-395-7331.

These appointments will still be processed thru Nutrifit. We are just expanding our location offerings and joining forces with a psychotherapy practice we are sharing clients with, Midtown Psychotherapy. The location will be as follows:

Midtown Psychotherapy Associates, LLC, 1708 Peachtree Street, Suite 530, Atlanta, Georgia 30309, www.midtownpsychotherapy.org

WALK N' TALK with RD this Spring!

“Walk and Talk” is the ideal option available for you this Spring, 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!

