Look Better, Feel Great

with the UCSD Healthy Eating & Living Program

SPECIAL OFFER

$20 DISCOUNT to UC San Diego Health System Employees

The UCSD Healthy Eating & Living Program is used in research helping people adopt diet and other lifestyle changes that can help prevent and control diseases like cancer.

The program focuses on simple, healthy, inexpensive, and delicious foods that are readily available. Educational materials, recipes, and self-monitoring tools are provided. And the program incorporates internet resources to help monitor and support your lifestyle changes.

Moores UCSD Cancer Center
3855 Health Sciences Drive,
La Jolla, CA 92093-0901

DO YOU NEED . . .

- **to lose weight?**
- **to become more physically active?**
- **to reduce your risk of cancer, heart disease, or diabetes?**
- **help choosing foods and adopting habits to feel your best?**

The UCSD Healthy Eating & Living Program will help you adopt diet and lifestyle practices that will optimize your health and prevent disease.

THE PROGRAM OFFERS

Dietary Analysis

Find out if your current diet is meeting your health and nutrient needs. This service includes a report with detailed analysis of nutrients from your diet and from supplements.

Small Group Counseling

These interactive workshops help participants identify if they are consuming the right foods for optimal health and weight control.

Personalized Health Coaching

Our telephone counseling service will help you achieve your health goals, tailored to your schedule, food, and lifestyle preferences.

Other Educational Programs geared towards the needs of your department. Visit our website for sample presentations.

FOR MORE INFORMATION:

www.healthyeatingucsd.org

858-822-6790 or 858-822-2895