



## UCSD HEALTHY EATING & LIVING PROGRAM

# *Telephone Coaching*

**A personalized coaching program designed to help you adopt a lifestyle that will promote health and fight disease.**

### **Our Healthy Eating Program is:**

- **Convenient**—telephone calls are scheduled to suit your busy lifestyle.
- **Detailed**—in-depth analysis of your food and nutrient intake.
- **Personalized**—guidance from your dietary counselor.
- **Individualized**—counseling tailored to meet your own eating preferences.
- **Practical**—suggestions on how to change your eating behavior.
- **Satisfying**—learn tips for purchasing and preparing tasty meals quickly and easily.
- **Enjoyable**—delicious foods rich in the nutrients your body needs.
- **Proven Effective**—successful with over 3,000 research participants.

### **Our Program Includes:**

- Computerized Dietary Analysis and Consultation
- Personalized One-on-One Counseling
- Educational materials, self-monitoring tools, and recipes

---

**A nutritious diet can help you feel better and control weight!!**

**Contact us to register or for more information:**

**[www.healthyeating.ucsd.edu](http://www.healthyeating.ucsd.edu)**

**858-822-2236**



UNIVERSITY of CALIFORNIA, SAN DIEGO  
MEDICAL CENTER MOORES CANCER CENTER