



UCSD HEALTHY EATING PROGRAM

Personalized Telephone Counseling

Now Available to the Public!

The UCSD **Healthy Eating Program** is a personalized counseling program designed to help people adopt a diet that will promote health and fight disease.

Our Healthy Eating Program is:

- **Convenient**—telephone-counseling 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 2,400 research participants.

Our Program Includes:

- A 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

858-822-2236



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