YOUR PERSONAL NUTRITION PLAN

Your Personal Nutrition Plan
The successful formula for good health, as well as weight management, includes regular exercise and eating habits based on a high carbohydrate, low fat diet. That’s what this plan is all about.

This self-guided brochure is designed to assist you in learning why regular exercise and eating habits are required and more importantly, how to make these habits a permanent part of your lifestyle.

Can you imagine yourself…

• Feeling good about your health and well-being?
• Exercising a minimum of three hours a week?
• Eating frequent meals and snacks throughout the day?
• Eating high carbohydrate, low fat foods?
• Having constant energy?
• Reducing your body fat?
• Reducing your risk of heart disease and cancer?

…if so, this brochure can help you make it all a reality. Read on.

Check our website: www.uhs.berkeley.edu to learn more about this medical concern or others.

For an appointment www.uhs.berkeley.edu or call 510-642-2000  Clinic Nurse 510-643-7197 for advice