

Healthy Weight Loss Program

Presented by Karen K. Fiorenza, RD, LDN
and WCU Nutrition Students

Program Parameters:

Each participant is individually assessed.

- consideration and accommodations provided for current medical issues and medication regimen

Healthy meal exchange plans are provided for each participant based on individual caloric needs to promote a healthy weight loss of 1-2 pounds per week.

Food journals are kept by all participants.

- evaluated weekly
- feedback is provided
- establishes a basis for emotional eating strategy implementation

Group dynamics provide participants with helpful insight and support from peers.

Nutrition education is ongoing. Topics include, but are not limited to:

- All carbs are not created equal
 - Trans fats—What's that?
 - Eating out/Eating on the go
 - Pump up on protein
 - Artificial sweeteners...are they safe?
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Karen K. Fiorenza, RD, LDN
Staff Nutritionist
Student Health Center
610-738-0348
kfiorenza@wcupa.edu