



DEB GUENTERBERG, MS, RDN, CD
REGISTERED DIETITIAN NUTRITIONIST

"Nutrition is a key component in your overall health. I have always been passionate about wellness, and I look forward to the opportunity to help you achieve your goals."



NEwTrition

Healthy living starts with healthy eating.

Lifestyle changes can be difficult to navigate alone, but we want to make them easier with NewTrition - a brand new nutrition program from Prevea & Western. With the help of Prevea registered dietitian nutritionist, Deb Guenterberg and four nutrition appointments curated to your needs, we can help set you on the path to a healthier you!

\$99/person

Call 272-1181 to sign up today!



APPOINTMENT ONE (1 hour)

Talk with our registered dietitian nutritionist about your goals and challenges with eating. Take a detailed nutrition questionnaire and receive your food journal.

APPOINTMENT TWO (30 mins)

Go over your food journal and all the areas of intake and begin to look at the key areas of concern as you move forward with your nutrition plan.

APPOINTMENT THREE (30 mins)

Focus on your main goals and needs (i.e. weight loss, grocery shopping, feeding the family, snacking) and work on a plan to keep up with your goals.

APPOINTMENT FOUR (1 hour)

Take a grocery store tour and find out a registered dietitian's grocery store do's and don'ts.