

HeartCare's Nutrition Program

with Samantha Radin, RD, CD-N

Samantha is our Registered Dietitian Nutritionist specializing in medical nutrition therapy and healthy weight management.



She graduated from the University of Connecticut and uses her expertise to prescribe therapeutic nutrition plans for people who have special dietary needs.

What is Nutrition?

Nutrition is the consumption of foods in relation to what your body needs and involves identifying how certain diseases, conditions or problems may be caused by dietary factors such as poor diet, food allergies or metabolic diseases.

Poor nutrition leads to increased susceptibility of developing the following conditions:

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| Reduced Immunity | High Cholesterol |
| Weakened Physical & Mental Development | High Blood Pressure |
| CHF (Congestive Heart Failure) | GERD / Digestive Disorders |
| Osteoporosis (Low Vitamin D) | Diabetes |
| Overweight / Obesity | Fatigue |

Nutrition Counseling

One of the key roles of a nutritionist is to provide counseling and guidance on good nutrition and healthy eating habits in combination with regular physical activity. Samantha loves sitting down with our patients to develop safe and effective well-balanced eating plans to set you on a path to a new and healthier lifestyle.

She can help you develop a grocery list as well as meal preparation tips that promote commitment to your nutrition goals for a **longer, healthier life.**



WE
ACCEPT
ALL
INSURANCE

Set up an appointment with Samantha today! 203-407-2500

heartcareassoc.com