

## A User's Guide to Nutrition: Vicki Koenig, MS, RD, CDN

Food is Medicine. Food is Love. Food is Family, Celebration, Mourning, Culture, Comfort, Survival. We all share the experience. How can we do it a little better? 'Cause we all can improve.

Ever feel like there's so much information out there, you're not sure who or what to believe about Nutrition? Here's a way to make sense of it all. Get some perspective about what the USDA thinks is right for healthy Americans. Check in about some of the latest research. And then relate it to your busy life and your family's needs. You'll leave feeling reassured you're doing some good things already and have a bunch of new things to try. Get a few new ideas for breakfast, lunch and dinner and get some questions answered.

Bring questions! Perhaps what challenges you and what you may want to share for what works.

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Vicki Koenig, MS, RD, CDN, is a Masters level Registered Dietitian specializing in Nutrition, Health Coaching and Communications. Vicki has maintained a private counseling practice and consulting business for 20+ years. She was recently interviewed in the New Paltz Times. You can read that article here: <http://www.newpaltzx.com/?s=Vicki+Koenig>

With the advent of increased insurance coverage of Nutrition Counseling, including Empire NYSHIP, Vicki is able to help support clients to address many health issues through Nutrition.

Vicki counsels people of all ages on Nutrition for wellness, weight loss, diabetes, digestive issues, blood pressure and heart health. Specializing in successful weight loss and maintenance; she has coached clients to safely lose and maintain from 10 to 130 lbs.! Vicki supports clients to adopt healthy habits to move towards optimal health.

Drawing on her experience and comprehensive knowledge of nutrition throughout the life cycle enables Vicki to have a broad perspective when consulting; allowing her to specialize in Nutrition for Wellness. [www.nutrition-wise.com](http://www.nutrition-wise.com).

