

Diet and Nutrition **Counseling**

Diet and Nutrition Counseling takes place in a kitchen setting. While sitting around the table (at your home or my office), you can work with a variety of foods, food labels, and portion sizes. In doing this, you learn to create a healthy diet specific to your age, activity level, and health needs.



Diet and Nutrition Counseling is available to the following populations:

- Parents of:
 - Infants
 - Children
- Adolescents
- Adults
- Families

Diet and Nutrition Counseling is provided for individuals or groups.

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Diet and Nutrition Counseling is offered for (but not limited to) the following:

- Abnormal weight gain/loss
- Anemia
- Cardiovascular disease
- Cerebral palsy
- Diabetes/hyperglycemia
- Eating disorders/feeding disorders
- Food allergies/intolerances
- Gastrointestinal diseases
 - Gluten sensitivity
 - Celiac disease
 - Inflammatory bowel disease
- Hyperlipidemia
- Infant formula modifications
- Obesity
- Pregnancy and lactation
- Sports nutrition
- Vegetarianism



Presentations/Retreats

Presentations and Retreats on the topic of nutrition and health can be designed and provided for:

- Business
- Faith communities
- Groups
- Healthcare providers/institutions
- Staff development
- Wellness programs

About *Laura Laine*



Laura Laine graduated in 1980 from the University of Texas Health Science Center -Houston with a B.S. in Nutrition and Dietetics. Following graduation, she began her career at Texas Children's Hospital (TCH) where she dedicated over 22 years. In 1986 she received her M.Ed. from the University of Houston in Allied Health Education and Administration, and completed an internship in Corporate Wellness. During her career at TCH, she worked with people of all ages in a variety of areas, including: obesity, eating disorders, diabetes, cardiovascular disease, sports nutrition, food allergies, gastrointestinal diseases, and tube feedings. She served as the Parish Administrator for St. Laurence Catholic Church from 2002—2008 and received her Certificate in Spiritual Direction from the Cenacle Retreat House in 2004. In 2010 she began her private practice as a dietitian. She loves helping children, adults, and families reclaim the bounty of life through the family table and balanced living in body, mind, and spirit. Laura has lived in Sugar Land with her husband Greg, for over 28 years and has two grown children, Melanie and Eric.



Committed...
to the bounty of life

Laura Laine, M.Ed., R.D., L.D.
Nutrition Counseling



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