

# Free consultations with registered dietitian available in Tahoe

Half of consumers say they would like more practical tips to eat right and are interested in a personal nutrition consultation. Thanks to Moderation Nation, a program sponsored by the American Dietetic Association and the Hershey Center for Health and Nutrition, Lake Tahoe residents looking to improve their health can receive two hours of free nutrition counseling with Amber Wilson, registered dietitian and founder of NewLife Nutrition.

Moderation Nation is a consumer awareness campaign designed to help people achieve a sustainable healthier lifestyle through balance and moderation. The program emphasizes the importance of registered dietitians as a critical resource for diet and health and who are specialists in teaching consumers to enjoy all food in moderation as part of a healthy, balanced lifestyle.



Amber  
Wilson

As part of the promotion of Moderation Nation, consumers may download a certificate for a complimentary initial consultation with a registered dietitian to get more consumers to see registered dietitians and benefit from the knowledge and insight they provide.

Wilson will provide two additional complimentary follow-up nutrition consultations for individuals with a Moderation Nation certificate.

Additionally, Wilson will donate \$25 to local health-related charities for each person who follows through with a complimentary consultation.

For more information or to set up a complimentary consultation with Wilson, contact her at [a.wilson@new-life-nutrition.com](mailto:a.wilson@new-life-nutrition.com).