

Frustrated and confused with nutrition information and science? Want practical healthy solutions? See a nutrition counselor!

Meet Madhu Gadia:

Madhu Gadia M.S., R.D., L.D., CDE (Registered and Licensed Dietitian and Certified Diabetes Educator) is an accomplished nutrition and diabetes counselor, a nationally recognized speaker, and author. Madhu will help you decipher nutrition science and information to help you find practical solutions to live a healthy and productive life. Her common sense approach comes from counseling clients and groups for over 25 years. Her experience and expertise includes healthy eating, weight loss, diabetes, cardiovascular disease, and other health/nutrition related topics.

In Ames, Madhu worked at McFarland Clinic and Mary Greeley Medical Center as an outpatient dietitian and diabetes educator for over 18 years. Madhu has also worked as a health editor at Better Homes and Gardens publications such as *Diabetic Living*, *Heart Healthy Living*, and *Diet* magazines.

In addition, Madhu is an expert on Indian cuisine. She has authored two books, *The Indian Vegan Kitchen* (Penguin Group, 2009) and *New Indian Home Cooking* (Penguin Group, 2000). She also teaches Indian cooking classes around the country.

Madhu offers a variety of services to individuals, groups, and corporations. See counseling services and other services offered in this brochure.

Madhu is a public speaker who enjoys sharing her expertise on healthy eating and healthy living with local and national organizations. She has been interviewed on IPR and other radio stations.

Madhu is a firm believer that healthy and tasty foods go hand in hand. For more information visit www.madhugadia.com

Stop dieting and start living!

Madhu can help you by:

- Encouraging and inspiring you to achieve and maintain a healthier lifestyle
- Working with your personal lifestyle and health goals
- Providing individualized realistic approaches
- Simplifying your food and nutrition choices
- Providing motivation and support to make health a priority

Clients say:

Madhu Gadia is, "Dynamic... highly informative... energetic... engaging... motivating and inspiring us to find our own real life solutions..."

Nutrition Consulting, LLC
Madhu Gadia, MS, RD, LD, CDE
Registered and Licensed Dietitian,
Certified Diabetes Educator
www.madhugadia.com
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Nutrition and Diabetes Counseling



Madhu Gadia

Empowering people to incorporate practical solutions to live healthy and productive lives.

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A nutrition consultation can help, if you:

- Are discontent with your current eating patterns
- Eat-on-the-run and survive on hit-or-miss meals
- Struggle with creeping weight gain
- Routinely go “on” and “off” diets; lose and regain weight
- Have diabetes or pre-diabetes
- Want to prevent diabetes
- Have high blood cholesterol, elevated triglycerides, or high blood pressure
- Are obsessed with food and have undesired eating binges that seem out of control
- Exercise regularly and still have trouble losing weight
- Are confused with all the nutrition information and misinformation
- Need help with meal-planning for you or the whole family
- Want to invest in your health and future well-being—as well as your family’s health

Madhu’s Counseling Services

During the initial consult Madhu will gather a complete history of your health and eating habits, assess your special nutritional needs, and discuss appropriate solutions. She will individualize your health plan, one that is right for you and your life-style.

Individualized plan is the key for personal success.

Counseling is available for all ages in:

- General nutrition and wellness
- Weight loss
- Diabetes (Certified Diabetes Educator)
- Prevent diabetes
- Heart disease, high cholesterol, high lipids, high blood pressure
- Eating disorders, anorexia nervosa, bulimia nervosa
- Pregnancy and lactation
- Increasing energy
- Sports nutrition
- Vegetarian meals
- Gluten free diet
- Special diets

Additional Services:

- Computerized nutritional analysis of food records or recipes
- Presentation, lectures, and seminars
- Corporate services and wellness programs
- Write articles for newspapers, magazines, and web sites
- Cooking Classes

MAKE AN APPOINTMENT!

Madhu Gadia offers one-on-one counseling in her office in Ames, Iowa, and phone consultations any where in the country or world.

Self-Referral: Call to schedule an appointment for nutrition information, meal planning, and support.

Physician Referral: You may need a referral if your insurance covers nutrition services (called Medical Nutrition Therapy). A report will be sent to the referring doctor.

Services and Fees

- Initial Consult: 1-hour (\$100)
- Follow-Ups: 30-minutes (\$50)
- Counseling Package: \$170; includes initial 1-hour consult, two 30-minute consults, and one 15-minute consult, a \$225 value. All sessions must be used within 60 days.

All counseling sessions are prepaid (check or cash) or online via PayPal. For more information and payment, please go online to: www.madhugadia.com and click on *Consultant* and then *Nutrition Counseling*.

Insurance Information: Your insurance company or Medicare may reimburse you for nutrition counseling (medical nutrition therapy) for some diagnoses, such as diabetes or heart disease. Please contact your insurance company for appropriate filing procedures and the number of visits allowed. You are responsible for filing your insurance claims.

To schedule an appointment:

Email mg@madhugadia.com, or
Call 515-292-7170