**Owner:** Ayana Acevedo

**Credentials:** Master of Science in Dietetics and Nutrition, Registered Dietitian (RD), Licensed Dietitian Nutritionist (LDN)

**License Number:** ND 11166.

**Goal**

* Helping clients foster positive nutrition practices for a healthier lifestyle

**Services**

* Medical Nutrition Therapy for chronic conditions such as diabetes, hypertension, high cholesterol, and more
* Weight Management
* Healthy Eating and Meal Planning
* Nutrition for Athletic Performance
* Pre and Post Natal Nutrition
* Personalized meal plans uniquely catered to each individual
* Highly collaborative approach to help you meet your goals

**Both in person and virtual consultations are offered**

**Let’s Chat! Free 15-minute introductory consultation to discuss program details and rates**

**Contact information**

Phone 352-217-5693

Email: [Ayana@acevedord.net](mailto:Ayana@acevedord.net)

