

Food For Thought

"Don't dig your grave with your own knife and fork."

~ *English Proverb*

...“Those who think they have no time for healthy eating, will sooner or later have to find time for illness.”

~ *Edward Stanley*

Chemicals, n: Noxious substances from which modern foods are made.

~*Unknown*

"If you do not change what you're doing today, your tomorrow will be no different than yesterday."

~ *Unknown*



Catherine Vandermer M.S., R.D.

Dining Hall
Mondays and Wednesdays
By Appointment
E-mail: cvanderm@shepherd.edu

Did You Know?

SU Has A Registered
Dietitian on Staff?



Private Counseling



No Fee For Counseling

What can the Dietitian do for you? First, we will complete a history and analyze your current diet and state of health.

Then you will

set personal goals that put you on the road to wellness. I will teach you as much as you want to know about health and wellness, while encouraging you to stick with your goals.

Topics include:

- Portion Control
- Achieving Weight Loss
- Balancing Your Diet
- Eating Healthy on Campus
- Coping with Allergies
- Boosting Athletic Performance
- Preventing Heart Disease and Diabetes, and Cancer

Group Classes

Group classes are available for many types of events: R.A. events, staff meetings, sports team meetings, and guest lectures.

Several topics are available, or you can request a unique topic for your event.

- Three Things You Need to Know
- Eating Healthy on Campus
- 10 Ways to Boost Your Energy Level
- Boosting Athletic Performance
- The Truth About Organics
- The Top Ten Super Foods
- Preventing Heart Disease; *America's Number One Killer*



It is never too late to be what you might have been.

George Elliot

Testimonials

"Katie taught me to look at food in a different, more healthy way. Her lessons are a fun way to get healthy; with funny slides, movies and just her being entertaining. I am so happy that I chose to see her. If you want to get healthy I highly recommend going to see Katie."

Jennifer Barnaby Spring 09

"Thank you for creating a presentation for my program in Turner Hall. It was superb! I know that everyone in attendance gained some useful knowledge! Thanks again."

Gregory Khan – R.A.

"Catherine, on behalf of myself and the entire women's lacrosse team, thank you for your wonderful presentation. They loved you and learned so much. Thanks again."

Coach Butler

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