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*You can feel
confident
about your
abilities to
provide
nurturing
meals to your
family*

”



Contact

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VIRTUAL NUTRITION CONSULTATIONS

PAOLA BORELO

Registered Dietitian
Nutritionist





Why see a Dietitian?

Registered Dietitian Nutritionists, or RDNs, are food and nutrition professionals who have gone through extensive years of education and training to receive their credentials.

RDNs provide current best practices and evidence-based recommendations.

My Approach

I don't believe in fad diets. I will work with you to make dietary changes specific to your family needs and promote a positive relationship with food.

I will give you the tools to help your family improve their eating habits and behaviors.

Services

Infant Feeding
Picky Eaters
Child Weight Issues
Mealtime Struggles
Healthy Eating
Meal Planning

Appointments

Initial free 15 minute consultation

Convenient video chat

30 or 60 minutes

Servicio en español disponible

