



# YUMMY BODY NUTRITION

INFORMATION PACKAGE

Corporate Wellness | Nutrition Counseling | Consulting

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# ABOUT

HA NGUYEN, RD, LDN

Ha Nguyen, RD, LDN is a Registered Dietitian/Nutritionist and the founder of Yummy Body Nutrition. She provides one-on-one nutrition counseling in Philadelphia and Haverford, PA. She earned a Bachelor's in Nutrition and Food Sciences from Drexel University and holds a certificate in Adult Weight Management by the Commission on Dietetic Registration. She is also ServSafe certified in food safety by the National Restaurant Association. Outside of her practice, Ha is President-Elect of the Philadelphia Dietetic Association and is a member of the Academy of Nutrition & Dietetics.

As Seen On: Fox 29 Good Day Philadelphia

As Seen In: Self Magazine, Prevention Magazine, Reader's Digest

## Private one-on-one nutrition counseling

Providing nutrition counseling in weight management and medical nutrition therapy for chronic disease including diabetes, hypertension, and hyperlipidemia.

## Corporate wellness

Providing on-site nutrition services including wellness coaching, lunch seminars, presentations, and healthy catering/vending options.

## Consulting

Providing expert opinion and guidance on areas of nutrition including technology, food service, and counseling.

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