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 **Nutrition Coaching...**  
**"because life can  
 get in the way of  
 the best intentions."**



## Nutrition Bytes



### Add an extra bonus to your Turning Points Plan!

Nutrition Bytes helps you balance good nutrition with a hectic lifestyle. Eating well is not about guilt or willpower. It is about making choices on the run . . . choices you can live with. Make these Nutrition Bytes a part of your personal Turning Points Plan.

1. [Sobering facts on Alcohol calories](#)

## Register Now FREE!

**Yes! Register me for Nutrition Bytes by Email.**

Name :

Address :

Phone Numbers :

(work)

(home)

Fax Number :

Email Address :

