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# ENLIGHTENING CHOICES

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## *Nutrition for a Lighter Lifestyle*

Nancy Bennett, MS, RD, CDE

One Page

In a society where obesity and Type 2 diabetes are reaching pandemic levels, Nancy Bennett's message is simple, timely and powerful: "We all can take part in our own health care simply by choosing what we put on our forks at the dinner table in our homes". Nancy believes people appreciate the art of translational medicine, that is, transforming science of nutrition into simple, realistic and practical steps that are easily incorporated into our everyday lives.

Nancy approaches the challenge of healthy eating with compassion. Growing up as the daughter of a candy salesman, Nancy can relate to the struggle of trying to eat healthfully in a junk food-riddled world. She, too, loves to eat and refers to herself as a "chin-in-the-plate" person. This is why Nancy presents nutrition as the science of "what to eat", rather than a long litany of foods that will harm you. "People are constantly bombarded with negative messages about certain foods, yet, those messages haven't helped them make better food choices."

Though she has the credentials to speak on nutrition with authority (she earned her undergraduate degree in nutrition and dietetics from UC Berkeley in 1976, her graduate degree in nutrition and biochemistry from the University of Bridgeport in 1990 and her certification in diabetes education in 2000), Nancy has the ability to speak about nutrition with a down to earth, humanistic manner. She weaves humor into the challenge of choosing a healthy diet in this fast paced, affluent society.

Nancy motivates, as well as educates. She can take common nutrition information and transform it into mental images that inspire audience members to "jump from knowing to doing." These visions enlighten her audiences and change their core perception of healthy behaviors. For example, did you know that walking is a form of "Cheap Liposuction?!?" Or that a daily substitution of one ounce of Laughing Cow Reduced Fat Cheese for cream cheese can help you lose up to eight pounds of body fat in a year?

The attendees of Nancy's presentations leave fortified with the knowledge *and* the will to take charge over their health care through simple changes in their lifestyle and food choices. Her message: "You can do it!" has inspired hundreds to take the leap toward health. Hire Nancy as your next nutrition speaker and see for yourself!

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