

MORE THAN FOOD

Bonnie Y Modugno, MS., RD. - Nutrition Consultant

Order Form Instructional Materials

Master handouts for use with clients who are insulin resistant

\$10 each (plus \$4.95 shipping & handling)

10% discount for orders of 5-9 different masters

15% discount with orders of 10 or more

Please fill out and mail with your check.

Enclose your check and mail to:

Bonnie Y Modugno, MS, RD
530 Wilshire Blvd, Suite 310
Santa Monica, CA 90401

PRICE	QUANTITY	TOTAL COST	NUTRITION
\$10 each	_____	_____	Basic Food Plan for Insulin Resistance -- helps clients picture a balanced diet
\$10 each	_____	_____	Exchange Food Plan for Insulin Resistance -- using food exchanges to address a balanced diet with < 50% carbohydrate
\$10 each	_____	_____	Rating The Carbohydrates -- all the intent of the glycemic index without the confusion
\$10 each	_____	_____	Basic Breakfasts (<50% carbohydrate food plans)
\$10 each	_____	_____	Breakfasts with low glycemic foods
\$10 each	_____	_____	Lunch and Dinner Suggestions (<50% carbohydrate food plans)
\$10 each	_____	_____	Lunch and Dinner meals with low glycemic foods
\$10 each	_____	_____	Vegetarian Meals (<50% carbohydrate food plans)
\$10 each	_____	_____	Low Glycemic Snack Ideas
\$10 each	_____	_____	Snacks to Last (200-300 Calorie snack ideas with <50% carbohydrate)

COUNSELING

\$10 each	_____	_____	How much is enough--identifies levels of food intake related to weight management
\$10 each	_____	_____	Model of change--5 steps involved with the process of change in Medical Nutrition Therapy based on Prochaska's model
\$10 each	_____	_____	Functional Food Systems--identifies the stages of disordered and dysfunctional eating

subtotal _____

less discount _____ name _____

shipping & handling \$4.95 address _____

total _____

city _____ state _____ ZIP _____

phone _____ e-mail _____