



As little as a 10% decrease in body weight can greatly reduce the risk of many chronic diseases.



Robin Pacitti, RD
Registered Dietitian

SERVICES:

- ❖ Weight Management
- ❖ Wellness
- ❖ Healthy Eating for Disease Prevention
- ❖ Individualized Diet Plans
- ❖ Goal Oriented to Meet Specific Needs
- ❖ Strategies for Behavior Modification
- ❖ In-home Consultation Available



Medical Nutrition Therapy

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**Nutrition That Works
For You**

**Solutions That Meet
Your Lifestyle**

**Medical Nutrition
Therapy**



**Specializing in nutrition
education, one-on-one private
consultation and
group wellness education.**

OUTCOMES:

- ❖ Lose weight and inches
- ❖ Healthy BMI (Body Mass Index)
- ❖ Lower cholesterol
- ❖ Improve blood sugar levels
- ❖ Improve blood pressure
- ❖ Boost immune system
- ❖ Improve appearance and energy

Robin Pacitti, RD is the founder of P3 Nutritionals, LLC, nutrition consultation services. She has over 30 years experience in clinical nutrition and patient counseling, with a concentrated focus on weight loss, bariatric nutrition, and nutrition as it pertains to chronic disease prevention. Ms. Pacitti delivers key nutrition messages and motivates clients to make individualized diet adjustments for a healthier more satisfying lifestyle. Her passion is to help people achieve their health and weight goals through eating delicious, nourishing foods.

Ms. Pacitti received her undergraduate degree from The Pennsylvania State University and is a Certified Life Steps facilitator. She is an active member of the American Dietetic Association, New Jersey Dietetic Association, ADA Weight Management Dietetic Practice Group, Bariatric Nutrition Subgroup, and Nutrition Entrepreneurs Dietetic Practice Group.

In network provider for most major insurance companies including Aetna, AmeriHealth, Cigna, Horizon, Independence, Keystone, Oxford, Medicare, QualCare, and UnitedHealthcare.