

Highly Qualified

- Bachelor's Degree in nutrition from Michigan State University
- Emory University Hospital Dietetic Internship
- Certified Diabetes Educator for over 17 years.
- Registered Dietitian in private practice with over 24 years' experience.
- Registered Dietitian at William Beaumont Hospital for over 13 years.
- Lecturer to community groups.
- Seen in various media appearances.
- In-home private consultations available.

Diets Designed for You and Your Lifestyle

- Health and Fitness for Children and Adults
- Low Cholesterol
- Low Sodium
- Permanent Weight Loss
- Pregnancy
- Allergies
- Eating Disorders
- Kidney Disease
- Cancer
- Preventative Nutrition
- Diabetes
- Obesity

SPECIALIZING IN DIETS FOR DIABETES

Improve your blood sugars by eating the correct balance of carbohydrates, proteins, and fats.

Improve your blood sugar by losing weight and eating healthier.

Exercise plans designed just for you.

Eat the foods you love with your own personalized nutrition plan.

Weight Control Programs

- Detailed Nutrition Assessments
- Private Sessions
- Private Weigh-Ins
- Individualized Eating Plans
- Food Selection Tips
- Grocery Store Tours
- Exercise Plans
- Safe and Permanent Weight Loss
- Dining Out Advice
- Low Fat Cooking
- Label Reading



Have More Energy Permanent Weight Loss Lifestyle Changes

Let me help you take control of your nutritional health today!

Learn how to eat healthy and balanced to have more energy.

I will develop an individualized eating plan that matches your lifestyle.

I look forward to helping you be successful while achieving your nutritional goals.

~ *Lisa*

GENERATIONS OB+GYN

Providing Excellence In Women's Healthcare

John R. Sanborn, MD.
Jacalyn A. McCloskey, MD
Mark D. Dykowski, MD
Kathleen D. Huston, MD
Jamie H. Loehrke, MD
Ida A. Lippincott, MD
Paul S. Sobolewski, MD
Lauren E. Perlin, MD

Cheryl L. Thomson, PA-C
Jennifer M. Annetta, WHNP-C
Katherine L. McDonald, PA-C
Nikki S. Vinckier, PA-C
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Personalized Nutrition Counseling



Lisa Wittenberg, RDN, CDE
*Registered Dietitian Nutritionist
Certified Diabetes Educator*

Caring
Personal
Professional
Convenient
Private Appointments

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