

Families, teens,
kids, seniors,
weekend warriors,
athletes, you, me, everyone,
we all want satisfaction
from our food.

Welcome To Intuitive Eating

No side dish
of guilt required.



Harvest Nutrition & Wellness
at Hampshire Hills Athletic Club



Tiffany Calcutt, MBA, RDN, LD
Registered Dietitian &
Certified Intuitive Eating Counselor

Tiffany's goal is to help people enjoy a positive relationship with food and body and guide them in their pursuit of optimum health with sound nutrition. She practices from a weight-neutral, HAES (Health at Every Size) approach, which is informed by the ten principles of intuitive eating.

Growing up in the era of Snackwells and waif cover models, Tiffany appreciates the challenges we face amidst diet culture. We have a lot of learning (and "unlearning") to do. Tiffany brings her life experiences as a former division 1 soccer player and mother of three to her work. She loves what she does and considers it a privilege to work alongside each unique client and family on their journey to whole-body health.

Tiffany founded Harvest Nutrition & Wellness, a nutrition counseling business, in 2016.



at Hampshire Hills Athletic Club

Mend
Your Relationship
With
Food
Body Image
Movement



www.harvestnutritionwellness.com

If

- You can't remember NOT worrying about food.
- You've tried and failed at lots of fad diets.
- You're caught in a weight loss and re-gain cycle.
- Your relationship with food and body is fraught.
- You think exercise is just a way to burn calories.
- You wish you could just eat normally.
- You're done with diet culture diminishing your quality of life.

I understand. Let's connect.

Private Nutrition Counseling To Help Manage & Improve

Food Related Stress
Athletic Performance
Diabetes & Pre-Diabetes
Disordered Eating
Hypertension
High Cholesterol
Gastrointestinal Distress
Food Allergies/Sensitivities
Low Energy
Family Feeding Challenges

Additional Offerings From Harvest Wellness & Nutrition

Group Intuitive Eating Classes
Pantry Refreshes
Grocery Store Excursions
Cooking Classes
Lunch 'N Learn Seminars

**Consults By Appointment
at Hampshire Hills Athletic Club
tiffany@harvestnutritionwellness.com**