



MEDICAL NUTRITION THERAPY

Our expert team of board certified Registered Dietitians help patients achieve improved health and wellness through personalized nutrition. By fueling your body properly, you can achieve your optimal health, manage chronic disease, and/or meet your health goals. *Let's get started together.*

OUR AREAS OF EXPERTISE

Jim White Medical Nutrition Therapy partners with all organizations seeking to provide preventative and medical nutrition therapy to their employees.

Autoimmune Disorders

Hashimoto's Disease, IBD

Cancer Wellness

Cardiovascular Diseases

Hypertension, Congestive Heart Failure,
Elevated Cholesterol and Triglycerides

Diabetes

Type1, Type2, Gestational

Disease Prevention

General Wellness

Food Intolerance

Allergies, Sensitivities

Gastrointestinal Disorders

Celiac Disease, Cirrhosis, Crohn's Disease

Injury Rehabilitation

Renal Disease

Insufficiency, Chronic Failure, Transplantation

Sports Nutrition

Weight Management

Overweight/Underweight, Obesity,
Bariatric Surgery, Eating Disorders

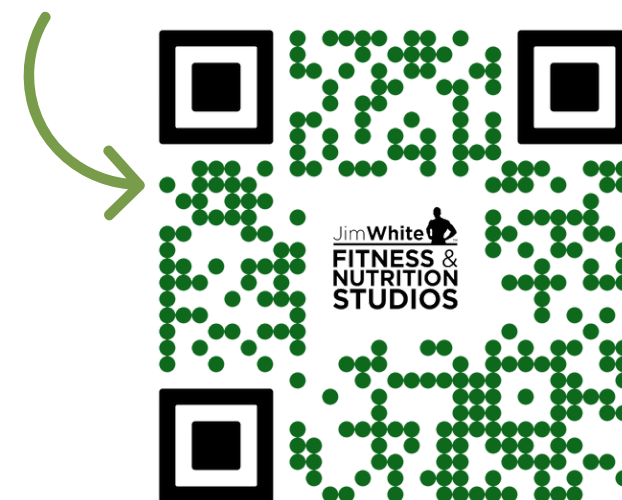
Women's Health

Pre- & Post-Pregnancy, PCOS,
Perimenopause, Menopause

*Covered as preventative care
through approved networks*



Get Started



**NUTRITION
APPOINTMENTS
MAY INCLUDE,
BUT AREN'T
LIMITED TO:**

Body Fat Analysis & Measurements
Custom-Designed Nutrition Plans
Health Screenings
Nutrition Assessment & Counseling
Nutrition Education

**When you're ready, let's
chat about your goals
and how Jim White
Fitness & Nutrition
Studios can help.**

JimWhiteFit.com

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really, truly fit

