

nutrition at urban monkeys

classes

all classes are 90 minutes in duration and are held at urban monkeys. childcare will be available during all classes.

nutrition basics

this class introduces individuals and families to the basics of nutrition and healthy eating. by learning the fundamentals about carbohydrates, proteins, fats, fiber, vitamins and minerals, you will leave with an understanding of how to put together healthy meals, whether you're cooking at home or eating out.

family nutrition I

parents are often confused about what and how to feed their children, and are concerned that their children are "picky eaters". whether you have toddlers or older children, this class will teach you about the critical "division of responsibility" in feeding and how applying that division will help you to foster a healthy feeding relationship with your kids.

family nutrition II:

participants may choose from a variety of lectures based on interest. topics vary each month (check schedule for details). topics include:

- introducing solid food to infants
- my lunch rocks! creating healthy lunch boxes for kids
- food allergies, sensitivities and intolerances in kids

adult nutrition classes

participants may choose from a variety of lectures based on interest. topics vary each month (check schedule for details). topics include:

- letting go of emotional eating
- achieving ideal body weight
- decreasing inflammation through food
- nutritional approaches to reducing cholesterol
- digestive wellness & IBS
- how to choose supplements

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stephanie lecovin is a certified nutritionist and registered dietitian. she earned her master's degree and dietetic certification through bastyr university in kenmore, washington. stephanie works with clients one-on-one at urban monkeys and teaches nutrition classes. one of her primary interests is in helping children and families develop healthy eating habits and create positive feeding relationships. in addition to working at urban monkeys, stephanie teaches nutrition at bellvue community college and works with the lake washington school district on elementary school nutrition.

one-on-one consultations

initial consults are a time for stephanie to assess a client's nutritional health and to set goals with the client. prior to a one-hour initial nutritional counseling session, clients are asked to complete an intake form and three days of a diet diary.

follow-up consults are 50 minutes in duration and may involve any or all of the following:

- menu planning: available for individuals and families
- prenatal and postpartum nutrition recommendations
- guidance on developing healthy eating habits and positive feeding relationships in children
- recommendations for dealing with specific medical conditions (e.g. digestive disorders, food allergies/sensitivities, high cholesterol, obesity) through food and supplements
- discussing obstacles to weight loss/fat loss and devising strategies for overcoming those obstacles
- exploring emotional links to food

urban monkeys
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