



THE CENTER FOR ALLERGY, ASTHMA & IMMUNOLOGY WOULD
LIKE TO ANNOUNCE OUR BRAND NEW SERVICE:

We are thrilled to welcome our new Registered Dietitian!

Kristin Cardillo RDN, CDN

CALL 718-444-8014 or book your appointment at the front desk ASAP— Insurances accepted

GO FURTHER *with* FOOD



7 Reasons To See Our Registered Dietitian!

1. **You have allergies or food intolerances** - Food allergies and sensitivities are common these days. Meeting with our RD can help you find the source of your discomfort. She can clarify your confusion on which foods to avoid and find alternative food sources for you to meet your nutritional needs.
2. **You have digestive issues** - Our RD can help you pinpoint specific foods or specific kinds of foods that makes these issues worse. She can recommend products to avoid and provide healthy alternatives. Our RD **specializes in food allergies**, Celiac disease, Crohn's disease, IBS, IBD, gastrointestinal cancers, reflux, intolerances and more.
3. **You have abnormal lab values** - If you received abnormal lab results, whether it's high cholesterol, triglycerides, glucose, etc., our dietitian can help you improve your results.
4. **You want to lose or gain weight** - "Calories in vs Calories Out" is not always the best approach to losing weight for everyone. Come consult with her and see what other evidenced based practices are supporting weight loss or prevention of weight gain.
5. **You're pregnant** - Unsure of what is a healthy weight gain for pregnancy? Our dietitian can help you make sure that you are getting the right amount of key nutrients for your growing baby such as extra calcium, protein, iron, omega 3 fatty acids and more.
6. **You want to improve your athletic performance** - Looking to improve your athletic performance or strength? Come learn how to fuel up and recover with proper nutrition. **Having been a dancer for over 10 years and coaching an elite gymnastics team for over 4 years, our RD has a true understanding of nutritional success in athletes.** Seeing her can help you develop a plan to improve your athletic performance.
7. **You want advice on healthy eating** - You don't have to have a specific goal to see a dietitian. You may just want advice on how to eat healthier. Our RD can look over your diet patterns and provide you with her "Healthy Meal Swaps" and direct you how to clean up your kitchen with a healthful mindful approach.



The Center for Allergy, Asthma & Immunology
DR. GADI AVSHALOMOV, M.D.