

About Carolyn

Carolyn is a Registered Dietitian, Certified Dietitian Nutritionist, and Certified Lactation Counselor.

Carolyn graduated from Syracuse University with a Bachelor's degree in Nutrition and Dietetics. She completed her dietetic internship and Master's degree in Nutrition and Dietetics at SUNY Oneonta.

Carolyn serves in Onondaga, Cortland, and Madison Counties. She is also an Adjunct Professor at Morrisville State College.



The Synergy Center
4500 Pewter Lane
Bldg 8&9, Lower Level
Manlius, NY 13104

Call your local primary care
provider to schedule an
appointment.



*Healthy is not defined by
how you look in a mirror. It
is how you feel inside and
out, no matter what your
body shape and size.*

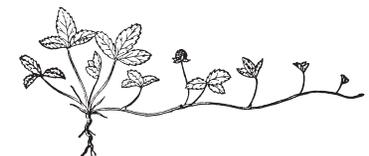


Carolyn Allen
MS, RD, CDN, CLC

YOUR
Local Registered Dietitian

Working with local communities
and families to promote
health, wellness, and nutrition.

Home Grown Nutrition
for
Sustainable Health



Since starting in 2016, *Home Grown Nutrition for Sustainable Health* supports my belief that a lifestyle approach is the best way to help you achieve optimal health from the inside out.

Carolyn will give you the highest quality of nutrition care to improve your health and manage your disease while maintaining balance.

She provides a *local* comforting atmosphere; *fresh* advice and guidance; and *delicious* ideas to give you results you will feel as well as see.

Nutrition Counseling & Education

Carolyn focuses on Health At Every Size (HAES) and intuitive and mindful eating practices. She motivates, provides accountability, and encourages you to make small, achievable goals that will add up to big lifestyle changes and strong-rooted nutrition habits, no matter what nutrition stage you are in.

You are the leader on your nutrition path!

She honors and supports family values, culture, comfort, and traditions, your nutritional foundation, to build from and provide the support you need to become the healthiest you.

Carolyn helps balance your food choices with your nutrition goals to continue enjoyment, peace, and trust, so you decide what is best for you.



Outcomes from Working with Carolyn

- Increased self-confidence
- Improved body image
- Optimal food choices
- Better quality of sleep
- Reduced overall stress
- Increased energy
- Accurate nutrition education
- Incorporate sustainable nutrition practices
- Diet fads and myths busted
- Reacquainted with hunger/fullness cues
- Intuitively choose foods based on body responses
- Mindfully eat without regret
- Control of food-related chronic diseases
- Stabilize blood sugars and hormones
- Decreased fear of foods
- Enjoy foods without the food police
- Improve A1c, cholesterol, and other nutrition-related lab values
- Reduced fat mass