

# Nutrition Solutions



Our solution is customized to your lifestyle, nutrition and activity goals.

Viverant's integrated Nutrition Solutions focus on weight loss, performance nutrition, food allergies and more, offering a holistic approach to providing patients life-long health and well-being that complements TCO's innovative Physical Therapy Services.

## Receive expert nutritional guidance on the following:

- Food allergies, intolerances and GI distress
- Women's health (infertility, menopause)
- Medical nutrition therapy and disease-specific nutrition
- Injury prevention and sports performance
- Vitamin and mineral deficiencies
- Disordered eating and eating disorders



**Rasa Troup**  
MS, RD, CSSD, LD

Registered Licensed Dietitian



**Jenna Stangland**  
MS, RD, LD

Registered Licensed Dietitian

“ Whether you have questions about your energy, bone health, mental stamina, sports performance, weight loss or weight management, we have solutions! ”

**Viverant Nutrition Solutions are offered at TCO Burnsville**

1000 West 140th St, Suite 201, Burnsville, MN 55337  
(952) 808-3052

**OWN YOUR BODY.**  
**LIVE YOUR LIFE.**