

Arleen Temer-Wittcoff, RDN, CDE

Registered Dietitian



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Profile

Arleen is a trusted and compassionate nutrition counselor who believes that optimal health results from a balanced metabolism. This occurs with a diet that consists of whole, nutritionally dense foods that fit individual lifestyle. She is an experienced clinical registered dietitian, certified diabetes educator and clinical researcher. Translating nutrition science into usable lifestyle habits creates the framework for her nutrition philosophy. She received her nutrition training at the University of Illinois. Each one of us comes to the table as a unique individual. Nutrition counseling must be personal and individualized for it to be effective.

“Don’t count calories.... It’s what you eat that counts”