

## About GBG Nutrition

At GBG Nutrition, we believe that health is not a destination, it's a lifestyle. Our foundation is built on three guiding pillars: Growth, Balance, and Guidance. These principles shape everything we do, blending clinical expertise with a holistic approach to sustainable wellness.

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### **Growth**

We see every client as a work in progress, not a problem to fix, but a journey to evolve. Whether your goal is improved energy, metabolic health, or mindful eating, we help you develop skills and habits that create sustainable progress.

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### **Balance**

We don't believe in extremes. Food is nourishment, joy, and connection. Our approach focuses on balance between health and enjoyment, body and mind, structure and flexibility so you can achieve wellness without losing the pleasure of eating.

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### **Guidance**

Personalized coaching, evidence-based education, and empathetic support are at the core of what we do. We guide you with clarity and accountability, helping you make confident decisions about your nutrition, movement, and lifestyle.

We don't believe in rigid diets or quick fixes. Instead, we focus on helping you nourish your body and mind through evidence-based nutrition, mindful habits, and personalized care. Our goal is to empower you to live with energy, confidence, and balance for life.

## Meet Your Nutritionist

**Isabel Quijano, MS, RD, LD/N**

**Registered Dietitian | Maternal & Child Health Specialist | Preventive Nutrition Advocate**

I am a licensed and registered dietitian with a deep passion for helping people improve their health through the power of food. When you work with me, you'll find a supportive, caring environment where we take a realistic, personalized approach to your nutrition and lifestyle goals.

For more than 16 years, I've had the honor of serving families through the Women, Infants, and Children (WIC) program, guiding clients across all life stages from preconception and pregnancy to family wellness and preventive care. My specialties include maternal and child health, general wellness, and lifestyle-based preventive nutrition.

I earned my Bachelor's in Dietetics from the Central University of Venezuela and a Master of Science in Applied Nutrition from Northeastern University. I've been licensed in the state of Florida since 2009 and proudly maintain my credentials as a Registered Dietitian through the Commission on Dietetic Registration. My background also includes service in the U.S. Army as a Food Care Specialist, where I developed a deep appreciation for discipline, resilience, and the vital role of nutrition in all environments.

Outside of work, I love experimenting in the kitchen, exploring global flavors, and creating wholesome, delicious recipes. I'm committed to lifelong learning and continuously staying informed about the latest nutrition science to offer the most up-to-date, evidence-based guidance.

"Let food be thy medicine and medicine be thy food." — *Hippocrates*

## Our Approach

At GBG Nutrition, our approach combines clinical knowledge, holistic care, and personalized guidance to help you achieve lasting health and balance.

## Experience You Can Trust

With years of hands-on experience across community and clinical settings, Isabel brings an informed and empathetic perspective to every client relationship. Her work emphasizes prevention, empowerment, and practical nutrition education for sustainable results.

## **Holistic, Lifestyle-Based Philosophy**

We view nutrition as more than food — it's part of a bigger picture that includes your habits, emotions, environment, and goals. Our focus is on building a healthy relationship with food that supports body, mind, and spirit, promoting both well-being and joy.

## **Personalized, Preventive Care**

Every person's journey is unique. We tailor nutrition strategies to your individual lifestyle, ensuring they are realistic, enjoyable, and maintainable. Prevention is at the core of our practice, because small, consistent steps today create lifelong health tomorrow.

## **Empowerment Through Guidance**

Education and support are at the heart of everything we do. We provide tools, accountability, and encouragement to help you take ownership of your nutrition, fostering confidence, resilience, and self-compassion along the way.

## **Our Mission**

To inspire sustainable wellness through science, empathy, and lifestyle balance — empowering every client to thrive from the inside out.