

# WHO SHRUNK MY JEANS?



**DARIA VENTURA**  
FOUNDER  
DARIA VENTURA NUTRITION  
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Daria Ventura, MS, RDN, CDN has always had a passion for health, nutrition, science, and empowering others to embrace a life of wellness and longevity. These passions inspired her to launch Daria Ventura Nutrition, a private nutrition counseling and consulting practice, in 2010. Daria earned a Master's of Science Degree in Clinical Nutrition from New York University in 2007, where she was a member of the Kappa Omicron Nu Honor Society.



## **Cronometer**

Develop healthy habits with this all-in-one nutrition, exercise, and health tracker app.

## **EWG's Healthy Living**

This app provides ratings for more than 120,000 food and personal care products.

## **HabitShare**

A social habit tracker app that allows you to track habits with friends or family for extra accountability.

## **Insight Timer**

The #1 free app for sleep, anxiety, and stress.



## **Living a Nutritious Life**

**With Keri Glassman**

Renowned dietitian, Keri Glassman, breaks down the latest nutrition science into smart, actionable tips to help you live your most nutritious life. Keri and her world-renowned guests cut through the noise, sharing unparalleled, forward-thinking tips, tricks, and the latest in health, wellness, and nutrition science.

## **Various Podcasts**

**Curated by Dr. Lisa Masconi**

A neuroscientist, educator, and author known for her books *The XX Brain* and *Brain Food*, Dr. Masconi has curated a collection of podcasts to support women's mind and body.



## **Atomic Habits**

**By James Clear**

This breakthrough book is the most comprehensive guide on how to change your habits and get 1% better every day.

## **The Galveston Diet**

**By Mary Claire Haver**

The Galveston Diet is a patient tested nutrition and lifestyle program to balance nutrition and sustain weight loss – including more than 40 delicious recipes and 6 weeks of meal plans – tailored to women in midlife.

## **The Brain Health Kitchen**

**By Annie Fenn**

Annie Fenn identifies the top ten brain-smart ingredients and shows that eating to maintain brain health is easy, accessible, delicious, and necessary for everyone. The foods we choose to eat – or not – sit at the core of the Alzheimer's epidemic.



## **The Five Minute Journal**

Even on the busiest days, spend only five minutes practicing gratitude to boost positivity, reduce anxiety, and improve well-being. It's the simplest, science-backed way to a happier you.



## **Brain Health Kitchen**

## **Nutritious Life**