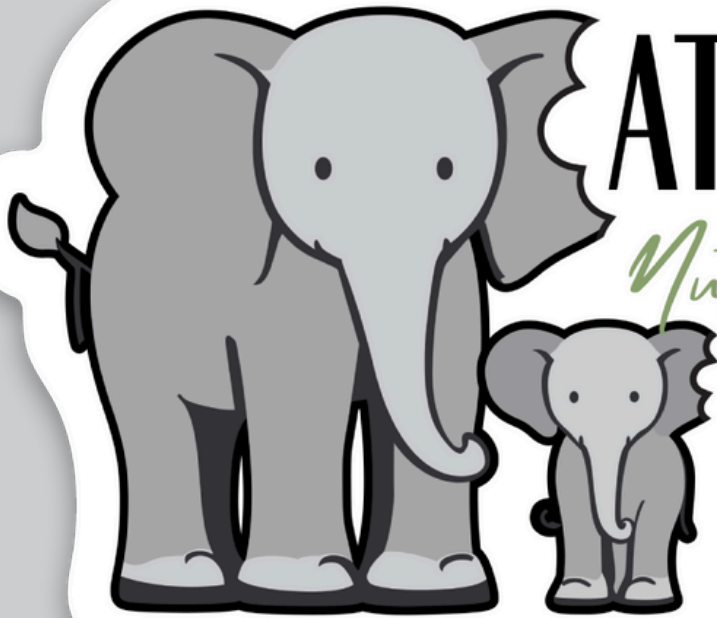


ONE BITE

AT A TIME

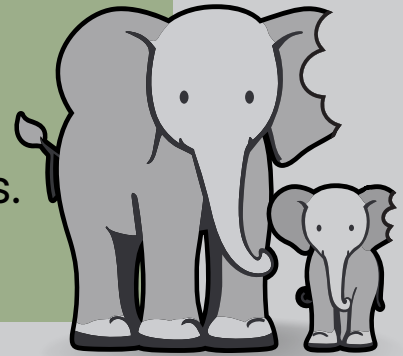
Nutrition Counseling



PRESS KIT

Company Overview

One Bite at a Time Nutrition Counseling is a leading private practice of Registered Dietitians specializing in creating diet free homes, offering personalized, evidence-based guidance to individuals and families.



Founded by Jarrod Boyle, our practice is dedicated to empowering clients to achieve sustainable lifestyle changes that last.

We take a holistic approach to nutrition, addressing each client's unique needs with customized plans that prioritize both short-term results and long-term well-being. Whether it's navigating the challenges of yo-yo dieting, fad diets, creating New Year's resolutions that last, or managing chronic health conditions, our team of expert dietitians provides practical solutions that work for real life.

With a proven track record of helping clients transform their health and wellness, the team at One Bite at a Time is committed to creating a supportive environment where clients can confidently pursue their goals. Our flexible service model includes in-person consultations at offices in Austintown & Boardman, Ohio, and Bessemer & New Castle, Pennsylvania as well as virtual counseling options, making expert nutrition advice accessible to everyone.

CREATING DIET FREE HOMES

One Bite at a Time

Meet Our Team



JARROD BOYLE

RD, LDN

OWNER &
REGISTERED DIETITIAN

JUSTINE KRAMER

RD, LDN

LEAD DIETITIAN



BELLA GAJDOS

RD, LDN, MPH

REGISTERED DIETITIAN

KAY POLITO

RD, LDN

REGISTERED DIETITIAN



REBECCA PHELPS

OFFICE MANAGER

How We Create Diet Free Homes

A PERSONALIZED, DIET-FREE APPROACH

At One Bite at a Time, one-size-fits-all solutions or restrictive diets don't exist. Instead, we create personalized, realistic plans tailored to each client's unique needs, lifestyle, and preferences. Our approach prioritizes small, achievable steps, empowering clients to build confidence within themselves and create lasting habits without feeling overwhelmed or deprived.



ACCESSIBLE, AFFORDABLE CARE

We understand and want investing in your health to be as stress-free as possible. That's why we accept most major insurance plans, making expert nutrition counseling accessible and affordable for everyone.



Sample Story Angles

“NEW YEAR, REALISTIC YOU:

HOW SMALL NUTRITION GOALS LEAD TO BIG CHANGES”

The start of a new year often comes with lofty health resolutions, but they can feel overwhelming and unsustainable. This segment focuses on how setting small, achievable nutrition goals—like adding one vegetable to your meals or practicing mindful eating—can lead to lasting lifestyle changes.

Our practice’s unique, diet-free approach and actionable tips can help viewers implement positive changes right away.

“STRESS, FOOD, AND THE HOLIDAYS:

HOW YOUR DIET AFFECTS YOUR MOOD”

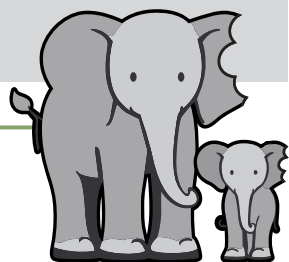
As the holiday season brings joy, it also increases stress for many people. Our dietitians can dive into the surprising connection between diet and mental health, offering tips on foods that boost mood and reduce anxiety.

This piece tackles common misconceptions about nutrition, such as “carbs are bad” or “you need to detox after the holidays.”

We can share evidence-based insights to educate viewers and introduce trusted experts who help clients cut through the noise to focus on what truly works for their health.

“DEBUNKING THE TOP 5 NUTRITION MYTHS:

WHAT YOU’RE GETTING WRONG ABOUT EATING HEALTHY”



Testimonials

Here are 3 testimonials from our google page that we feel encompass our mission within the company.

We hope to create a lasting impact in the community and create many more outcomes and stories like these.

"I signed up for the program to help naturally lower my blood pressure. Justine was my nutritionist and she has been very patient and helpful. **She answered all of my questions and gave me good tips for changing my diet and ideas for exercise routines, along with tips for decreasing stress levels.** She was available anytime I had a question and I appreciated that. High blood pressure runs in my family, and I have been dealing with this issue for years, **I always prefer natural approaches for dealing with health challenges versus using medication. And I have to say that my blood pressure has tremendously improved NATURALLY from being apart of this program!**

It's well worth it, you just have to stay dedicated to the process, and you will see results just like I did! I feel so much better and have more knowledge about nutrition habits and my health! And I have been able to pass this knowledge on to my friends & family also! Thank you Justine!" – Brittany S.



"Pairing up with Justine has been one of the best things to happen to me. She is always so sweet and non-judgmental and has really helped me on this health journey. **I have tried so many different diets and workout programs to lose weight and to help with my irregular and super painful menstrual cycles. This is the first thing that I have done where I have seen results so quickly and have felt so good about myself.** I still have a long way to go but working with Justine has brought back some of my confidence and I highly recommend her to anyone who wants to focus on their health and lead a healthy lifestyle." – Isabella F.

"Like many women, I've struggled with my relationship to food for all of my adolescence and adulthood. I was in a constant cycle of restricting, counting calories, and yet feeling like I overate. I just generally felt bad about food all the time. Working with Jarrod has given me so many new skills to heal my relationship with food. We worked on so much more than just what and how much to eat. We tackled shortcuts in the kitchen to make cooking more enjoyable, strategies to meet daily and weekly goals, building positive experiences around food like cooking and eating with others, trying new types of food and very importantly, how to fuel workouts. **Now, I finally feel good about feeding my body and feel more confident in feeding my family too."** – Brea L.

Our Services



AT ONE BITE AT A TIME, WE OFFER A WIDE RANGE OF PERSONALIZED NUTRITION COUNSELING SERVICES DESIGNED TO MEET THE UNIQUE NEEDS OF EACH CLIENT:

INDIVIDUAL NUTRITION COUNSELING

One-on-one sessions focused on creating tailored nutrition plans that align with your health goals, lifestyle, and preferences. Perfect for addressing weight management, chronic disease management, and overall well-being.

SPECIALIZED PROGRAMS

FOR UNIQUE POPULATIONS

Targeted plans for unique needs, including prenatal/postnatal nutrition, sports nutrition, and support for specific medical conditions like diabetes, high blood pressure, or food allergies.

GROUP CHALLENGES & WORKSHOPS

Engaging group sessions designed to build community among members while tackling topics like meal planning, mindful eating, and overcoming daily stress.

INSURANCE-BASED ACCESS

We proudly accept most major insurance plans, making expert nutrition care affordable and accessible for individuals and families.

VIRTUAL NUTRITION COUNSELING

Convenient and flexible online sessions, allowing clients to access expert guidance from the comfort of their homes.

CORPORATE WELLNESS PROGRAMS

Custom workshops and seminars for businesses, designed to improve employee health and productivity through practical nutrition strategies.

Contact Us

TO REACH US FOR PRESS INQUIRIES,
CALL JARROD DIRECTLY AT 330-720-4912

OR

REACH BECKY, OUR OFFICE MANAGER AT
330-720-9676, AND EITHER OF THEM CAN
COORDINATE A TEAM MEMBER TO DELIVER OR
PRESENT INFORMATION TO YOU.



PHONE: 330-720-9676



FAX: 330-595-4644



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BECKY@ONEBITEATATIME.ORG



ONEBITEATATIME.ORG



ONEBITEATATIMELLC

Media Experience

ARTICLE 1

Aileen Blaine**Healthy dieting during summer. How to stay safe**

ARTICLE 2

Laurel Stone**Over \$4,500 raised to buy shoes for kids in need**

ARTICLE 3

State leaders**consider universal school meal program**

Commercials

CLICK THE LINKS BELOW TO WATCH!

COMMERCIAL #1

COMMERCIAL #2

