



Background and Education

Araceli is one of the few bilingual/bicultural dietitians in North Texas since 1996. She brings with her a wealth of knowledge in clinical, bariatric, and renal nutrition. Her ability to reach audiences with diverse cultural backgrounds and a variety of dietary needs, allows her to provide patients with sound practical advice. She has a MS in Nutrition from Texas Woman's University and a BS in Chemistry and Biology from the Instituto Politécnico Nacional of México City. She currently performs private nutritional consulting in the Dallas/Fort Worth area as well as an adjunct professor for DCCCD. She is both a Registered Dietitian and a Licensed Dietitian in the State of Texas. She is a member of the American Dietetic Association ADA, Texas Dietetic Association TDA, Dallas Dietetic Association DDA. She is also active with the networking newsgroups of Bariatric dietitians throughout the country.

Offices

DietGenics Nutrition Consulting

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Accepting Major Insurance Plans



**Araceli Vázquez
MS, RD, LD
Registered Dietitian**

Mission and Goals

My mission is to excel in providing clients with timely and practical nutrition services in order to assist them in accomplishing their nutritional goals and ultimately, healthful aging and a productive well being.

My clinical, as well as community nutrition educator background allows for individualized patient focus. Through consults we are able to help clients improve eating and behavior patterns towards a healthier lifestyle.



Our Focus:

- Bariatric Nutrition
- General Nutrition Wellness
- Clinical Nutrition
- Diabetes Nutrition
- Renal Nutrition
- Cardiovascular Disease/Hypertension
- Community Nutrition Education



Our practice approaches nutrition from a new understanding about our multicultural society. Knowing that everyday folks are exposed to much of their own cultural culinary background modeled by their day-to-day living in America.

The Nutrition and Vida model is to take these culinary traditions and model them in a more nutritious manner according to the client needs. Understanding every individual client needs in accordance with their cultural tendency.

List of Services Provided:

- Nutritional Assessments
- Pre and Post Bariatric Surgery
- Nutrition Education Classes
- Individual Counseling
- Group Counseling
- Corporate Nutrition Programs
- Corporate Food Safety Programs
- Bilingual Lectures and Workshops
- Flexible Scheduling
- Accepting Major Insurance Plans

