Disclaimer

Plantable Palate is providing this site and its contents on an "as is" basis and makes no representations or warranties of any kind with respect to this site or its contents.

All information on this website is provided by Registered Dietitian, Marissa Perrotta.

You understand that a Registered Dietitian/Registered Dietitian Nutritionist is providing the services. You understand that these services are provided without a health examination and without prior discussion of your health condition. You understand that in no way will Plantable Palate provide medical advice, and that no medical advice is contained within this site or the services provided.

You understand that some of the nutrition advice on this site is not universally accepted as evidence-based practice and is neither sponsored, approved, recommended nor endorsed by the USDA (United States Department of Agriculture), FDA (Food and Drug Administration), NIH (National Institutes of Health), AHA (American Heart Association), ADA (American Diabetes Association), or AND (Academy of Nutrition and Dietetics). The information on this site is not intended as medical advice, medical nutrition therapy or individualized nutrition counseling/coaching. This site and its author do not claim to cure, prevent, diagnose, or treat any nutrition-related disease or health condition. Always consult a qualified healthcare professional before changing your diet or medications or beginning any exercise routine. I, as a Registered Dietitian/Registered Dietitian Nutritionist have been trained to translate science into practical information and the opinions shared on this site are my own. As such, use of this service implies your acceptance of the terms described herein.

The nutrition information provided on this site is provided for personal and informational purposes only. The nutrition information is not to be construed as any attempt to either prescribe or practice medicine. Neither is the nutrition information intended to be understood as putting forth any cure for any type of acute or chronic health problem. You should always consult with a competent, fully licensed medical professional when making any decisions regarding your health. The author of this site will use reasonable efforts to include up-to-date and accurate information in this website and the products contained therein, but make no representations, warranties, or assurances as to the accuracy, currency, or completeness of the information provided. The author of this site shall not be liable for any damages or injury resulting from your access to, or inability to access, this site and/or it's products, or from your reliance upon any information provided in this site or products.

You understand that these services are not intended as a substitute for consultation with a licensed healthcare practitioner, such as your physician. Before you begin any weight loss or fitness program, or change your nutritional regimen, you will consult your physician or other licensed healthcare practitioner to ensure that you are in good health and that these services will not harm you.

You understand that the information and content of these services should not be used to diagnose a health problem or disease, or to determine any health-related treatment program, including weight loss, diet, or exercise. You understand that there are risks associated with the use of these services. Use of these services implies that you assume all risks, known and unknown, inherent to exercise, workout programs, nutrition programs, and physical changes and/or injuries which may result from the use of these services.

All rights reserved. No part of this site nor its products or publications may be reproduced, transmitted, transcribed, stored in a retrieval system, or translated into any language, in any form, by any means, without the written permission of the author. All recipes and supporting resources are developed solely for your personal use and may not be reproduced for publication or for the personal or commercial use of others without express permission from the site's author.