

Nutrition on Main – a little slice of healthy heaven in downtown High Point!

By FHP Intern, Katie Brownlee

Are you looking for a place that has healthy drink options while also being refreshing? Look no further! Nutrition on Main is a locally owned business here in downtown High Point and I was able to try some of their most popular teas and shakes. While being at Nutrition on Main, I felt as though I was at home with the comfortable seating and calming blue walls around me. I was able to interview Jenny Baldwin who is the health and wellness coach as well as the owner. Jenny was able to teach me so much more about who Nutrition on Main really is.

The drinks that I was able to try were two different teas and one protein shake. For the teas I had Strawberry Limeade and Watermelon Lemonade, and for the delicious shake I had the White Chocolate Caramel Pretzel. Every drink that is on their menu is under 200 calories, includes 21 vitamins and overall boosts your immune system. The teas have 85 milligrams of caffeine in them, and the shakes have a base of 17 grams of protein, but you are able to add in more protein if you desire.



As you walk into the shop, you notice a jewelry stand and they are displaying works of a local jewelry artist who is selling all types of earrings and necklaces. You are also able to watch your drink being made with all of the different flavors being added and fun toppings into your protein shake, with the goal in mind of those who, “are looking for a healthier option” compared to fast food stated Jenny. When asked how they are able to accommodate with COVID-19 restrictions, they are able to do call-ahead orders and bring your order to your car for contactless delivery.

Overall, I would rate this place a 10/10 and **would definitely recommend** if you have not tried it before! I had a great experience, and I am looking forward to going back to try more of their

top flavors such as the Georgia Peach tea. The flavors burst into your mouth and they are so refreshing that it feels as though summer has already arrived.

If you would like to learn more about Nutrition on Main, visit their Instagram and/or Facebook page at: @nutrition_on_main and <https://www.facebook.com/Nutrition-On-Main-594119534614312/>

For call-ahead orders you are able to reach them at: 336.875.4593