Nutrition Consultations: Takes your nutrition analysis and applies it to your individual goals. You will learn strategies to fuel your body and reach your specific goals, whether it be weight gain, weight loss, chronic disease prevention, healthy aging, pre-natal nutrition, and/or athletic performance.

Nutrition Analysis: Find out where you are right now. Take inventory of how you are currently fueling your body. Are you deficient in any essential vitamins or minerals? Are you over-eating certain macronutrients? Learn how what you’re eating now directly relates to your health goals as well as the food sources to obtain the necessary nutrients. Gain insight and increase overall balance.

Maintenance Consultations: Stay on track and monitor progress toward your goals. To be successful, you’re going to need accountability, support, and new ideas to overcome barriers.

Comprehensive Package: Ready to make a life-style change? Commit to the consistent nutrition support necessary to create new habits and sustain healthy behaviors long-term.

NUTRITION SERVICES: LEARN HOW WE CAN HELP YOU BEST FUEL YOUR BODY

Dietitian analyzes food record and then examines and discusses the results of computer analysis to identify goals with the participant during appointment. **Can be done by itself but is always included in Consultations.**

- 30 minute appointment
- $35 flat rate

Work with Dietitian to set personalized goals and identify changes that can be sustained long-term in order to powerfully impact your health and successfully progress towards your long-term goals.

- 60 minute appointment
- $40 MUSC Students
- $60 Members
- $70 Non-members

Celebrate successes, identify challenges, and brainstorm with Dietitian to develop more strategies to continue successful progress toward your goal.

- 30 minute appointment
- $25 MUSC Students
- $35 Members
- $45 Non-members

120 minutes of professional guidance and support to be divided among all appointments listed above and as needed on individual basis for successful goal achievement.

- 120 minute (can be used in 15 min increments)
- $80 MUSC Students
- $120 Members
- $140 Non-members
Let's Go Shopping: Meet at your favorite grocery store for a personalized and interactive shopping experience. Learn how to stick to a grocery list, maximize food quality and minimize cost, and avoid food industry marketing gimmicks to make healthy choices for you and your family.

On-Campus Cafeteria Tour: Learn how to navigate on campus dining options in order to make the healthiest choices.

Technology Tutorial: In person set-up, explanation and tutorials of fitness and nutrition self-tracking devices and apps (Fitbit, MyFitness Pal, etc.).

POLICIES:

• Fees are paid prior to service.
• Cancellations and rescheduling require a 24-hour notice or clients will be billed for that session.

To sign-up, pay fee at Membership Desk and complete intake questionaires and a 3-day food record based on two week days and one weekend day. Return forms by email to flynn@musc.edu, fax to 792-7933, or in person to the Wellness Center Membership Desk. You will be contacted within 3 business days of submitting your paperwork to schedule your diet analysis appointment.

For more information, please contact: 792-4141 or flynn@musc.edu