



# Mackenthun's Registered Dietitian

*Brings Food & Nutrition Expertise To The Table*

## **What is a Registered Dietitian?**

Registered Dietitians are food and nutrition experts that help translate the science of nutrition into practical solutions for healthy living. When you need food and nutrition information for a healthy diet, weight loss, diabetes, heart health, food allergy/intolerance or any other nutrition-related health condition, a registered dietitian is your go-to-source.

*Take the Next Step in Achieving Your Health Goals & Schedule an Appointment with our In-Store Dietitian!*

## **Step #1 Contact Meghan, our Dietitian, to Schedule a Free 15-Minute Consultation**

What to expect: Inform the dietitian why you are considering a nutrition consultation at this time. Fill out forms to prepare for your initial visit. Schedule an hour-long nutrition counseling session. Provide a copy of a 7-day food diary or complete one prior to your initial visit (recommended).

## **Step #2 Initial Consultation**

What to expect: Prior to your appointment, our dietitian will analyze and evaluate the information you provided in the 15 minute session. You will review the information together, start setting goals and prepare a nutrition plan customized for you.

**Duration:** 1 Hour

**Cost:** \$99

## **Step #3 Follow-Up Consultations**

What to expect: Most clients require monthly sessions for about 2-4 months following the initial consultation. More serious or chronic health issues usually require longer sessions, and are managed on a case-by-case basis. During follow-up sessions we will discuss your nutrition plan and continue to set goals. Dietary and supplement adjustments will be made at this time as needed. Follow-up sessions also include one email per week for questions and support for in between scheduled sessions.

**Duration:** 30 Minutes

**Cost:** \$50

## **Payment Options**

\*You may choose to pay for consultations individually, or pay for multiple sessions in one payment.

\*Dietitian services may be reimbursable by FSA or HSA accounts. Please contact your benefits provider for more information.

**Mackenthun's In-Store Dietitian**

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