



Mackenthuns Registered Dietitian Services

Brings Food & Nutrition Expertise To The Table

Briana Skluzacek, RDN, LD enjoys educating people of all ages about food & nutrition and how to live healthier lifestyles. She believes that the supermarket is an optimal environment for her to help people make wise nutrition decisions. Briana completed her Bachelors of Science degree in dietetics and community health from Minnesota State University of Mankato followed by a 9-month internship through the Aramark Graduate Dietetic Internship Program. Stop by soon to meet your Mackenthun's in-store dietitian!

Hours (subject to change)

Monday-Friday: 9am-5pm

Saturday-Sunday: Varies

*Flexible schedule: Appointments and tours can be scheduled outside of the times listed above.

Contact Briana

952-442-2512 ext 265

dietitian@mackenthuns.com

Dietitian Services

STORE HEALTH TOURS

Complimentary

Duration: 60 minutes

During the tours, you will explore each aisle with our dietitian and learn how to make healthy food choices, increase whole foods, understand nutrition facts labels and MORE! The tours will also include food samples, meal planning tips, and other important take home information to get you started towards living a healthier lifestyle. Groups of 2-8 people.

We offer 3 store tours focusing on one of the following topics:

- General Health
- Pre-diabetes & Diabetes
- Health Health

CUSTOMIZED GROUP TOUR

Complimentary

Duration: 60 minutes

Bring a group of family and/or friends (2-8 people) in for a store tour. Contact Briana to set up a time and a topic of interest for your group.

NUTRITION QUESTIONS

Complimentary

Stop by Briana's office, next to the pharmacy, for answers to nutrition and health questions while grocery shopping at Mackenthun's.

MEDICAL NUTRITION THERAPY

Medical nutrition therapy is a one-on-one personalized nutrition plan for topics such as weight loss, food allergies, pre-diabetes, diabetes, heart health, cancer, etc. Our dietitian will help you with meal planning, supplement options (if needed), goal setting, etc. to meet your short and long-term nutrition and health goals.

Step #1 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

Briana Skluzacek, RDN, LD

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