

If you're tired of fad diets and weight-loss gimmicks, you've come to the right place!

Whatever your nutritional need, our registered dietitians will help you develop a plan for a healthy lifestyle that's right for you.



Call **662-915-UMNC (8662)** to schedule services.

We accept Cash, Check, Discover, Visa, and MasterCard

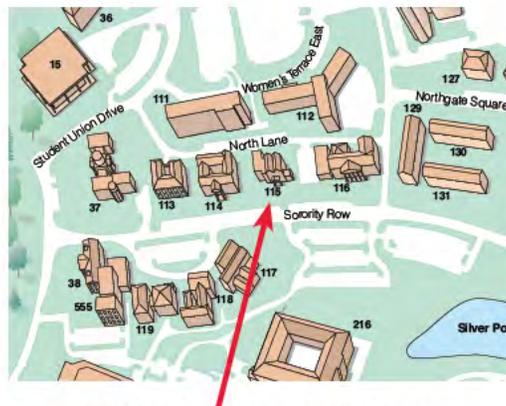
**UM Nutrition Clinic**  
*Mission:*

To provide clients with the most current and accurate nutrition, health, and wellness information in order to empower and motivate the individual to an improved quality of life through medical nutrition counseling and training.



THE UNIVERSITY OF MISSISSIPPI

NUTRITION AND HOSPITALITY MANAGEMENT  
THE SCHOOL OF APPLIED SCIENCES



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**We're here to help**  
when you're ready to make a change  
**for a healthier you!**

# WELCOME TO THE UM NUTRITION CLINIC

*You have taken the first step in caring about your health, and the University of Mississippi's Nutrition Clinic is the place to help you meet your nutrition-related goals.*

*The UM Nutrition Clinic has a vast array of up-to-date knowledge and technology ready to be shared with you.*

**Call (662) 915-8662 to schedule services.**

## **Services available include:**

### **Medical Nutrition Counseling by a Registered Dietitian**

- A Registered Dietitian can assess your nutritional status if you have an illness, diet-related condition, injury, interest in benefiting your own health, and/or reducing health-care costs
- Appointments are available and are \$25 per quarter hour
- The Initial Assessment and Consultation is typically 60-90 minutes, and includes initial assessment of anthropometrics, weight and diet history, meal patterns, goal setting, and nutrition instruction

### **Breastfeeding Consultation**

- Our lactation specialist can assist you in successful breastfeeding practices

- Help you resolve problems with breastfeeding

### **Diet Analysis**

- A Registered Dietitian can provide you with information on the nutritional value of foods, including the exact calorie and fat count to the vitamin and mineral content of your favorite food or recipes
- This analysis is available by appointment and is \$25 per recipe

### **Body Composition Assessment and Consultation**

- The “Gold Standard” in its field, the Bod Pod is only available in a few Mississippi locations
- The Bod Pod is available at the UM Nutrition Clinic by appointment and is \$50.00 per visit

