



Nutrition Counseling

A healthy diet paired with a proper fitness routine positively contributes to your overall health and quality of life. That's why UT Health East Texas Olympic Center in Tyler offers individual nutrition counseling from a registered dietitian.

Find a good fit for your lifestyle and budget. Sessions can be purchased individually or as a package.

Individual sessions

Nutrition Analysis - \$70

The first session in our program. The dietitian analyzes your three-day food log and provides tips for creating a healthy diet and proper goal setting. *(1 hour)*

Nutrition Follow-up - \$50

In this session, the dietitian reviews total progress toward your nutrition goals and provides further feedback. A nutrition analysis is a prerequisite.

(45 minutes)

Packages

Healthy Eating Package - \$110

This package includes the initial nutrition analysis, as well as a nutrition follow-up to review progress made toward your program goals.

Healthy Start Package - \$225

Combine the nutrition and fitness aspects of a healthy lifestyle in this four-week program. Package includes the nutrition analysis and follow-up sessions with the dietitian, as well as four 30-minute personal training sessions with a nationally certified personal trainer at the Olympic Center.

Once clients purchase their sessions and complete the three-day food log, the dietitian will contact them to schedule an appointment.

**For questions or more information,
please call 903-596-3233.**



UTHealth
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