Nutrition Counseling

Nutrition counseling consists of one-on-one meetings with a registered & licensed dietitian to discuss concerns with your current eating patterns and your relationship with food and/or your body. Your first session will include a thorough assessment and lasts about one hour. Subsequent sessions (not required) will last about 30 minutes. This service is provided at no cost to benefit-eligible employees at Kennesaw State University. Please email the dietitian to request an appointment.

Here are some reasons it may be beneficial to make an appointment:

- You are unaware of body cues indicating hunger/satisfaction
- You feel that food dominates your life
- You are tired of yo-yo dieting
- You want to decipher between evidence-based nutrition information and misinformation
- You feel your eating patterns influence your low/fluctuating energy levels
- You have abnormal bowel movements and/or digestive problems
- You have recently been diagnosed with a nutrient deficiency (such as anemia)
- You have recently been diagnosed with a medical condition (such as diabetes or high blood pressure) and/or received abnormal blood work/lab results
- You are pregnant, trying to get pregnant, or breastfeeding and you need guidance about nutrient intake during these times

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