



NUTRITION SERVICES AT A.U. STUDENT HEALTH



Call #706-721-3448 to make an appointment to see our Registered Dietitian.



Our services include:

- Help manage chronic diseases like high cholesterol, high blood pressure, Diabetes/prediabetes or cancer.
- Provide guidance navigating food allergies, sensitivities and intolerance (gluten, Celiac disease, lactose intolerance or irritable bowel syndrome - IBS)
- Practical lifestyle advice - developing a safe and realistic eating plan that incorporates meal planning, grocery shopping and mindful eating strategies.
- Advice to lose or gain weight properly.
- Detailed instructions on how to prepare healthy food inexpensively without compromising on taste.



AUGUSTA UNIVERSITY
Student Health

The Dietitian will be available on
Tuesday's 3:30-6 p.m. and Thursday
7:30-9 a.m.