Nutrition Services

Campus Health offers nutrition counseling from registered dietitians (RDs). They can work with you to create a tailored nutrition plan that fits into your busy lifestyle and can help you achieve your personal health goals in a supportive and encouraging environment.

The clinical nutrition specialist[1] provides medical nutrition therapy to all UNC-Chapel Hill students who are eligible for services at Campus Health, as well as their spouses and partners. You may make an appointment at campushealthappointments.unc.edu[2], request an appointment online using the Healthy Heels Portal[3], or call Central Appointments at 919-966-2281. No referral is needed. Student athletes or other active students interested in a nutrition appointment with one of our two sports nutritionists may call 919-966-6548.

NOTE: There is a $25.00 charge for any missed appointment with Nutrition Services that is not cancelled at least 24 hours in advance.

Medical nutrition services include (and are not limited to):

- High blood pressure
- Elevated cholesterol
- Type I and type II diabetes
- Eating disorders and disordered eating
- PCOS
- Gastrointestinal issues
- Food allergy and/or sensitivity education
- Preconception and prenatal nutrition counseling
- Vegetarian and vegan diet

Before your appointment with the clinical nutrition specialist, please complete a Daily Food Record[4] that may be downloaded and brought with you to the appointment.

Source URL: https://campushealth.unc.edu/services/nutrition-services

Links
[4]