

Nutrition Counseling Price List

Sue Lomelo, Registered Dietitian Nutritionist
E-mail: lomelo@comcast.net Phone (973)224-3965



Initial Nutrition Assessment: \$60

- 60 min assessment and nutrition counseling session

This assessment is the foundation to all nutrition programs and serves as the starting point for change.

- A full assessment of your current nutritional status will be conducted by discussing your diet and medical history, food patterns and behaviors, and physical fitness.
- We will discuss your health goals and develop strategies to help you reach them!
- Optional weight collection to better track your progress over time.

Computerized Diet Analysis: \$50

- 3-day food intake record analyzed to generate a personalized Nutrient Intake Report. Your total calories, protein, carbohydrate, fat, cholesterol, trans fat, fiber, water, and vitamins and minerals will be analyzed.

The following Programs include medical and dietary history intake.

Three Month Weight Management Program: \$230

This program is best for those who want to lose weight by making healthy sustainable changes in their diet.

- An initial assessment will be completed in the first 30-min session to help develop specific and attainable nutrition goals.
- Two more 30-min sessions will be provided to review different aspects of your diet to ensure a balanced, healthy meal plan.
- A Computerized Diet Analysis is included to assess your progress or to see where changes need to be made in your diet.
- Six 15-min follow up sessions to make sure you stay on track
- Healthy recipes and handouts

Healthy Together Family Program: \$340

This program is best for families or couples who are struggling to find healthy meals everyone agrees on or who want to make nutritional changes together. The support of a Registered Dietitian alongside your partner or family members can yield great results!

- Three 60 min nutrition counseling sessions are provided for the entire family. An initial nutrition assessment will be conducted for those involved.
- Age-appropriate nutrition education will be provided for all in attendance.
- Two Computerized Diet Analysis are included.
- Healthy recipes and handouts

Nutrition Makeover Program: \$410

This program is perfect for someone wanting to revamp their overall way of thinking regarding nutrition and learn how to be a mindful eater. Good nutrition is the gateway to a long and healthy life by preventing or reversing disease and I'm here to help you with that!

- Eight 45-min counseling sessions specific to your needs, as well as:
 - Session 1: mindful eating, balanced meal planning, healthy snack idea
 - Session 2: vegetables and fruits
 - Session 3: gut health, importance of sleep and lowering stress
 - Session 4: satiating foods, protein and healthy fats
 - Session 5: healthy whole grains and fiber
 - Session 6: hydration strategies and health benefits of proper hydration

Individualized 7-Day Meal Plan with Recipes and Grocery List: \$250

7-Day Healthy Dinner Package with Recipes and Grocery List: \$100

Grocery Store Tour: \$50

- 30-min tour of your grocery store

Recipe Analysis or Makeover: \$10

