

Nutritional Counseling

Initial Assessment: \$120

1 1/2 hour extensive nutrition assessment with personalized goal setting and nutrition education targeting your areas of concern. Also included is counseling prep, post counseling record keeping, and on-going communication via email and/or phone.

Follow up*

Rates per individual	M	R	NR
30-45 minutes/session	\$55	\$60	\$65

Nutritional Counseling Follow up Package

Purchase 5 sessions and receive the 6th session for free. Package must be paid in full.

Individual	M	R	NR
	\$275	\$300	\$325

*Please note, an initial assessment must be completed before purchasing individual sessions or a package of sessions.



To schedule your initial assessment or for further information, please contact:

Noelle R. Blasch, RDN
Registered Dietitian Nutritionist
cell: 734-237-8691
nblasch02@gmail.com



Tips from your Dietitian



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"What Does It Mean To Be Healthy?"

Being healthy does not simply mean being thin, being healthy comes in all shapes and sizes. Being healthy means eating in a balanced healthy manner along with exercising. Being healthy means feeling good and having energy for everything your life demands of you. Being healthy means being emotionally and spiritually stable. Being healthy means leading a balanced life!

To be successful with any life change, you need to be committed and mindful. Making small positive changes in your eating habits will add up over time, and you will be able to maintain these changes because you have focused on incorporating them into your daily life. For example, if you do not eat the recommended 3 cups of vegetables per day, then that is a good place to start. Add one cup of vegetables to your eating routine each day, or every other day. Do this for two weeks. At the end of the two weeks look back and see if you were able to include the additional cup of vegetables as planned. If so, great job! If not, then analyze why not? what obstacles came up? what can you do to move forward? Making changes like this can really have a big impact on your health!

Also, remember to forgive yourself when you slip up and don't include that additional cup of vegetables as planned; just refocus. No one is perfect, we all make mistakes and we need to learn how to accept that, refocus on the positive, and continue making changes in life. It's the distraction of the mistake that makes it difficult to get yourself back on track with your healthy life changes. Eating in a healthy manner and exercising will give you the energy you need to tackle whatever life throws at you, so when you make a mistake just refocus yourself by looking forward, not back!

If it is your desire to journey toward a balanced healthy life, I can help guide and develop your understanding of what eating in a healthy manner is and how to incorporate this into your daily life. Call or email, I'm here to help!



Come Out and Play!