

## NUTRITION SERVICES

### Nutritional Counseling

Our Registered Dietitians help infants, children, adolescents, teens and adults with weight loss, diabetes, eating disorders, medical issues, gastric bypass, and sports nutrition.

Your initial 1 hour consult consists of listening to your needs and defining an in-depth plan for how to meet your goals.

	<b>Member</b>	<b>Non-member</b>
15 minute	\$15	\$20
30 minute	\$30	\$35
60 minute	\$55	\$65
90 minute	\$85	\$99

### MedGem Metabolism Testing

The MedGem is an FDA-approved device that takes the guesswork out of how many calories you burn by measuring YOUR individual metabolism. It measures Resting Metabolic Rate, which is the number of calories your body burns without any extra activities and typically accounts for approximately 75% of the calories you burn daily. The appointment consists of 10-15 minutes of measurement combined with recommendations by a Registered Dietitian on how to use the results to best meet your goals.

	<b>Member</b>	<b>Non-member</b>
30 minutes	\$55	\$65

*For Bariatric classes, supplements, and counseling,  
please contact the Medical Mall at 256-265-7100.*