

Union College offers Nutrition Services

Individual or group nutrition counseling is available to students and faculty at no cost to you. Some of the topics that can be discussed are:

- Developing healthy eating habits
- Losing or gaining weight
- Food allergies or intolerances
- Sports nutrition
- Eating disorders
- Vegetarian diets
- Medical nutrition therapy for diabetic, cardiac or renal diets

Please contact Diane directly to set up an appointment. All consultations are confidential.



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