Welcome to the Student Health and Counseling Services Nutrition Page. SHCS offers individual appointments, workshops and small group programs to discuss nutrition related issues. Whether you are looking for help with an eating disorder, management of elevated cholesterol, or meal planning tips - SHCS Nutrition Services can help! Take a moment to browse through our resources and healthy recipes below. Be sure to sign up for the newsletter to stay in touch [1].

Quick Links:

- Schedule an appointment [2]
- What to expect during your visit [3]
- Meet your Registered Dietitian [4]
Quick Links:

- Healthy Handouts [6]
- Favorite Nutrition Apps and Trackers [7]

Quick Links:

- Easy Breakfast Recipes [9]
- Healthy Lunch and Dinner Recipes [10]
- Healthy Snacks [11]

Quick Links:

- Sign up for our newsletter [1]
- Subscribe to podcast [13]