

Nutrition Services

There's nothing like the food here in NOLA, and the dietitians here at East Jefferson General Hospital can help guide you towards eating the foods you love in a smarter and more healthy way.

Nutrition counseling at the Wellness Center focuses on your specific nutritional needs and goals. You and your dietitian will work together to develop a plan to work toward your goal. Weight loss at the Wellness Center is more than just a diet; it is a lifestyle change that will help you feel better, increase energy, and improve mood, all while eating the foods you love!

Options for Nutrition Counseling

Basic Nutrition Package: \$149

For those who are interested in creating a long-term lifestyle change, have tried diets in the past, or have a moderate amount of weight to lose.

Includes:

- 1 – 90-minute initial session
- 1– 30 minute follow up sessions

Follow up Nutrition Sessions: \$149

For those who have completed the Basic Nutrition Package or a single session and need additional guidance.

- Includes 4 – 30 minute follow up sessions

Single Sessions and Cholesterol Screens:

For those who have specific nutrition-related concerns.

- 60 minute session: \$79
- Cholesterol screen: \$40

Nutrition counseling sessions are available by appointment only. Please contact the Wellness Center's Dietitian, Ashley Rader, MS, RDN, LDN, at 503.6801 or stop by the Member Services Desk to make an appointment today!