

Kristine Schirm M.S., R.D.



Registered Dietitian/Consulting Nutritionist

CLIENTELE

Children, Teenagers and Adults - Male and Female-ages birth to 99!

NUTRITIONAL CONCERNS

Weight Management
Child-Adolescent Feeding/Eating Problems
Nutrition for Sport and Exercise
Eating Disorders/Body Image Disturbance
Diabetes
Heart Disease
Food Allergies
Gastrointestinal Disorders
Vegetarianism
Pregnancy, Lactation and Menopause.

SERVICES

Comprehensive Nutritional Evaluation/Assessment/Counseling/Education
Group Nutrition Counseling Sessions
Family Nutrition Counseling/Education/Support
Meal and Snack Planning/Portion Size Education
Home Pantry and Fridge Renovations
Recipe Selection/Cooking Tips
Grocery Shopping-List Planning/ Tours
Cooking Experientials

RATES

Individual Session - 1 hour \$120.00
Individual ½ hour Session - \$60.00
Seminar - 2 hours (+ materials) – \$45.00/person (10 person minimum)
Private/Group Grocery Tours – \$40.00

