

# OUR STORY

---

Eagle Nutrition Services (ENS) originated out of a need to provide dietetic students with an outlet to learn how self-employed dietitians run their own private-practice businesses. Through their time spent at ENS, our dietetic students have opportunities to practice counseling skills, to run community events such as cooking demonstrations and presentations, and to develop entrepreneurial skills such as marketing and budgeting.

Formerly known as the Office of Nutrition Services, ENS has been working with clients on the campus of Eastern Michigan University **since 1998**.

## What is a DIETITIAN?

---

Dietitians are the only qualified health professionals that assess, diagnose and treat dietary and nutritional problems at an individual and community level. Working with both healthy and sick people, dietitians use the most up-to-date scientific research on food, health, and disease which they translate into practical guidance to enable people to make appropriate lifestyle and food choices.

To identify a Registered Dietitian, look for the credentials RD or RDN after a person's name. These credentials represent the high level of training and qualification required to practice in this field.



## SERVICES

### NUTRITION COUNSELING

Clients work individually with a dietitian to determine appropriate nutrition, health, or physical activity goals.

**Nutrition Consult** A 60-minute initial session and 30-minute follow-up  
EMU student: \$15      Community: \$25

**Nutrition Consult plus 3** A 60-minute initial session and three 30-minute follow-ups  
EMU student: \$25      Community: \$35

**Additional Follow-ups** A 30-minute session once an initial has taken place  
EMU student: \$5      Community: \$10

### DEXA BODY COMPOSITION

A full body x-ray scan to determine body fat percentage, lean mass, and bone mineral density. Considered the gold standard in body composition testing.

**DEXA** A 30-minute session which includes a review of your results  
EMU student: \$65      Community: \$75

**DEXA plus Nutrition Consult**  
EMU student: \$70      Community: \$85

### BIOELECTRICAL IMPEDANCE (BIA)

A quick test to measure body fat percentage.

**BIA** A 15-min test and printed results  
EMU student: \$15      Community: \$25

**BIA plus Nutrition Consult**  
EMU student: \$20      Community: \$40

REGISTERED DIETITIANS  
ARE ON STAFF TO  
SUPERVISE STUDENTS  
AND LEND THEIR  
EXPERTISE DURING EVERY  
NUTRITION CONSULT

## Additional SERVICES

---

### PSYCHOLOGICAL COUNSELING

Clients work individually with a Behavioral Health Specialist to address eating/food, weight, or body image concerns.

**Initial Consult** A 60-90 minute initial session to discuss options for therapy  
Students and Community: \$10

**Additional Follow-ups** 60-minute sessions once an initial has taken place  
Students and Community: \$10

### KITCHEN RENTALS

Our newly renovated, spacious demonstration kitchen offers an inviting space for your next cooking event. With a studio-like layout and video/sound recording capabilities, this space is perfect for demonstrations, classes, and workshops. Kitchen seats 24 participants.

Rates are hourly and discounts may apply for some groups. Call for details.

# Who should see a **DIETITIAN?**

That answer can be simple.  
Anyone who needs or wants:

## **A HEALTHY DIET**

RDs can help with understanding dietary needs and nutrition, planning meals, and balancing healthy foods with other options.

## **DISEASE MANAGEMENT**

The right diet can help those with diabetes, heart disease, high blood pressure, kidney or liver issues, or those with GI disorders, such as IBS or Crohn's disease.

## **WEIGHT MANAGEMENT**

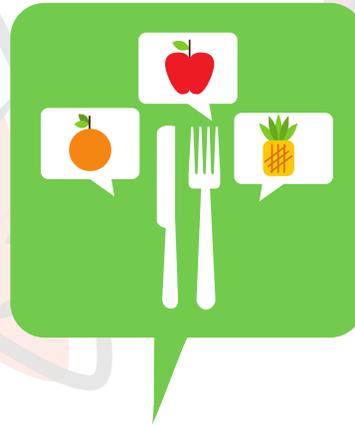
Whether weight loss or weight gain, an RD can calculate appropriate calorie needs, design menus, and set physical activity goals.

## **SPORTS PERFORMANCE**

With the help of an RD, athletes can improve their performance by altering their diet based on the specific sport or activity.

## **BETTER EATING BEHAVIORS**

Building a healthy relationship with food is often the first step to recovery for those with emotional or disordered eating behaviors.



## **TALK TO US!**

160 Rackham Hall,  
Ypsilanti, MI 48197  
(734) 487-6572

chhs\_nutrition@emich.edu  
www.emich.edu/chhs/hs/ens



Connect with EMU ENS or @EMUnutrition

**EASTERN  
MICHIGAN  
UNIVERSITY'S**



The campus and community's  
source for expert nutrition  
advice

## **SPECIALIZING IN:**

- Nutrition Consults
- Body Composition Scans
- Nutrition Presentations
- Cooking Demonstrations
- Group Programs

NUTRITION FACTS	
Serving Size	Servings per Container
Amount per serving	% Daily Value*
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	0g
Total Carb	0g
Dietary Fiber	0g
Sugars	0g
Total Protein	0g
Vitamins	0g
Iron	0g
Calcium	0g
Phosphorus	0g
Potassium	0g
Cholesterol	0g
Total Fat	0g
Sodium	