

Kendall Anderson Nutrition Center

Kendall Anderson Nutrition Center is an outreach of CSU's Department of Food Science and Human Nutrition. Registered Dietitians provide individualized services and presentations to improve your health.



Nutrition Counseling

Private consultation with, and recommendations from, a registered dietitian. Includes individualized meal planning and goal setting.

\$75 per hour (\$37.50 CSU employees; \$35 CUS students)



Assessment of Body Composition

Body fat, waist circumference, height, weight, and BMI are privately measured by trained staff with results provided immediately. Included in Nutrition Counseling; also offered separately -

\$25 for all 3 (\$15 CSU employees and students)



Resting Metabolic Rate

Our state-of-the art equipment measures how many calories you burn, and our experts determine how many you should consume each day, based on your weight and activity goals.

\$100 (\$50 CSU employees and students)



Cooking Classes & Demonstrations

Join us in our professional kitchen for a one hour culinary treat as we prepare and eat several easy, inexpensive dishes; you get recipes and nutrition tips to take with you.

\$25 (\$12 CSU employees and students)



Extra Services

Diet Analysis (\$25)

Recipe Analysis (\$25)



More!

Weight management and Diabetes programs

Presentations on and off campus (prices vary)

Open to the public
Refer your loved ones

*Note: We are a HIPAA-safe environment. All staff members sign confidentiality agreements and insurance waivers, receive HIPAA training, have TB tests, and undergo background checks. We send letters to MDs and other healthcare providers as requested.



For dates and additional information:

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