

# The Nutrition Center @ CSU

Food Science and Human  
Nutrition  
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**Director**

Melissa Wdowik, Ph.D.  
Registered Dietitian

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- **The Nutrition Center @ CSU** was established to enhance health and quality of life through nutrition outreach, research, and collaboration with community groups
- The Center provides training and practical experience for students in the department of Food Science and Human Nutrition

The Nutrition Center @ CSU is a community outreach service of the Department of Food Science and Human Nutrition at Colorado State University.

Optimal nutrition can help prevent and manage heart disease, diabetes, osteoporosis, cancer, obesity and other chronic diseases. Nutrition can also improve energy levels and quality of life.

### Experience

Faculty and staff have extensive experience working with clients of all ages and backgrounds.

### Research

Current projects focus on improving delivery and outcomes of nutrition programs and services.

*Providing timely and practical nutrition advice to a diverse audience*

### Services Offered

- Individual Nutrition Counseling
- Evaluation  
*Nutrition assessment, computerized diet analysis, body composition measurements and disease risk appraisal*
- Guidance  
*Meal planning, portion control, food label reading, menu design, shopping, cooking, and mindful eating.*

- Group Programs  
*Cooking classes*  
*“Healthy You” weight loss program*  
*“Healthy You Two” refresher course*  
*Lunch and Learns*  
*Interactive workshops*  
*Supermarket tours*



### Special Topics

The Nutrition Center @ CSU offers expertise in:

- food allergies
- eating disorders
- sports nutrition
- vegetarianism
- local food
- eating on a budget
- nutrition & pregnancy
- nutrition for children
- nutrition for elderly