Registered Dietitian: Chelsea Smart, MS, RD, LDN

What’s an appointment like?
When you call to schedule an appointment, you will be asked why you would like to see the dietitian. This helps me be prepared for our appointment! (Initial Appointments take around 60 minutes.)

Examples include but are not limited to:

- I want to eat healthier and lose weight.
- I am a vegetarian and want to make sure I’m getting adequate nutrition.
- I am training for an athletic event and want to be at the top of my game.
- I’ve been diagnosed with (celiac disease, diabetes, etc.) and want to learn how to eat to manage my condition.
- I’m having a hard time finding healthy options I like on campus.
- I’m allergic to ____. What can I eat?
- Help! I don’t know how to grocery shop or cook!
- How do I eat healthfully without spending a ton of money?
- I don’t know if I have the healthiest relationship with food.

You may be doing most of the talking at your first appointment. It’s important to get a good idea of your lifestyle and habits so that I can formulate a plan to help YOU specifically! Bringing a three day food journal can be helpful but it is not required.

Things I may ask you:

- Existing health issues/allergies
- Medications/supplements
- If you exercise, how much and how often
- Weight goals/history
- What you eat, where, and when!

I’ll spend the rest of the appointment talking with you about how what you eat affects your body, and how much of what kind of nutrients you need. I’ll give you tips and tricks to make healthy eating easier! I will also send you home with some resources.

What’s a follow-up like?

Follow-ups typically only take about 30 minutes.

We will review what we talked about at our previous meeting, discuss what techniques you’ve implemented, and find out what’s working for you and what’s not.

From there I can get a little more in-depth in teaching you about food and nutrition, and we can tweak your goals or add new ones - I’m here to help you stay on track!

For Appointments please contact:

Health Promotion: 910-962-4135  Abrons Student Health Center: 910-962-3280  Email: smartc@uncw.edu

Office Location:

Student Recreation Center, Health Promotion Suite 104