

Nutrition Coaching

Quest Sports Science Center understands that an athlete's goals are achieved not only through hard work and determination, but proper training and good nutrition. At Quest we offer only the best in sports nutrition. We provide comprehensive sports nutrition services, from a Registered Dietitian, that are individualized to help an athlete meet his/her specific athletic goals.

What is a Registered Dietitian?

A Registered Dietitian is health care professional with an extensive scientific background in food, nutrition, biochemistry, and physiology. This knowledge is applied to promoting health, preventing disease, and providing counseling and education. A RD must complete 1) at least a four-year degree at an American Dietetic Association (ADA) accredited college program; 2) a supervised practice program or internship; 3) a national examination from the Credentialing Board of Dietetic Registration (CDR); 4) mandatory continuing professional education.

Sports Nutrition Package

Bronze \$150

- 1 hour individual consult
- Review of food log (specific meal analysis as needed)
- 2 week follow up via email

Silver \$250

- 1 hour individual consult
- Review of food log (specific meal analysis as needed)
- 2 week follow up via email
- Glucose Uptake Test (assesses carbohydrate needs)

OR

- Sweat Test (assesses hydration status)

Gold \$350

- 1 hour individual consult
- Review of food log (specific meal analysis as needed)
- 2 week follow up via email
- Glucose Uptake Test (assesses carbohydrate needs)
- Sweat Test (assesses hydration status)

Follow-up Appointments:

- 1 follow-up appointment - 35 minutes \$75
- 3 follow-up appointment package – 35 minutes each session \$195

Super Market Tour: \$150

This is a great way to improve your food choices. You will learn what foods to choose that will help maximize your performance and decrease your recovery time.