

Nutrition Counseling

University Health Services
Mandy Conrad, MS, RDN, LD
mconrad@saffairs.msstate.edu



Make an appointment:

- The registered dietitian, Mandy Conrad, MS, RDN, LD, is available to assist all students, faculty, and staff with their individual nutrition needs.
- Appointments are available on Tuesdays and Thursdays and can be made by calling 662-325-7539, or by stopping by the appointment desk at the health center to schedule your appointment.
- Nutrition counseling is available to all MSU faculty, staff and paying members of the Sanderson Center (charge varies). Nutrition counseling is **free for all MSU students**.

*Weight Loss

*Weight Gain

*Sports Nutrition

*Medical Nutrition Therapy

*Disordered Eating

*General Healthy Eating