

# NUTRITION - MINDFUL EATING

● THE EASIER WAY TO EAT HEALTHFULLY IN COLLEGE! ●

## Resources:

### Wellness and Health Promotion Services

For more information about nutrition and mindful eating, stop in Wellness and Health Promotion Services located in the Student Health Services building.

### Medical Nutrition Therapy at Student Health Services

Students who require medical therapy for chronic diseases or conditions including (but not limited to) cardiovascular disease, diabetes, gastrointestinal disorders, or those who are immunocompromised can see a Registered Dietitian (R.D.) at the Student Health Services' Medical Clinic. Additionally, the R.D. can see students who are experiencing depression or anxiety, hair loss, and/or menstrual irregularities related to a poor diet. A physician referral is required and there is a \$6.00 fee for appointments. Make an appointment with your medical provider for a referral through the Saluki Health Web Portal at [shc.siu.edu](http://shc.siu.edu) or call 618/453-3311.

