

Nutrition Counseling Services

Christina has over 12 years of experience as a registered dietitian. She offers nutrition counseling to help empower you to make healthier choices so you can meet your health goals and feel your best.

Christina can work with you to help you manage chronic diseases such as hypertension, high cholesterol, and metabolic syndrome. She also offers prenatal and postnatal support. She can also help you with sustainable weight management – no fad diets. We will work together to help you set realistic goals. If you have tried every fad diet or been on and off diets for years, we can work together to help you improve your relationship with food.

Package options: While sessions can be booked individually, it is generally recommended that you book an initial consultation and 2-3 follow-ups to make the most out of our time together. Packages also include chat-based support between sessions, food journal reviews, and healthy grocery lists.

Initial Consultation: \$175

Package A: initial consultation and two 45-minute follow-ups: \$380

Package B: Initial Consultation with three 45-minute follow-ups: \$470

Additional follow-ups: \$95/45-minute session

Let's make mealtime easier!

Christina also offers services to help moms make meals easier. If meal times are stressful for you and you find yourself short-order cooking or making chicken fingers and fries every night to avoid meltdowns, this 90-minute session is for you. We will review an evidence-based method to help make meals and snacks easier and to help you raise happy and healthy eaters. This 90-minute session is \$295.00 and includes resources of information covered, family-friendly recipes, and chat-based support for 2 weeks after our session.

Email christina.iaboni@gmail.com to book your free 15-minute consultation.

Check your insurance plan, many cover this cost (or partial cost) of registered dietitian services.

