

Nutrition Resources

- [On-Campus Resources](#)
- [Useful Websites](#)

Counseling and Psychological Services

CAPS offers short-term individual counseling sessions and group therapy sessions for people with food challenges.

[Visit Site](#) [1]

Campus Health

Campus Health offers **medical nutrition therapy** from registered dietitians for students with a medical nutrition need, including high blood pressure, elevated cholesterol, eating disorders and diabetes.

[Visit Site](#) [2]

Sports Nutrition Services

UNC offers sports nutrition counseling from registered dietitians for student athletes and other students with active lifestyles.

[Call for appointment](#) [3]

Nutrition Coalition

This UNC student organization is open to all UNC students interested in nutrition and healthy living. They offer events, volunteer opportunities, and have educational activities for our campus and the Triangle community.

[Visit Site](#) [4]

Be on the lookout for these campus or national events!

- Love Your Body Day (October)
- National Eating Disorders Awareness Week (February)
- Events hosted by the Carolina Women's Center
- Events hosted by SHAPE (Students Helping to Achieve Positive Esteem).

USDA MyPlate

Go here to learn about the new USDA food and nutrition guidelines. They offer many tips and strategies for balanced eating, and you can even assess your individual diet and physical activity!

[Visit Site](#) [5]

SparkPeople

When you set up a free account here, you have access to meal plans, workouts, and other tools to help you live a balanced lifestyle.

[Visit Site](#) [6]

Body Positive: Boosting Body Image at Any Weight

Body Positive offers an array of articles and tools on developing and maintaining a healthy body image, no matter what you weigh. While being at a healthy weight is important and can prevent future health problems, it is equally important to feel good about yourself no matter where you're at.

[Visit Site](#) [7]

CDC - Nutrition

Look here for information from statistics to tips and recipes!

[Visit Site](#) [8]

Something Fishy

This website has accurate, evidence-based info about eating disorders and disordered eating.

[Visit Site](#) [9]

National Eating Disorders Association (NEDA)

This website provides information, research findings, and programs and events about eating disorders.

[Visit Site](#) [10]

Source URL: <https://studentwellness.unc.edu/resources/nutrition-resources>

Links

[1] <https://caps.unc.edu/>

[2] <http://campushealth.unc.edu/services/nutrition-services.html>

[3] tel:19199666548

[4] <https://studentlife.unc.edu/organization/nutritioncoalition>

[5] <http://www.choosemyplate.gov/>

[6] <http://www.sparkpeople.com/>

[7] <http://bodypositive.com/>

[8] <http://www.cdc.gov/nutrition>

[9] <http://www.something-fishy.com/>

[10] <http://nationaleatingdisorders.org/>