



Tua Nutrition Price list

Pre consultation (phone call) up to 15 minutes Free

In person:

1) Initial Consultation up to 75 minutes £85/£95**

(this price includes the time of the consultation, as well as time taken to analyse the food diary and information gathered to support your case)

2) Follow up consultation up to 50 minutes £55

(this price includes the time of the consultation, and the time taken to research and develop your personalised Nutritional Therapy plan)

Maintenance consultations

In person up to 30 minutes £40

Phone/skype up to 30 minutes £30

Initial and follow up consultations include:

- a full case analysis, including health history, family health history and an examination of current health conditions, symptoms, or concerns.
- an in-depth review of current dietary habits and behaviours, which will be examined in relation to your specific needs and desired outcomes from the two consultations.
- an assessment of your current diet using Nutritics software; you will receive a copy of the report.
- a review of other lifestyle behaviours, such as exercise and sleep.
- a personalised Nutritional Therapy action plan (supported by the most recent scientific evidence) with detailed explanations of recommended changes.
- supplement information, advice and guidance – where relevant.
- evidence based information and guidance handouts – where relevant.
- recipes – linked specifically to your personalised plan.
- anthropometric measures can be included, at the client's discretion.
- time with a qualified Nutritional Therapist dedicated to you.

Maintenance consultations include:

- reviewing recommendations and changes noted by the client.
- functional testing (where relevant)
- further handouts, practical tips and recipes (where relevant).

- modifying the Nutrition Therapy action plan accordingly.
- time with a qualified Nutritional Therapist dedicated to you.

**You will receive a discount, paying £180 instead of £195, if you pay for 3 sessions (initial and two follow ups) at the first consultation. Payment must be received in full at the Initial Consultation.*

** The number of sessions you require will vary according to your current health status and your goals. Two sessions are required as a minimum, however if you feel you require a 'one off' session the minimum fee is £95. The purpose of the free pre-consultation is to discuss your needs and goals, and develop a bespoke programme.

Online Package:**

'Take Five' Dietary analysis: Complete a 4-day food diary to be analysed and receive 5 dietary changes/tips, alongside nutritional guidance. Dietary analysis provided by Nutritics software. You will receive a copy of the report.

£40

**** only for clients not taking medication and/or free from an existing medical condition**

Weight loss programme:

Individual weight loss programmes are available, normally 12-weeks in duration, see tuanutrition.co.uk for more detailed information and prices.

Group Packages:

Group weight loss package (a course of 12 weeks), tailored for specific needs and prices negotiated according to the number of people.

Corporate packages, tailored to specific needs of the employees and prices negotiated according to the number of people.