

## Nutritional Analysis

The full Nutrition Analysis service is helpful for:

- the individual interested in improving lifestyle choices
- the individual wanting to optimize dietary choices
- the athlete interested in determining whether nutrient intake and energy are adequate for their training schedule

We provide you with a 3 day dietary records to complete at home. This record is then analyzed using research-grade software to generate a comprehensive report of your macronutrient and micronutrient intake. This analysis also includes a consultation on deficiencies and excesses after completion of the assessment.

Service cost: **\$125 (includes the consult)**

### Want to schedule this test?

Please call us at (352) 273-7371 or email us [ufspc@ortho.ufl.edu](mailto:ufspc@ortho.ufl.edu) [1].

Our hours generally are:

- Monday - Friday
- 8am - 5pm

Please inquire about special time requests.

**Source URL:** <http://www.ufsportsperformance.com/nutritional-analysis>

### Links

[1] <mailto:ufspc@ortho.ufl.edu>