



Sports Nutrition Consulting

Your nutrition can have a big impact on your athletic performance. For competitive athletes, Northwestern Medicine Athletic Training and Sports Performance Clinic offers a nutrition assessment, and education on proper food intake and its relationship to better health. Team or small group consults are also available.

Nutrition assessments will cover:

Proper hydration

Recovery nutrition

Pre-workout nutrition

Healthy snack options

Fueling during
performance

Initial appointments are 60 minutes. This is a cash-based service and is not covered by insurance.

Please call us at 630.315.8764 for prices and scheduling options. TTY for the hearing impaired, 630.933.4833.

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sportsperformance.nm.org