

NUTRITION COUNSELING

Achieving your health and wellness goals shouldn't be confusing. The foods you utilize to pursue those goals shouldn't be bland. Allow one of CSN's Registered Dietitians to help you eat for:

Health Conditions

- Bone health
- Cancer
- Diabetes and pre-diabetes
- Digestive health
- Eating disorders
- Gluten-free living
- Heart health
- Osteoporosis
- Pregnancy and fertility

Wellness

- Adaptable recommendations based on cultural, ethnic and personal dietary preferences
- Children and families
- Healthy aging
- Healthy lifestyle
- Maximizing athletic performance
- Stress management
- Weight loss and maintaining a healthy weight
- And more!

We're here to help! Food should support your health. Call (412) 593-2048 or email admin@casespecificnutrition.com for more information.



Pittsburgh Office Locations

5750 Baum Blvd, Suite 306 & 305, Pittsburgh, PA 15206
1813 Golden Mile Hwy, Suite 100, Plum PA 15239
615 Washington Rd, Suite 303, Pittsburgh PA 15228
3471 Babcock Blvd, Suite 100, Pittsburgh PA 15237

WWW.CASESPECIFICNUTRITION.COM
(412) 593-2048



CASE SPECIFIC NUTRITION

Our Services

Individualized nutrition.
Incredible results.

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TESTIMONIALS

"I feel like for the first time in over 10 years, I finally found someone who understands and was able to give me the right plan to lose weight. I highly recommend Case Specific Nutrition; especially if you are dealing with chronic health conditions that are impacting your weight." - **Gina G**

"My whole adult life I have been an extremely fit recreational athlete who never really seemed to need help with my food intake or nutrition. Things recently changed for me, however, when I was majorly set back by multiple orthopedic injuries and an autoimmune disease. CSN helped me on my journey to recovery by providing guidance on eating, not only for optimal health, but also to help me maintain my body composition while laid up. CSN provides a customized, whole-body approach, and supports healthy eating as a lifestyle."
- **Melissa F**

If you are looking for a lifestyle change that works, you've found the right place! A common sense approach developed by nutrition professionals. Check them out!" - **Dave B.**

Google us for more reviews! Also find us at:

 @CaseSpecificNutrition

 @CaseSpecificNutrition



COVERED BY INSURANCE

At Case Specific Nutrition we are in-network with all major insurances:

- Aetna
- Blue Cross / Blue Shield
- Cigna
- Health America (Coventry)
- Highmark BCBS (Pennsylvania)
- Medicare / Medicaid
- UPMC
- United HealthCare

For an estimate of coverage by your insurance plan:
(412) 593-2048 or admin@casespecificnutrition.com.

AVAILABLE TO PRESENT

Our dietitians speak all over Pittsburgh, with focus on eating for lifestyle, guilt-free dieting, fueling for sport, and improving food behavior:

- Healthy Eating 101
- Going Out to Eat
- Healthy Eating on a Budget
- Meal Prepping
- Goal Setting/Motivation
- Intuitive Eating
- Anti-Inflammatory Eating
- Ask the Dietitian Events

To schedule a presentation: (412) 593-2048 or admin@casespecificnutrition.com.

