



Dietitian Services

DISCOVER WHAT A HY-VEE REGISTERED DIETITIAN CAN DO FOR YOU!

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Discovery Session

Sign up for a complimentary session to chat with a Hy-Vee registered dietitian and discover what nutrition programs are available to best support your health goals.

Nutrition Store Tours

Your Hy-Vee registered dietitian will help you navigate the aisles on a range of topics including: Navigating Nutrition, Heart Health, Diabetes, Food & Fitness, Plant-Based, Budget-Friendly & Gluten Free, Kids Food.

Individual Nutrition Consultations

Tailored to your personal health and wellness goals, this is beneficial for the individual who wants to make lifestyle changes with continued support. Appropriate for our customers who have a new or existing health condition and need help navigating nutrition for long-term.

Healthy Habits

Menu program for those seeking an eating plan to support a balanced lifestyle with 1:1 support from your dietitian. It includes a weekly 7-day menu that best fits your needs with simple recipes & a convenient grocery list.

Begin™

A 10-week healthy lifestyle and weight management program focused on determination, accountability and motivation. The Begin™ program will teach you how to prioritize your health, gain more energy, and boost your confidence.

Health Screenings

Including blood pressure, blood glucose, total cholesterol, HDL, LDL, triglycerides, body-fat percentage and weight. Your dietitian will review the results and make recommendations to improve your numbers.



Scan the QR code,
or visit
hy-vee.com/health/hy-vee-dietitians/

Junior Chefs (8+ years)

Do you have an aspiring chef in your house? Join our Junior Chefs in the Hy-Vee Kitchen virtual cooking classes. Led by Hy-Vee registered dietitians, these classes will enhance your child's joy of cooking while providing education to expand their cooking skills!

Little Chefs (pre-K to 2nd grade)

Are you looking to get your little ones comfortable in the kitchen? Join virtual Little Chefs in the Hy-Vee Kitchen cooking classes! Hy-Vee registered dietitians will teach your child basic kitchen skills with simple, easy-to-follow recipes.

