

# NUTRITION ASSESSMENT LABORATORY

*\* Have you ever questioned what your daily  
calorie intake should be?*



**Free services offered to Ball State employees and their family members. Services include:**

- Blood Lipid Screening
- Blood Glucose
- Blood Pressure
- BMI, Body Fat Analysis
- Dietary Analysis
- Osteoporosis Screening
- Nutrition Counseling
- Hemoglobin

## **Contact Us Today!**

Nutrition Assessment Laboratory  
Applied Technology Building, Room 223  
765-285-4846

[www.bsu.edu/fcs/nutritionlab](http://www.bsu.edu/fcs/nutritionlab)

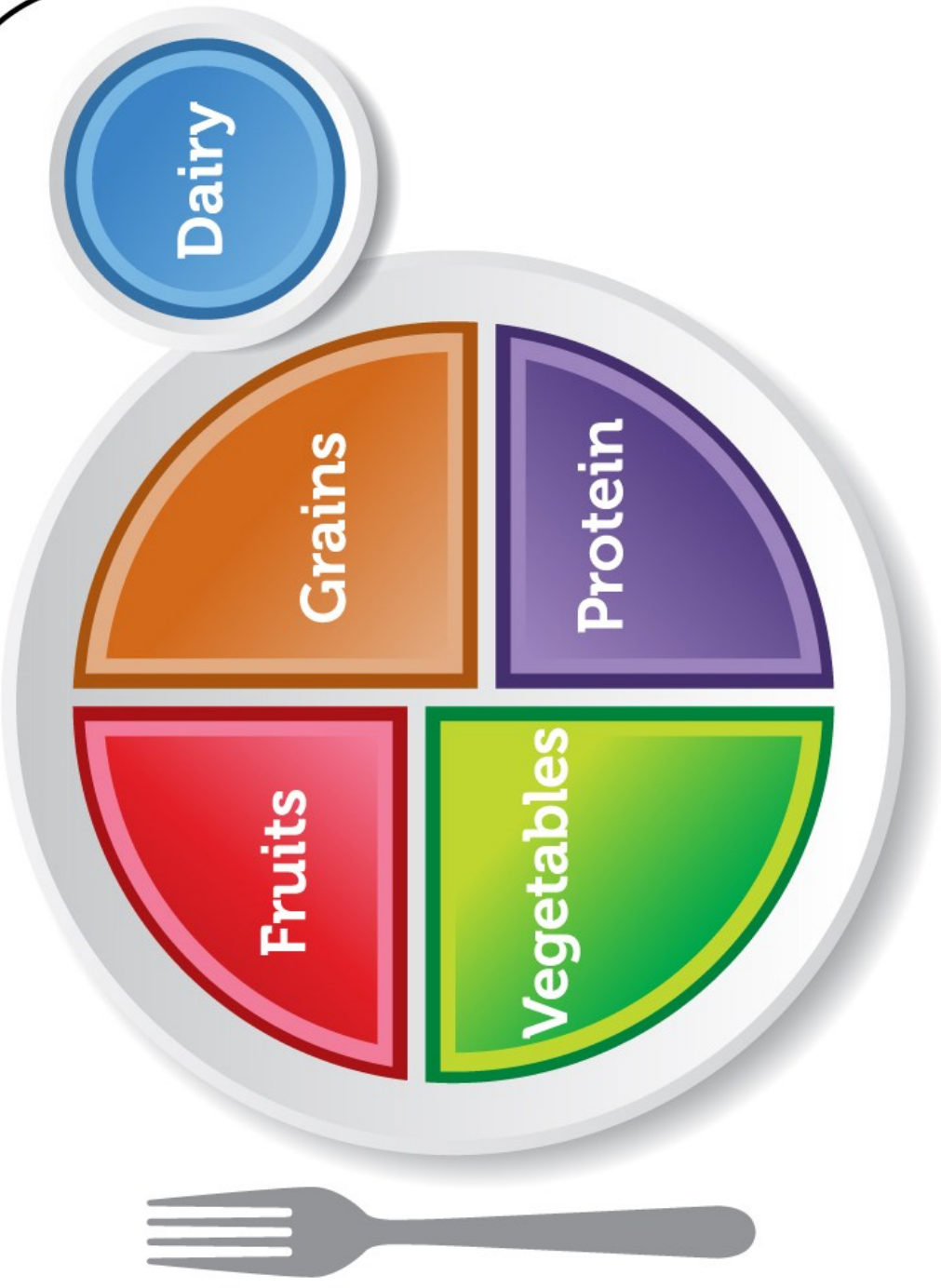
**Have a nutrition question?**

Email [askanrd@bsu.edu](mailto:askanrd@bsu.edu)

Working Well Program  
Amelia Wood Health Center, Room 004  
765-285-9355

[www.bsu.edu/workingwell](http://www.bsu.edu/workingwell)

[workingwell@bsu.edu](mailto:workingwell@bsu.edu)



Dairy

Grains

Protein

Fruits

Vegetables



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