Dietitians
Registered dietitians and nutrition practices
dietitians.fyi

GUIDE

What does a dietitian cost?

In the US, published ranges put intake visits around $150 to $250 and follow-ups around $100 to $150. Insurance can lower this to a copay or zero.

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Prices vary widely. In the US, Healthline reports that dietitian appointments often start around $100 per hour, with intake visits around $150 to $250 and follow-up check-ins around $100 to $150. These are 2026 figures for private-pay US visits and change often. [Healthline, accessed 2026-11-13.]

What changes the price

- Visit type. A short consultation costs less than an in-depth intake. Healthline notes many dietitians offer a short consultation for a small fee or free.
- Location. Urban private practices usually cost more than community or university clinics.
- Specialty. Sports nutrition, eating disorders and renal diets often price higher than general counselling.
- Insurance. If your plan covers the visits, you may pay a copay or nothing. Medicare covers MNT at $0 for eligible people. [Medicare.gov, accessed 2026-11-13.]
- Packages. Some practices sell bundles of sessions at a lower per-visit price.

Outside the US

Canada, the UK, Australia and Ireland have different payers. Many Canadian employer plans cover dietitian visits. The UK NHS provides dietitian care through GP referral. Australian private health extras often include dietitian visits. Fees and rules differ by province, nation and plan, so confirm locally.

How to compare honestly

1. Ask for the price of the first visit and a follow-up, in writing.
2. Ask what is included: assessment, plan, meal plan, email support.
3. Ask whether they bill insurance or give you a receipt to claim.
4. Check the credential on the register before you compare prices. A lower price for an unregulated title is not the same service.

Where a practice on this site publishes a price for an initial visit, the listing shows it with the date it was checked.

Sources

All sources fetched and checked 2026-11-13:

- Healthline: How Much Does a Dietitian Nutritionist Cost?
- Medicare.gov: Medical nutrition therapy services
- Aetna Clinical Policy Bulletin 0049: Nutritional Counseling

Frequently asked questions

Is a cheaper nutritionist as good as a dietitian?

The titles are not equal. A dietitian holds a recognised credential. A nutritionist title is

unregulated in most places, so education and skill vary widely.

Why do prices differ so much?

Location, visit length, the dietitian's specialty, whether you pay cash or insurance, and whether the practice offers packages all change the price.

Sources

healthline.com — https://www.healthline.com/health/nutrition/nutritionist-cost
medicare.gov — https://www.medicare.gov/coverage/medical-nutrition-therapy-services
aetna.com — https://www.aetna.com/cpb/medical/data/1_99/0049.html