

What to Expect:

Nutrition Counseling

Dietitians utilize medical nutrition therapy to help manage chronic conditions that can affect our mental and physical health and overall well-being. Dietitians not only have the knowledge as to what foods and habits can help patients make changes, but utilize behavior modification tailored to individuals' needs to make lasting changes versus a "quick-fix."

Program Details

Dietitians do not just "tell people what to eat," but explore a patient's relationship with food. Our registered dietitians specialize in behavior modification to help children, adolescents and adults create successful strategies that are tailored to meet nutritional needs. It is emphasized to the patient that overall wellness not only involves a healthy diet but also adequate sleep and physical activity.

Who is eligible?

Patients desiring assistance with:

- ▶ Healthy lifestyle meal planning
- ▶ Weight management
- ▶ Medication side effects
- ▶ Chronic medical issues
- ▶ A holistic approach to treatment
- ▶ Food allergies, sensitivities and intolerances
- ▶ Diabetes
- ▶ Eating disorders
- ▶ Cardiac conditions
- ▶ Relationship with food

What can I expect?

- ▶ First, patients have a 1-hour nutrition assessment with a dietitian to gather information. The dietitian will review with the patient eating and lifestyle patterns to aid in developing a plan and goals for future visits.
- ▶ Goals set by the patient and dietician depend on the patient's needs and may depend on insurance coverage. It is helpful for patients to check with their insurance company to determine their covered services.

What is taught?

- ▶ Learn how adequate protein, carbohydrates, and fat intake affects physical and mental health
- ▶ Meal/snack ideas and meal planning on a budget
- ▶ Implement concepts of Intuitive Eating such as establishing regular meal patterns, exploring past relationships with food and identifying internal hunger/fullness cues
- ▶ Work together to discuss how to reduce/eliminate restrained or compulsive eating, how skipping meals affects physical and mental health, what foods promote energy and satiety and what skills can be used to deal with triggers for over-eating