Nutrition Consultation

What is it? -> Nutrition counseling is a process in which a registered dietitian works with an individual to assess his or her dietary intake and identify areas where change is needed.

Who is the Registered Dietitian? -> Registered dietitians have a degree in nutrition and clinical hospital experience. They have also passed a national certification exam. Most are also licensed to practice in their state. The nutrition counselor provides nutrition information, educational materials, support, and follow-up to help the individual make and maintain the needed dietary changes.

What occurs in an appointment -> A dietitian will review your health goals and any medical conditions you might have. They will ask you about what you eat and assess your diet in relation to your goals and your health. Education and information is provided on how diet is related to the prevention and/or treatment of disease. Sometimes a person already has a good idea of what changes are needed, but may require help making the changes. The nutrition counselor and client work together to identify areas where change is needed, prioritize changes, and problem-solve as to how to make the changes. Making dietary change is a gradual process. An individual may start with one or two easier dietary changes the first few weeks and gradually make additional or more difficult changes over several weeks or months.

Read more: Nutrition counseling - effects, therapy, drug, person, people, used, medication, health, Definition, Purpose, Description http://www.minddisorders.com/Kau-Nu/Nutrition-counseling.html#ixzz14FaWITn3

What types of medical concerns are managed with nutrition therapy?
- High blood pressure
- Elevated cholesterol or triglycerides
- Obesity
- Pre-diabetes and Diabetes
- Kidney disease
- GERD, IBS, Constipation
- Vegetarianism
- Gastric Surgery
- Other nutrition issues

- Who qualifies → All TRICARE PRIME beneficiaries as well as all staff of NNMC (contract and GS)
- How to access the service → ask your provider for a referral today or call your Medical Home Team booking clerks who will schedule you today
- Point of Contact → Ms Lauren Thomas