Why visit with a Registered Dietitian?

- Healthy eating during pregnancy
- History of excessive weight gain during pregnancy
- History of gestational diabetes
- Family history of diabetes
- Vegetarian
- Not gaining weight
- Poor appetite
- Unable to tolerate foods
- Gastrointestinal discomfort (nausea, vomiting, constipation)
- Teenage pregnancy
- Lactose intolerant
- Carrying twins or multiples

Outpatient Clinical Nutrition Services, located in Building 7 (Liberty Zone), 3rd Floor, near Memorial Auditorium)

Hours: 0730-1600
Monday-Friday

Mr. Robert Goldberg
Registered Dietitian
Certified Diabetes Educator
Certified Specialist in Sports Nutrition

Mrs. Asha Jain
Registered Dietitian
Certified Diabetes Educator

NO REFERRAL NEEDED!
Call 301-295-4065 for an appointment