



NUTRITION COUNSELING



Q. **What is Nutrition Counseling?**

A. Nutrition Counseling, helps individuals manage certain conditions through an individualized, nutrition-based approach. When working with our registered dietician, you will learn how to break down your dietary goals into smaller, more achievable steps, building your confidence to be successful at managing your day-to-day needs.

Q. **What can I expect in my personalized session?**

- A.
- Review of eating habits, physical activity, and lifestyle
 - Thorough assessment of your nutritional status
 - Personalized treatment plan by setting achievable health goals

Q. **What health concerns does Nutrition Counseling help?**

- A. Nutrition Counseling helps you balance your needs if you have a disease, condition, or lifetime event including:
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|------------------------------|--------------------------------------|
| • Cancer survivor | • High blood pressure (hypertension) |
| • Cardiovascular disease | • High cholesterol |
| • Diabetes | • Plant-based eating |
| • Food allergies | • Prediabetes |
| • Gastrointestinal disorders | • Pregnancy |
| • Gestational diabetes | • Weight concerns |



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