

# Therapeutic Lifestyle Changes (TLC)

With Nutritional Counseling

Through Nutritional Counseling, the Registered Dietitian will assist you in the following areas:

- Individualized meal plan
- Understanding your specific nutrition/disease related problem
- Reading food labels
- Understanding vitamin and mineral supplements
- Eating out guidelines
- Healthy food preparation
- Exercise recommendations



# What types of services are offered?

- Individual Nutrition Counseling
- Sodexo's Create Your Weight Adult Weight Management Program
- Medical Nutrition Therapy for Medicare Part B beneficiaries with Diabetes or non-dialysis Renal Disease
- Grocery store tours
- Metabolism reading of your daily calorie needs
- Analysis of your diet and food intake
- Community Education programs
- Corporate Lunch and Learn sessions

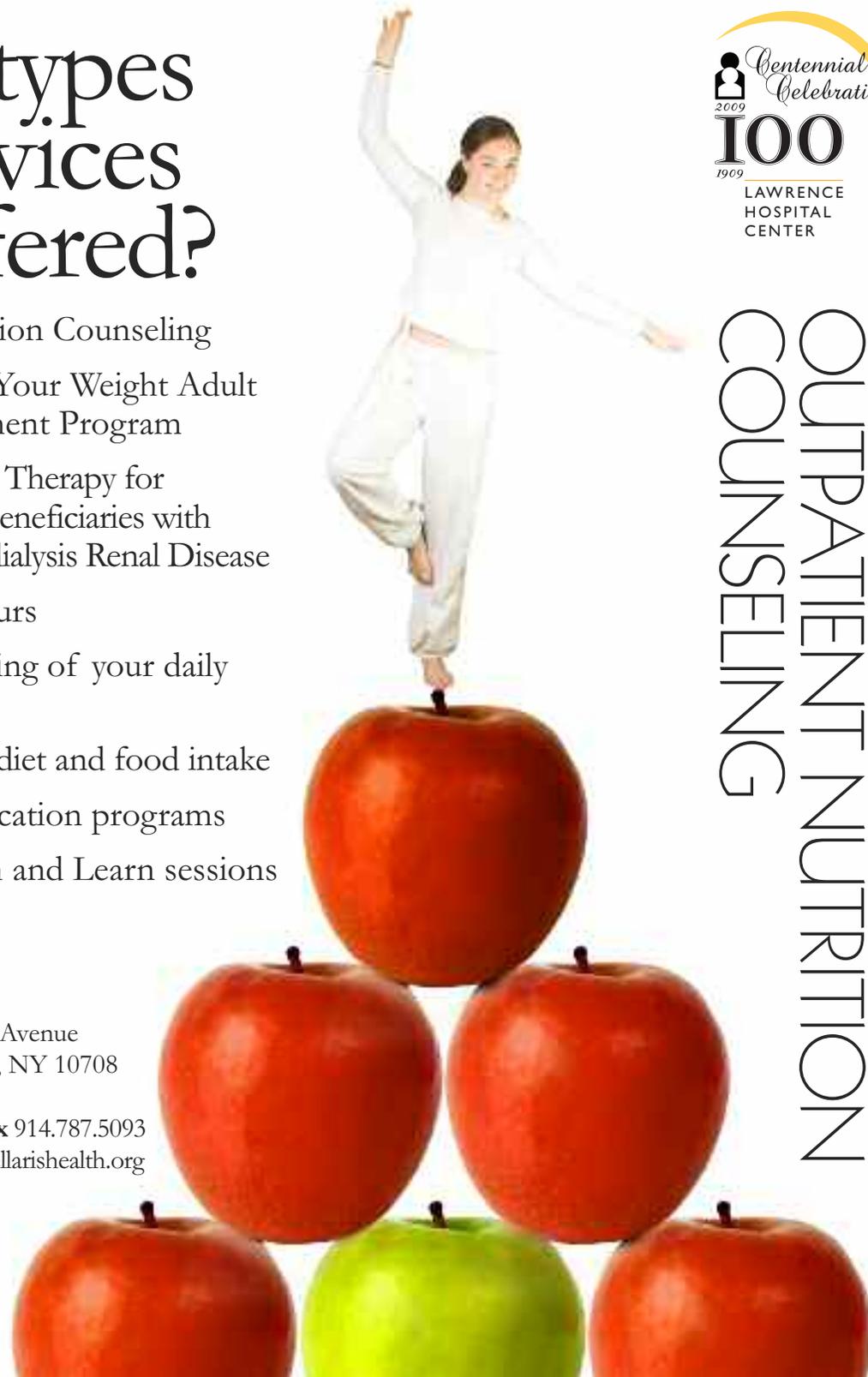


55 Palmer Avenue  
Bronxville, NY 10708

Phone 914.787.5060 • Fax 914.787.5093  
Email [LHCnutrition@stellarishealth.org](mailto:LHCnutrition@stellarishealth.org)



OUTPATIENT NUTRITION  
COUNSELING



# What is NUTRITION COUNSELING?

## (MEDICAL NUTRITION THERAPY)

**Nutrition Counseling** (or Medical Nutrition Therapy) is not about dieting. Instead, it is about managing your lifestyle or disease process through a healthy approach to your eating habits and lifestyle.

Clients learn these habits by working with a Registered Dietitian (RD). RDs are nutrition experts who are trained in the scientific principles of Medical Nutrition Therapy and weight management. RDs are recognized by the American Dietetic Association. RDs are skilled at providing practical approaches to help you translate the science of nutrition to improve your daily life. All of the services are provided by a Registered Dietitian.

For more information and to schedule your appointment, please call (914) 787-5060. Or email us at [LHCnutrition@stellarishealth.org](mailto:LHCnutrition@stellarishealth.org)



Whatever your motivation- losing weight, increasing energy, preventing disease or complications from current medical condition, the Outpatient Nutrition Services offered at Lawrence Hospital Center provides some of the area's most comprehensive nutrition counseling for children, teens, men and women, and older adults.

### Our areas of expertise include:

- High cholesterol
- Diabetes
- Cancer
- Digestive Disorders
- Celiac Disease
- Food allergies
- Gestational Diabetes
- Ulcers
- Pregnancy and Lactation
- Sports Nutrition
- Weight loss and management
- Obesity- childhood and adult
- High blood pressure (Hypertension)

### WHAT ARE THE BENEFITS OF NUTRITIONAL COUNSELING?

Clients who participate in Nutrition Counseling benefit from working with a Registered Dietitian to develop a personalized nutrition plan. The goal is to improve overall health and physical conditions through an appropriate and comprehensive eating and lifestyle plan. **Your plan can:**

- Improve your quality of life
- Reduce the amount of medicine you are taking
- Reduce your lifetime health care costs through less frequent physician and hospital visits
- Incorporate good nutrition principles for a lifetime
- Help you share those good nutrition principles with friends and family
- Give you better disease management
  - Improved blood sugars
  - Lower cholesterol levels
  - Lower blood pressure
  - Healthy weight

### PREPARING FOR YOUR VISIT

Please bring the following items to your Nutrition Counseling appointment:

- Referral sheet or prescription for counseling from Physician
- An indication of the medical condition requiring nutrition therapy
- List of medications and nutritional supplements you take currently
- Any pertinent lab test results
- Medical insurance information
- Any food diary and/or blood sugar records you have been keeping

