

Nutritional Counseling



What is nutritional counseling?

Nutritional or dietary counseling refers to the practice of meeting with a registered dietitian to obtain advice on how to use food or supplements to maintain one's health and to prevent or treat illness.

Three things you should know about nutritional counseling:

- 1** **Anyone interested in his or her nutritional status or the quality of his or her diet is a good candidate for nutritional counseling.** This counseling can help patients reach nutritional or physical goals and, if they are considering trying a diet, a dietitian can help evaluate its safety and nutritional value. Nutritional counseling may also benefit patients who have undergone treatments that affected their diets, such as chemotherapy or steroid treatment.
- 2** **Registered dietitians are often referred to as nutritionists.** However, they have more education, training and responsibility than that of a nutritionist. Dietitians are trained in preventing and treating disease through the use of individual nutrients found in food and supplements. The Integrative Medicine Center exclusively employs registered dietitians for nutritional counseling.
- 3** **Because you will be the one responsible for administering your dietitian's plan, self-care is an important and crucial aspect of nutritional counseling.** Your dietitian will likely advise you to modify your eating habits by removing some foods or adding others. For the best results, it is important to follow your dietitian's advice.



What happens during your consultation.

Before your appointment.

To help your practitioner learn more about your lifestyle, current concerns and health goals, you will be asked to complete a short questionnaire before your visit. It is ideal if you can bring a three-day food diary to your appointment to provide an overview of your eating habits. It is also important to inform your practitioner of any prescription or non-prescription medications you are taking, because they could interact with supplements your dietitian might recommend.

During your consultation.

You and your dietitian will discuss your nutritional concerns and goals. He or she will suggest ways to improve your nutritional health and provide in-depth educational materials. This advice is based on your medical history, nutritional status and personal goals.

How many visits will you need?

The number of visits you will need is dependent on your overall state of health. After your first session, your practitioner will work with you to determine how many consultations will be necessary to accomplish your nutritional or dietary goals. Most patients have one follow-up visit.

Conditions helped:

Special diets for:

- Cancer and cancer prevention
- Chronic obstructive pulmonary disease
- Diabetes
- Food allergies
- Heart disease
- High blood pressure
- High cholesterol/ high triglycerides
- HIV/AIDS

- Inflammatory disorders (including arthritis)
- Polycystic ovarian syndrome
- Pregnancy
- Weight loss/gain

Nutrition for healing:

- After transplant
- Fatigue management
- Wound healing

Gastrointestinal-related issues

- Celiac disease/ gluten intolerance
- Crohn's disease
- Dysphagia (trouble swallowing)
- Interstitial cystitis
- Irritable bowel syndrome
- Liver disease
- Reflux disease
- Renal disease

Schedule your appointment.

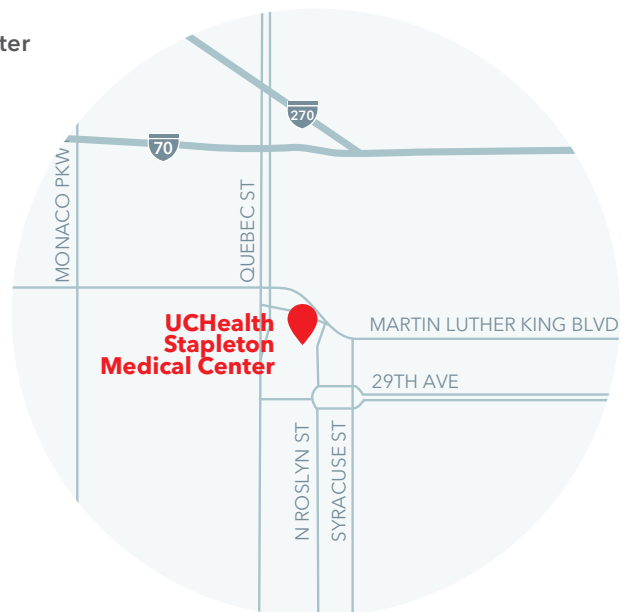
If you would like to schedule a nutritional counseling appointment, please call the Integrative Medicine Center at 720.553.2750. Appointments can be made Monday through Friday, 8:00 a.m.–4:30 p.m.

How much does it cost?

The cost of nutritional consultation depends on the amount of time spent with the dietitian. Consultations are occasionally covered by insurance.

Contact information.

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Learn more at uchealth.org