

UNIVERSITY OF COLORADO HOSPITAL
THE CENTER FOR INTEGRATIVE MEDICINE

NUTRITIONAL COUNSELING

WHAT IS NUTRITIONAL COUNSELING?

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



fig. 1 - A balanced diet including all of the major food groups can help maintain health, speed recovery and manage chronic disease. A dietitian can develop a diet to fit your needs.

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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 schooling, 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 Center for Integrative Medicine exclusively employs dietitians for nutritional counseling.

3. ●

As 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 his or her 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, as they could interact with supplements your dietitian may recommend.

DURING YOUR CONSULTATION

You and your physician or 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 may be necessary to accomplish your nutritional or dietary goals. If needed, follow-up visits are generally scheduled monthly.

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 (PCOS)

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 Center for Integrative Medicine at 720.848.1090. Appointments can be made Monday through Friday, 8:30 am - 5:00 pm.

HOW MUCH DOES IT COST?

The cost of nutritional consultation depends on the amount of time spent with the dietitian. Your first 60-minute visit will cost \$60, and 30-minute follow-ups are \$30. Consultations are occasionally covered by insurance.

All prices are subject to change.

CONTACT INFORMATION

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