

Outpatient Nutrition Services

How can an SSM DePaul dietitian help you?

SSM dietitians are available to consult with you and your doctor to make sure the food you eat is just right for you. Often, the food you eat is as important to your recovery as the medication you receive. DePaul's registered dietitians are available to help you with your nutritional needs related to:

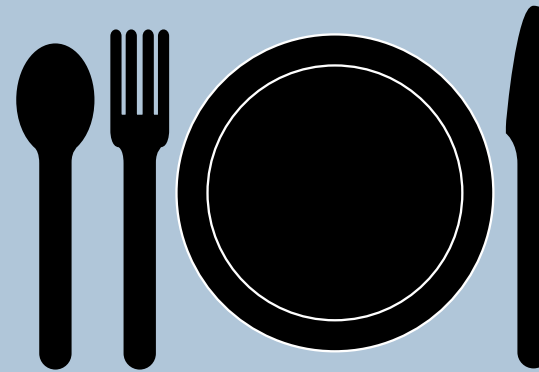
- cancer
- diabetes
- bulimia
- allergies
- alcoholism
- hypertension
- hypoglycemia
- kidney disorders
- anorexia nervosa
- cardiovascular disorders
- gastrointestinal disorders
- other health problems



Fitness and good health

The registered dietitians on staff at SSM DePaul can give you the nutrition "angle" on staying healthy and keeping fit. Our dietitians offer help with:

- children's nutrition
- sports nutrition
- weight control
- vegetarian diets
- food for older adults
- basic nutrition for health
- nutrition during pregnancy
- breastfeeding
- nutrition in the workplace



Seek the expertise of a clinical dietitian

A clinical dietitian is your qualified expert in nutrition. You can be confident you will receive ongoing guidance based on years of experience and the latest in nutritional research.

Qualifications

A dietitian is a trained professional who must:

- Have a bachelor's degree in dietetics or nutrition
- Serve an internship, just like your doctor
- Be registered, just like your nurse

To keep this registration with the American Dietetic Association, a dietitian must have 75 credits of approved continuing education every five years.

Personalized nutrition instruction is available by appointment. A fee is assessed according to services provided. Fees may be covered by your health insurance; please check with your provider.

Services

Nutrition Information

We can provide up-to-date information on label reading, dining out, using convenience foods, managing balanced diets and sports nutrition.

Nutrition Education

Individualized meal planning available for:

- diabetic diets
- cholesterol restrictions/fat restrictions
- weight reductions
- renal diets
- sodium restrictions
- gestational diabetes
- weight gain
- gluten-free diets
- lactose-free diets
- sports nutrition
- balanced nutrition
- other diets as needed

Scheduling

Appointments may be scheduled by the physician's office or the patient by calling (314) 344-7220. For further information, call (314) 344-6157.