

Frequently Asked Questions

What is a registered dietitian?

A registered dietitian is a nutrition professional. They are your most credible, objective source of nutrition information. In addition, they are trained in the use of nutrition to prevent and control disease.

Look for the initials **RD** after your dietitian's name. These credentials indicate that the practitioner has completed an accredited 4-year educational program, 900 hours of supervised practice, and passed a national exam.

Do registered dietitians treat healthy people?

Yes. Registered dietitians help people learn about staying healthy and selecting the right foods. They are your best source of accurate nutrition information. Balance, variety, and moderation are the keys to healthful eating. A registered dietitian can help you find a total eating plan that works for you and your lifestyle.



Balancing Calories

- ◆ Enjoy your food but eat less
- ◆ Avoid oversized portions

Foods to Increase

- ◆ Make half your plate fruits and vegetables
- ◆ Make at least half your plate whole grains

Foods to Reduce

- ◆ Compare sodium in foods like soup, bread and frozen meals—choose meals with lower numbers
- ◆ Drink water instead of sugary drinks



Wooster Community Hospital



1761 Beall Avenue
Wooster, Ohio 44691

Phone: 330-263-8196
www.woosterhospital.org

Free Transportation - subject to availability

Nutrition & Diabetic Services

**Nutrition for Health,
Wellness & Prevention**

Wooster Community Hospital



Nutrition & Diabetic Services

The Nutrition Services Department at Wooster Community Hospital offers nutrition education and medical nutrition therapy. Our qualified staff of nurse and dietitians provide education for each participant and their family. We are committed to providing nutrition counseling that helps you improve your quality of life.

All services are provided by appointment only. Office hours are available Monday through Friday. Evening appointments are available by calling 330-263-8196. Appointments require a physician referral.



Want to lose weight?

WhyWeight™

- ◆ A six month program designed for those who need to lose 25 pounds or more.
- ◆ A reasonably priced, safe and effective weight loss program that really works by teaching good eating habits and healthy choices that you can live with for a lifetime.
- ◆ Sessions are provided every two weeks in a one-to-one setting. Your dietitian helps you with whatever challenges you might have and treats you as an individual.
- ◆ You can choose to participate in the nutrition education alone or add the option of a membership at HealthPoint, Wooster Community Hospital's Health & Wellness Center.

Will my health insurance cover the cost?

Insurance coverage varies with each insurer. We will be glad to provide you with supportive information to submit to your insurance company.

Need help managing your diabetes or lowering your cholesterol?

Medical Nutrition Therapy

Many diseases and health problems can be improved with good nutrition including diabetes mellitus, high cholesterol and heart disease.

No matter what your diet restrictions, your dietitian will help you to live with them by teaching you important things such as:

- ◆ Understanding food labels
- ◆ Tips for dining out or eating on the run
- ◆ Ways to change your favorite recipes to fit your new meal plan
- ◆ Smart grocery shopping strategies
- ◆ Portion Control
- ◆ Increasing fiber in your diet

