



GRAINS	VEGETABLES	FRUITS
Make half your grains whole	Vary your veggies	Focus on fruits
Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day	Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens	Eat a variety of fruit
1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta	Eat more orange vegetables like carrots and sweetpotatoes	Choose fresh, frozen, canned, or dried fruit
	Eat more dry beans and peas like pinto beans, kidney beans, and lentils	Go easy on fruit juices

MILK	MEAT & BEANS
Get your calcium-rich foods	Go lean with protein
Go low-fat or fat-free when you choose milk, yogurt, and other milk products	Choose low-fat or lean meats and poultry
If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages	Bake it, broil it, or grill it
	Vary your protein routine — choose more fish, beans, peas, nuts, and seeds

Find your balance between food and physical activity.
Know the limits of fats, sugars, and salt [sodium].

Outpatient Nutrition Counseling

Nutrition can make a difference!



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Outpatient Nutritional Counseling

Beech Hill Center
G-3200 Beecher Road
Flint, Michigan 48532
(810) 342 4110

Physician referrals may be faxed to (810) 342 4428.

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Nutrition Services

The Outpatient Nutrition Counseling Service at McLaren Regional Medical Center (MRMC) provides medical nutrition therapy and nutrition counseling for patients with various medical conditions including:

- › Diabetes
- › Gestational Diabetes
- › Obesity
- › Heart Disease
- › Renal/Kidney Disease
- › Digestive Disorders
- › Eating Disorders
- › Cancer
- › High Cholesterol
- › Hypertension
- › Hypoglycemia

MRMC's Outpatient Nutrition Counseling service provides patients with the education, skills, and resources needed to improve their nutritional status. The counseling service helps patients understand the diet principles prescribed by their physician as well as develop a personal nutrition plan to fit their individual lifestyle.

Our registered dietitians also work with patients who are recovering from illnesses such as stroke or heart attack, patients who have suffered traumas, or who are undergoing treatment such as radiation or chemotherapy.

During the personal counseling sessions, our registered dietitians provide patients the following services:

- › Evaluate current eating habits
- › Assess and analyze nutrition status and needs
- › Develop individualized meal plans
- › Provide education and counseling
- › Provide resources for additional support

Insurance and Appointments

Some insurance plans will cover out-patient nutrition counseling services. Patients should contact their individual insurance carrier to verify coverage. Medicare will initially cover three (3) hours of medical nutrition therapy per calendar year for diabetes and non-dialyzed renal disease.

Appointments are scheduled on an individual basis, and the length of the appointment is dependent on the needs of the patient.

A physician referral is required for all out-patient nutrition outpatient consultations.

Our registered dietitians are experts in designing a program that best fits individual patient needs.

