

NUTRITION SERVICES

Personalized Guidance

Empowering individuals with information, guidance and emotional support with their personal nutrition and health is the mission of nutrition services.

At MidHudson Regional Hospital, we are committed to providing you with the knowledge and the skills necessary to manage your weight, or to improve your health through nutrition.

All nutrition education is provided by a registered dietitian who will assist you in reaching your goals. Personalized meal plans are provided.



Nutrition Counseling Services:

- Adult, adolescent and pediatric nutrition counseling, including eating disorders
- Bariatric nutrition counseling, for gastric band and gastric sleeve
- Eating disorders
- Heart healthy nutrition counseling (for high cholesterol, high triglycerides, hypertension)
- Chronic kidney disease

- Metabolic disorders, excluding diabetes (for diabetes, call the Center for Diabetes Management at 845.483.5188)
- Geriatric nutrition
- Nutrition for cancer patients
- Nutritional counseling for wound healing
- Gastrointestinal disease diets (celiac disease, irritable bowel syndrome, colitis, Crohn's disease, diverticulosis, GERD, ileostomy or colostomy support)
- Anemia, underweight, failure to thrive
- Vegetarian meal planning

Referral and Financial Information

Your doctor or primary care provider must sign a written script or referral. Not all insurance carriers reimburse for these services. Therefore, it is your responsibility to check with your carrier. Participants are responsible for fees not covered by insurance plans.

Faxed scripts or referrals may be sent to
FAX: 845.483.5087.



**MidHudson
Regional Hospital**

Westchester Medical Center Health Network

Nutrition Services

241 North Road | Poughkeepsie, New York 12601
845.431.8898 | MidHudsonRegional.org

STAY CONNECTED:

