

# For Nutrition Questions, see the Registered Dietitian. Self-refer today!

## Prevention and Management of Chronic Conditions

### If your doctor has diagnosed you with:

- Bone health concerns
- Diabetes or Pre-Diabetes
- Fatty liver
- Gout
- Heart healthy eating
- Kidney stones
- Malnutrition concerns
- Vitamin/Mineral concerns



## Craving Change Group

A group class with 4 sessions to investigate the reasons behind cravings, and strategies to help control them! This group is co-facilitated by the Social Worker and the Registered Dietitian.

*For more information please speak with our front desk.*

## Digestive Concerns

### If your doctor has diagnosed you with:

- Celiac Disease
- Constipation
- Chron's or Colitis
- Diarrhea
- Diverticulitis
- Food Intolerances
- Gas/Bloating
- Heartburn
- Hemorrhoids
- IBS



## General Healthy Eating Topics

- Cooking for one
- Eating on a budget
- Grocery shopping
- Healthy recipes
- Label reading
- Meal planning
- Vegetarian/Vegan eating



## Nutrition across the Lifespan

- Healthy eating in pregnancy
- Toddler nutrition
- Preschooler nutrition
- School aged children/teens
- Seniors' nutrition

***These services are available to patients registered with a family doctor of OakMed only.***