

St. Joseph Regional Medical Center...

is pleased to offer Outpatient Nutrition Therapy Services provided by a Registered, Licensed Dietitian (RD, LD) to assist you in managing your nutrition needs.

Setting up an appointment

You can obtain a referral from your physician, or you can refer yourself. Your physician may be contacted by our staff to assist in the development of your personal nutrition plan.

Call (208) 799-5227 for more information.

What is the cost?

With a physician's referral, your health insurance can be billed. Contact your insurance company to discuss your benefits. Financial arrangements and payment plans are available.



A registered dietitian...

...is a professional who specializes in nutrition science and who interprets nutritional needs of individuals throughout the life cycle.

The qualifications of a registered dietitian:

- B.S. degree, or higher, in Food and Nutrition or related science
- American Dietetic Association approved Dietetic Internship or equivalent
- Registration through national examination by the Commission on Registration
- State License
- Mandatory continuing professional education

See a Registered Dietitian from St. Joe's...

"Because it is what's inside that counts"

415 6th Street., Lewiston, ID 83501
www.sjrmc.org 208.799.5227

St. Joseph Regional Medical Center

Outpatient Nutrition Services

We are making a DIFFERENCE... in your LIFE.



People committed to life.



Community Health
Education Resource Center
St. Joseph Regional Medical Center

Why is nutrition important?

Medical experts recommend individuals follow a healthy diet, maintain an ideal body weight, and exercise to help prevent the onset or progression of disease. If you have a personal or family history of heart disease, diabetes, cancer, obesity and/or if you are concerned about your overall health, then you may want to meet with a dietitian for an individualized meal plan.



Because the American diet tends to be “unhealthy,” learning the real facts from a Registered Dietitian can help you improve your food choices.

Nutrition therapy with a registered dietitian is for:

- Food Allergies
- Cancer
- Celiac Disease
- COPD
- Crohns Disease
- Diabetes (Type 1 & 2)
- Diverticulitis
- Eating Disorders
- Failure to Thrive
- Heart Disease
- Healthy Eating for a Healthy Lifestyle
- High Blood Pressure
- High Cholesterol or Triglycerides
- Irritable Bowel Syndrome
- Kidney Disease
- Liver Disease
- Osteoporosis
- Pre-Diabetes
- Pregnancy/Lactation
- Gestational Diabetes
- Sports Nutrition
- Vegetarianism
- Weight Management for Children
- Weight Management for Adults

Medical Nutrition Therapy provided by a registered dietitian includes a review of what you eat and your eating habits, a thorough review of your nutritional health, and a personalized nutrition treatment plan. Together with the Registered Dietitian, you will set nutrition goals to improve your health.

A registered dietitian can help if you:

- Eat on the run and survive on hit or miss meals
- Struggle with creeping weight gain and dislike your body image
- Routinely go on and off diets, only to regain the weight you lost
- Take vitamin pills -- or wonder if you should
- Exercise rigorously, compulsively, or excessively
- Would like to improve your athletic performance
- Feel chronically fatigued or routinely lack energy
- Obsess about food and have undesired binges that seem out of control
- Are discontent with your current eating patterns
- Have high cholesterol, diabetes, or hypertension, or have relatives with these conditions
- Struggle to gain weight
- Want to improve the overall health of yourself and family

Other nutrition services include:

- Community Presentations
- Community Health Fairs
- Individual Medical Nutrition Therapy
- Food Intake Analysis
- Group Nutrition Classes for Diabetes and Cholesterol

*We are making a DIFFERENCE...
in your HEALTH.*