

# *Outpatient Nutritional Services*



*Healthy Eating for Better Health*



1015 Union Street  
Boone, Iowa  
(515) 433-8624  
[www.boonehospital.com](http://www.boonehospital.com)

# *Enjoy the benefits!*

At Boone County Hospital, we offer a variety of services that can help improve and maintain your health. Eating right and staying healthy is not easy. There is a large amount of nutrition and health information available that can be confusing and overwhelming. We can help you make sense out of all of it. Our dietitian is available to help individuals with diabetes, weight control issues, high cholesterol/lipids, high blood pressure, eating disorders, and more.

## *Our Dietitian:*

- Is registered by the American Dietetic Association, licensed by the State of Iowa, and is also a Certified Diabetes Educator.
- Is trained to assess your nutritional needs and help you develop healthier eating habits that will fit into your busy lifestyle.
- Will work with other professionals to help you regulate your blood sugar, blood pressure, blood cholesterol, etc.
- Can help you plan menus using regular foods the rest of the family will enjoy.
- Can assist you in making healthier choices when eating out.

## *Benefits of Healthy Eating*

- Improved performance & health
- Decreased risk of disease and illness
- Increased daily energy & longevity
- The promotion of well-being

*For more information, contact:*

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