Optimized Nutrition for Every Condition

Medical Center Locations
To schedule an appointment please call Central Scheduling at 630.856.7070

AMITA Health Adventist Medical Center Hinsdale
120 N. Oak St.
Hinsdale, IL 60521
630.856.9000

AMITA Health Adventist Medical Center GlenOaks
701 N. Winthrop Ave.
Glendale Heights, IL 60139
630.545.8000

AMITA Health Adventist Medical Center La Grange
5101 S. Willow Springs Rd.
La Grange, IL 60525
708.245.9000

Medical Nutrition Therapy

AMITAhealth.org/NutritionTherapy
Medical Nutrition Therapy at AMITA Health

Good nutrition is powerful medicine — it can help prevent and manage disease so you look and feel your best. AMITA Health Nutrition Program offers patients a comprehensive strategy to prevent or fight disease. More than 40 Registered Dietitians, including Certified Diabetes Educators partner with doctors to help our patients achieve optimal nutrition and health. AMITA Health Nutrition Program is a leader in our field offering patients access to subspecialty nutritional expertise for gastrointestinal disorders, cancer, pediatrics and more. In addition to medical nutrition therapy, our experts offer life-changing nutrition education.

The AMITA Health Registered Dietitians provide patients with individualized counseling and tailored nutrition plans to help them achieve their individual health goals. Whether prompted by a doctor’s recommendation, picky-eater challenges, a medical condition, pregnancy or simply a desire to improve eating habits for a healthier body and soul, our experts are here to help. Medical Nutrition Therapy is available for both children and adults.

Medical Nutrition Therapy specialists can help with:

- Allergies and food intolerances
- Balanced vegetarian diets
- Bariatric surgery preparation and follow up
- Blood glucose monitoring
- Child and adolescent nutrition
- Diabetes, prediabetes, gestational diabetes
- Gastrointestinal disorders
- Heart disease (high blood pressure, high cholesterol, high triglycerides)
- Pregnancy and lactation
- Specialty nutrition for cancer, kidney disease, liver disease
- Sports nutrition
- Weight management

AMITAhealth.org/NutritionTherapy

How Does Medical Nutrition Therapy Work?
The AMITA Health Medical Nutrition Therapy is designed to help patients understand and take control of their nutritional needs. The dietitian meets with each patient to discuss his/her individual medical needs, food preferences, and personal health goals. Based on the discussion, the dietitian creates a customized plan and provides the necessary food and exercise education as well as emotional support, which is essential for success.

What to expect?
- Initial session typically lasts one hour, during which nutritional needs are fully assessed and goal-setting begins
- Follow-up appointments are 15–60 minutes long, depending on individual patient needs
- Some patients see a dietitian every other week, while others visit on a monthly basis

Do I Need a Referral?
Medical Nutrition Therapy counseling requires a doctor’s referral and must include your medical diagnosis. The referral connects us to important medical information and may be necessary to receive insurance reimbursement. Talk to your primary care doctor or call us at 855.MyAMITA (855.692.6482) to find a doctor.

To schedule an appointment with the dietitian please call AMITA Health Central Scheduling at 630.856.7070