



# Request for Nutrition Classes

## Nutrition Clinic

**Carl R. Darnall Army Medical Center**  
**Fort Hood, Texas 76544-4752**  
**Phone: 254-288-8860 Fax: 254-288-8962**  
**Location: Basement Room 0521**

- Performance Nutrition
- Sports Nutrition
- Nutrition for Life-Long Health
- Nutrition and Women's Health
- Nutrition for Teens and Children
- Weight Management\*
- Other (be specific)

*\*This class does not replace the class for Army Weight Control Program*

## Date class requested: (Give 3 options)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Time requested: \_\_\_\_\_

Place: \_\_\_\_\_

## Equipment available: (circle all that apply)

- Overhead projector                      - TV/DVD
- Screen
- LCD (computer projector)

Unit/Group Name: \_\_\_\_\_

Approximate Number of Attendees: \_\_\_\_\_

Person to Contact: \_\_\_\_\_

Phone: \_\_\_\_\_



# Registered Dietitian (RD)

Registered Dietitians (RDs) have a minimum of a Bachelor's Degree in Nutrition or Dietetics, and many have advanced degrees. They complete an accredited internship, pass a national registration examination and remain current in their field through continuing education.

Dietitians have a state license and many have specialty certifications in such areas as nutrition support, diabetes education and pediatrics.



**DARNALL**  
ARMY MEDICAL CENTER



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Fort Hood, Texas 76544

 [www.crdamc.amedd.army.mil/](http://www.crdamc.amedd.army.mil/)



## Nutrition Clinic

**DARNALL**  
ARMY MEDICAL CENTER

# Nutrition Clinic

**The Outpatient Nutrition Clinic offers a wide variety of health care and health-related services. Here are some of the programs available for Soldiers, Families and Retirees.**

## Nutrition To Go

Nutrition education classes are tailored for your unit or group. Topics include but are not limited to:

- Performance Nutrition
- Weight Management
- Vegetarian Nutrition
- Nutrition for Teens and Children
- Nutrition for Life-Long Health
- Nutrition and Women's Health

*(See the request form on the back of this brochure. Classes can be held at or outside the Nutrition Clinic.)*

## Weight Loss Surgery Nutrition

Pre-and post-operative nutrition therapy and support group services are offered as part of a coordinated program with General Surgery.

## Patient Nutrition Education Classes

### Active Duty Weight Control:

This class is designed for active duty service members. Class does meet requirements for the Army Weight Control Program.

#### Topics Include:

- Nutrients and energy balance
- Food groups and portion sizes
- Reading food labels
- Exercise and metabolism
- Fad diets and supplements
- Weight loss tools

### Diabetes Nutrition Course:

This class teaches the basics of controlling diabetes through diet.

#### Topics Include:

- Carbohydrate counting (appropriate CHO ranges)
- Sample meal patterns
- Food journals
- Impact of stress, medications, foods and beverages
- Label reading
- Exercise
- Glucose and lipid goals

### Gestational Diabetes Class:

This class is for expectant mothers diagnosed with gestational diabetes or glucose intolerance in pregnancy. Learn how to manage the condition through diet and glucose monitoring.

### Prenatal Nutrition Class:

Learn how to feed your baby from the inside out by adopting healthy eating habits during pregnancy.



### Heart Healthy Eating Class:

This is a one hour class that covers dietary approaches to reduce risk factors for heart disease. The class will cover recommendations to help normalize cholesterol/lipid levels and manage blood pressure.

### One-on-One Consultation:

The Nutrition Clinic offers individual appointments for those with special nutritional needs and concerns. Appointments are available to those who have attended our classes and who want more personalized education and follow-up.

#### We offer consultations on:

- Cancer
- Vegetarianism
- Eating disorders
- Kidney disease
- Picky eaters
- Metabolic diseases
- Food allergies and intolerances
- Pediatric weight management

## Army Wellness Center

AWC offers metabolic rate testing, classes and other services related to fitness and weight management. AWC's registered dietitian is a specialist in sports performance nutrition. Call 288-8488 for appointments or information.

## Patient Education

Call the Patient Appointment System at 288-8888 or the Nutrition Clinic at 288-8860 to schedule nutrition appointments. **A doctor's referral is not needed to attend classes or individual appointments.** Check out our Nutrition Care Division web page at [www.crdamc.amedd.army.mil](http://www.crdamc.amedd.army.mil) for more nutrition tips and resources.