

# Nutrition Education & Wellness Program

## Individual Nutrition Counseling

- Hour long, client centered nutrition counseling sessions. Care plans are goal oriented and based upon your individual needs.
- Our team of Registered Dietitians specialize in Medical Nutrition Therapy (MNT). This includes, but is not limited to:
  - ◊ General nutrition counseling
  - ◊ Relief of gastrointestinal (GI) side effects like low appetite, diarrhea, nausea, vomiting, uncomfortable gas and bloating
  - ◊ Weight loss, or weight gain, nutrition and exercise regimens
  - ◊ Combining supplements and HIV treatment
  - ◊ Decreased energy levels
  - ◊ Food Safety
  - ◊ Food Allergies and Lactose intolerance
  - ◊ Assistance with managing other chronic illnesses including diabetes, high cholesterol and blood pressure, hepatitis, and kidney disease.
  - ◊ We also offer body composition analysis, or BIA testing
- Available to all GMHC, HIV+ clients Monday through Friday from 10:00AM to 5:00 PM, by appointment only
- To make an appointment call Margaret Swift, RD @ (212) 367-1263 or Jenny Torino MS, RD @ (212) 367-1259

## Nutrition Group Education

- Monthly groups cover a wide array of HIV/AIDS related nutrition topics.
- Past groups have covered *Medication and Side Effects*, *Healthy Foods on A Budget*, *Preparing Heart Healthy Meals*, *Making Sense of Supplements*, and many others. Please make suggestion for future topics!
- Flyers announcing groups are posted regularly throughout the building
- Groups are “drop-in” and available to all HIV+ clients at GMHC. You may also contact the Nutrition & Wellness department @ (212) 367-1259 to inquire

