

**How do I contact the CVMC Outpatient Education
Department Nutrition Education & Counseling Program?**

**If you would like an appointment or more information
please call (802) 371-4152.**

**CVMC offers individual counseling with Registered
Dietitians Monday through Friday at one of four locations:**

**BARRE INTERNAL
MEDICINE**

225 South Main Street
Barre, Vermont 05641

**CENTRAL VERMONT
PRIMARY CARE**

246 Granger Road
Suite 2
Barre, Vermont 05641

**CENTRAL VERMONT
WOMEN'S HEALTH**

130 Fisher Road,
Building A, Suite 1-4
Berlin, VT 05602

**MONTPELIER
INTEGRATIVE
FAMILY HEALTH**

156 Main Street
Montpelier, Vermont 05602

**WATERBURY MEDICAL
ASSOCIATES**

130 South Main Street
Waterbury, Vermont 05676

Call (802) 371-4152 to make an appointment.

**We will make every effort to schedule your
appointment at the most convenient location.**

Nutrition Resources:

- The American Dietetic Association: <http://www.eatright.org/>
- The Vermont Dietetic Association: <http://eatrightvt.org/>
- The American Heart Association: <http://www.americanheart.org>
- MyPyramid.gov

 **Central Vermont Medical Center**
Central to Your Well Being / cvmc.org

CVMC Outpatient Health Education Nutrition Education & Counseling Program for Adults and Children

The Nutrition Education & Counseling Program at Central Vermont Medical Center is comprised of a team of **registered dietitians** dedicated to providing quality and confidential nutrition counseling and education tailored to your specific needs. **We work with you to develop realistic lifestyle goals to best improve or maintain your health.**



Our Services

Our Nutrition Education & Counseling Program includes **one-on-one nutrition education and counseling, for adults and children, for many conditions** including:

- diabetes
- heart disease
- high blood pressure
- pediatrics
- kidney stones
- food allergies & intolerances
- herbalism
- weight management
- high cholesterol
- eating disorders
- cancer
- gastrointestinal issues
- individualized meal planning

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What is a registered dietitian (RD)?

An RD is an expert in the field of food and nutrition who has a minimum of a bachelor's degree in nutrition and successful completion of a national licensing exam. RDs work in many settings including hospitals, outpatient clinics, and primary care offices.

What is the difference between an RD and a nutritionist?

The "RD" credential is a legally protected title that can only be used by those who are **certified** by both the Commission on Dietetic Registration and the American Dietetic Association. Anyone can call themselves a nutritionist with minimal or no training because education is not required to use this title.

“There is no drug or pill as effective or affordable as a healthy lifestyle.”



What could our RDs do for you?

- Help you understand the relationship between food and health.
- Show you how to create a meal plan based on your individual nutrition needs and food preferences.
- Customize a nutritious and tasteful eating plan to help you lose weight realistically and permanently.
- Teach you how to eat healthy to prevent chronic diseases like diabetes and heart disease.
- Provide guidance on the use of dietary and herbal supplements.
- Answer your questions and clarify common myths and misconceptions about nutrition.



Sylvia Gaboriault, MS,
RD, CDE, Herbalist



Ilene Siegel,
RD, CDE

Did you know your health and your weight are connected?

According to the Centers for Disease Control and Prevention, if you are overweight or obese, you are at a higher risk for developing a chronic condition such as:

- Heart disease
- Stroke
- Type 2 diabetes
- Some types of cancers
- High blood pressure
- High blood cholesterol and high blood triglycerides
- Liver and gallbladder disease
- Sleep apnea and respiratory problems
- Arthritis
- Gynecological problems for women (abnormal menstrual periods and infertility)

Working with an RD to develop a realistic meal and exercise plan to lose weight and keep it off can help you prevent these conditions.

Will my insurance cover this visit?

Many health insurance companies cover outpatient nutrition services; however coverage may vary and depend on your diagnosis.

We recommend you contact your insurance prior to coming to verify coverage, co-pays and reimbursements.

“It’s cheaper and easier to preserve your health than it is to repair it.”