

Nutrition & Wellness Center



Buffalo General Medical Center
A Kaleida Health Facility

GOOD HEALTH STARTS WITH GOOD NUTRITION

The Food and Nutrition Services department of the Buffalo General Medical Center provides personalized nutrition education and counseling. We teach people the skills they need to manage their own nutrition care wisely.

Nutrition counseling can help to lower your chances for developing health problems. Adopting healthy lifestyle changes and improving your nutrition helps to reduce the risk factors that lead to illness.

EXPERTS AVAILABLE AT YOUR REQUEST

Registered dietitians offer professional guidance and instruction tailored to your specific needs. A physician's referral is required.

INITIAL VISITS

A comprehensive nutrition assessment is completed. A nutrition care plan, based on what you are currently eating and what changes are needed to adopt a healthy lifestyle, is developed and discussed with you.

FOLLOW UP VISITS

When you return for follow up, your registered dietitian will measure your progress and review what you've learned about nutrition. We will make adjustments to your meal plan and provide additional information to help you keep up your healthy lifestyle.

NUTRITION COUNSELING IS AVAILABLE FOR:

- Cardiovascular disease (healthy heart)
- Cholesterol and saturated fat restriction
- Diabetes education
- Fat restriction
- General nutrition
- High fiber and fiber restrictions
- High protein and protein restrictions
- Oncology (cancer)
- Renal diet (Kidney Disease)
- Sodium restriction
- Vegetarian
- Weight control



PAYMENT OPTIONS

Insurance/alternate payment options should be discussed with your Nutritional Counselor prior to your initial visit.

SCHEDULING AN APPOINTMENT

Nutrition counseling is available for individuals and families. After obtaining a referral from your physician call 859-2821.