



Nutrition Services

OFFERED BY OUR DIETITIANS

Expertise in Matters of the Heart

IN OFFICE SERVICES	COST
<p>Nutrition Counseling Appointments Our registered dietitians are available during clinic hours to answer all of your nutrition, food, and healthy lifestyle questions. We can focus on helping you adopt a heart healthy lifestyle for you and your family, or we can focus on the health topic of your choice such as diabetes, weight management, disease prevention, GI disturbances, or just what constitutes a healthful eating plan.</p> <p><i>You do not need a doctor's referral for an appointment with our dietitians.</i></p>	<p>Our billing department will work with your insurance company to cover the cost of your appointment.</p>
<p>Current Diet Analysis One of our dietitians will perform a computerized analysis of your current food and beverage choices and give you a report informing you of any nutrient gaps as well as food and beverage choices to help fill those gaps. All you have to do is provide us with a detailed 3-day food record. Please call us for more information.</p>	<p>\$25</p>
OUT OF OFFICE SERVICES	
<p>Home Kitchen Visit One of our registered dietitians will come to your home kitchen and provide you with a personalized review of your current food choices and meal planning. You will receive a list of currently available foods and a personalized heart healthy meal plan for you and your family.</p>	<p>\$60/hr</p>
<p>Grocery Store Tour Includes a registered dietitian lead tour of entire grocery store of your choice with discussions of label reading, preparation of foods new to you, and selecting/storing produce, meats, etc. A very valuable service to those of you new to the heart healthy lifestyle.</p>	<p>\$60/hr</p>
<p>Home Cooking Demo Includes one on one demonstration/lesson in your home with a 3-4 course meal, recipes and review of heart healthy meal planning for up to 6 people. These lessons are taught by our registered dietitian and former chef Stephanie Yoo.</p>	<p>\$75/hr plus cost of groceries or \$120 for 2 hours using the food you have at home.</p>

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OUT OF OFFICE SERVICES CONTINUED	COST
<p>Cooking Classes</p> <p>We are opening our popular cardiac rehab cooking classes to 12-15 non-rehab affiliated members of the public. New classes are taught monthly by our registered dietitian and former chef Stephanie Yoo. She covers heart healthy cooking techniques, ingredients and information important to helping you fully adopt a heart healthy lifestyle.</p> <p><i>Please call our Fort Collins or Loveland office for more information.</i></p>	<p>\$10/person or \$15/couple</p>
<p>Local Restaurant Review</p> <p>One of our registered dietitians will accompany you and a group of your health minded friends to a local restaurant to practice ordering foods and making requests so your meals away from home stay within heart healthy diet guidelines.</p>	<p>\$15-25 per person to cover meal cost</p>

Some of these services are also offered on a sliding scale to patients on a fixed income.
Please contact our Fort Collins (970) 297-6809 or Loveland (970) 624-1806
offices with any questions or to set up an appointment.



www.heartcenteroftherockies.com

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