Nutrition Services @ SHCS

Schedule an Appointment

UCSF Student Health offers clinical nutrition counseling with a Registered Dietitian. Via self or provider referral, you may make an appointment to discuss any nutrition related issue. Call Student Health at (415) 476-1281 or log onto MyHealthRecord to make an appointment [1].

Sessions with an RD can address the following concerns:

- Healthy Eating [2]
- Diabetes
- Prediabetes/Diabetes Prevention
- Hypertension
- Digestive disorders
- Nutrient deficiencies
- Sports nutrition [3]
• Meal planning
• Eating healthy on a budget
• Disordered Eating [4]
• Weight management
• Cholesterol/Triglyceride management
• Food allergies and intolerances
• Reproductive health
• Nutrition during pregnancy
• Vegan/Vegetarian diets
• Eating for general wellness and disease prevention

What to Expect During your Visit

Whether you are seeking nutrition counseling for hypertension or treatment of an eating disorder, nutrition therapy is a safe space to hone in on your eating habits and take small steps towards improving your diet and overall health. Here at SHCS, we realize there is no "one-size-fits-all" when it comes to nutrition prescriptions. Our dietitian uses a non-judgmental and compassionate approach to addressing the individualized needs of each patient and provides culturally relevant nutrition therapy and diet recommendations.
Initial visit

Length: 1 hour

During the initial visit, our dietitian will spend time gathering your nutrition and health history. This will assist in determining your current nutrition status and needs. We will then discuss nutrition education and then help you create specific, measurable, achievable, realistic and time sensitive goals.

At the end of the session, you will decide whether or not you choose to follow up, and how frequently. Some patients find a bit more accountability and support over time, and therefore choose to schedule a follow up session with the dietitian.

If you have time, it may be helpful to complete this 3-day food record before your initial visit or take photos of a few things that you eat, to aid us in understanding your current eating habits for the dietitian. This aids them in providing more specific advice for achieving your goals.

Follow up

Length: 30 minutes to 1 hour

The follow up visit is a chance to check in about the goal and nutrition plan. In this session, you will assess your goal progress. Remember, you are the captain of the ship. The dietitian is here to support you in any way that they can.

Sources:

[1] https://myhealthrecord.ucsf.edu/
[3] https://studenthealth.ucsf.edu/healthcare-services/nutrition-services/sports-nutrition