

Welcome to our Nutrition Education Program



Nutrition Services

Nephrology, Inc. is committed to providing comprehensive kidney disease care to our patients including nutrition services.

Research suggests that proper nutrition can help manage, slow, and/or reverse the progression of:

- Chronic Kidney Disease
- Diabetes
- Hypertension

Our nutrition education program provides the necessary support, tools and skills needed to make healthy food and lifestyle choices that may improve your overall well-being.



Benefits of Our Nutrition Education Program

Our program is designed to:

- Improve blood pressure
- Control blood glucose (sugar)
- Reduce cholesterol
- Manage weight gain or weight loss
- Reduce or eliminate medications
- Decrease hospital admissions and length of stay
- Enhance overall quality of life

What You Can Expect

- Review and analysis of your medical and diet history.
- Education and counseling with a registered dietitian in individual and/or group setting.
- A specialized nutrition plan to meet your unique goals and needs.
- Ongoing communication between you, your kidney doctor and registered dietitian.
- Support, support, and more support.