Penn State Health St. Joseph
Food and Nutrition Services
145 N. 6th Street
Reading, PA 19603-0316
610-208-4735

Medical Office Building
2494 Bernville Rd., Suite 103
Reading, PA 19605
610-378-2976

Call Central Scheduling at 610-378-2100
to schedule an appointment with the dietitian.
Penn State Health St. Joseph Department of Food and Nutrition Services focuses on educating children and adults on pertinent nutrition issues. In conjunction with the National Institutes of Health, the Surgeon General and the Academy of Nutrition & Dietetics, we champion causes which will have a direct impact on the health of our community. We are advocates for healthy eating and lifestyle modification.

**What is Medical Nutrition Therapy?**

MNT is defined as comprehensive nutrition services provided by a Registered Dietitian, or R.D., as part of the healthcare team. MNT has been proven effective in treating and controlling heart disease, stroke, diabetes, high cholesterol and other life-threatening conditions. Through working with a registered dietitian, you will be provided with a personalized nutrition plan to help in treating your medical problem. Dietitians can separate facts from fads, and provide direction to a healthier way of eating.

**What is a Registered Dietitian (R.D.)?**

An R.D. signifies that he/she has a minimum of four years of education in dietetics, completed a minimum one year rotating internship and has successfully passed a credentialing examination with the Academy of Nutrition & Dietetics. After becoming registered, the dietitian then becomes eligible for Pennsylvania state licensure. To continue their RD/LDN status, dietitians must participate in continuing professional education, which enables them to keep up with the current developments in the nutrition field. That’s why they are the recognized experts on diet, food and nutrition.

**What does L.D.N. Stand for?**

L.D.N. is an abbreviation for “licensed dietitian/nutritionist”. Dietetics practitioners are licensed by states to ensure that only qualified, trained professionals provide nutrition services or advice to individuals requiring or seeking nutrition care or information. Only state-licensed dietetics professionals can provide nutrition counseling.

**How Do I Start?**

The fee for medical nutrition therapy may be covered by your medical insurance company. It is best to check with your insurance company before the visit. If it is not covered, there is a minimal fee for the services provided. All consultations are confidential and patients are encouraged to bring family members or friends. The physician’s office should send, or the patient should bring, the following to the appointment:

- A referral including the prescribed diet order and prescription
- Medical insurance information
- Medical/surgical problem list
- A list of medications, supplements, and over the counter medications
- Any pertinent lab results
- Any food intake and/or blood sugar records they have been keeping

**Individualized Medical Nutrition Therapy for:**

- Diabetes
- Food Allergies
- Cancer
- High Cholesterol
- Children
- Pregnancy
- Vegetarian Diets
- Cardiovascular Disease
- Weight Management
- Digestive Disorders
- General Well-Being
- High Blood Pressure
- Renal Disease

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**To speak to a Registered Dietitian please call 610-208-4735 or 610-378-2976.**

*Nutrition Counseling Services are provided in a relaxing environment.*