



For more information:

UnityPoint Health® – Marshalltown

55 UnityPointWay
Marshalltown, IA 50158
Phone: (641) 328-7693
Email: MT_Dietitians@unitypoint.org

Outpatient Nutrition Services



Outpatient Consultation

Monday - Friday
7:30 a.m. - 4 p.m.

One-on-one nutrition counseling is available for a variety of healthcare needs including:

- Diabetes
- Weight management
- Renal disease
- Cardiovascular disease
- Food allergies & intolerances
- Both pediatric & adult clients

We believe that long-term change involves a number of lifestyle factors. Our goal is to provide nutrition education and counseling using a comprehensive, lifestyle approach.

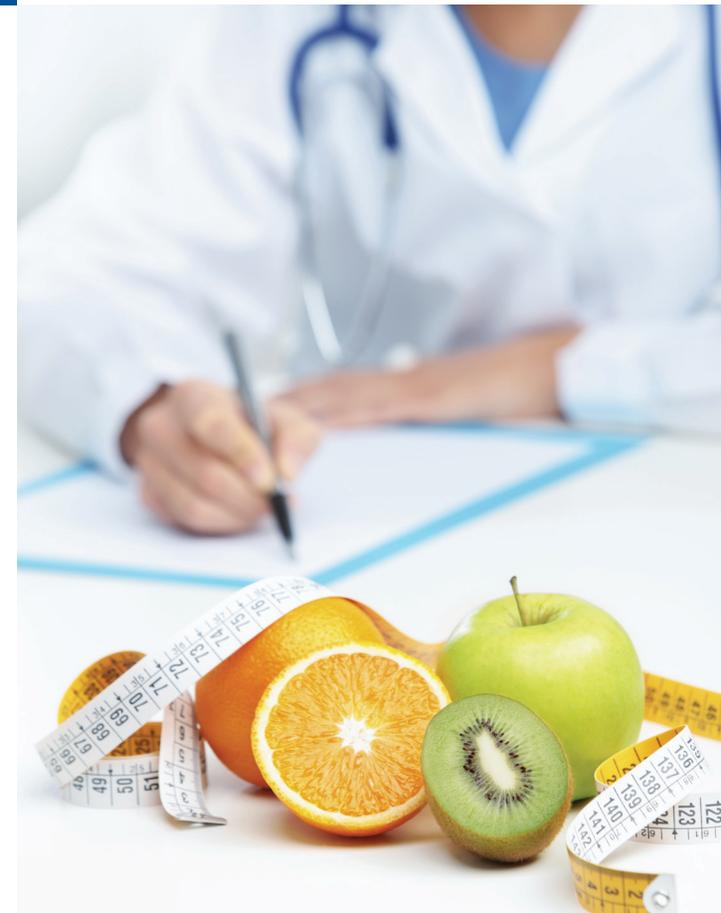
Provider referral required.



UnityPoint Health
Marshalltown

The point of unity is you.®

unitypoint.org



Medical Weight Loss Clinic

A 12-month, individualized program focusing on:

- Weight management
- Nutrition
- Physical activity
- Other lifestyle factors

Participants receive face-to-face counseling sessions with a registered dietitian in a primary care setting, under the supervision of a UnityPoint Health Family Medicine provider.



Diabetes Self Management Education And Support

Diabetes Education

Skills and topics include:

- Blood sugar monitoring
- Nutrition and physical activity
- Heart health
- Prevention of medical complications

Education and support is provided in group classes or individual sessions, as appropriate.

Accredited by the American
Diabetes Association

Community Education

Nutrition education is available for a variety of community events, including but not limited to:

- Employee wellness events
- Health fairs
- Lunch & Learns
- Health screenings

Contact your UnityPoint Health® - Marshalltown Outpatient Nutrition Services department for more information.

Diabetic Support Group

Registration is not required. Free to persons with diabetes. Family and friends are welcome! Call for dates and times.

