



UMass Memorial Health

UMass Memorial Health
55 Lake Ave North
Worcester MA 01655
Phone: 774 443 3479

Welcome to the Outpatient Nutrition Clinic at UMass Memorial Medical Center!

We are excited to help you achieve your health and wellness goals. Your first visit in person or telehealth (with Zoom, link to follow) will last about one hour.

During this visit, the dietitian (RD) will ask you questions about your eating habits, food allergies, and any other nutrition-related health concerns you may have. This will help to create a nutrition plan that fits your needs. You and your RD will set goals and establish a plan to help you reach them. You may be asked to make certain diet or lifestyle changes between visits as part of the process.

To get the most out of your first visit, please do the following:

- Write down questions that you have for your RD.
- Make a 3-day food record – this means write down all food and drinks along with the time that you had them.

This will give the RD a good idea of your current habits.

Your RD will work with you to set goals and outline next steps for your follow-up visit.

Our office has a policy for no shows and cancellations. We require a 24-hour notice for all cancellations. This courtesy allows our office staff to schedule another patient who may also need medical care.

We look forward to working with you on your journey to better health. Thank you for choosing our clinic!

Outpatient Nutrition Clinic

