



Walter Reed
Bethesda

Prenatal Nutrition Outpatient Services



Why visit with a Registered Dietitian?

- ♥ Healthy eating during pregnancy
- ♥ History of excessive weight gain during pregnancy
- ♥ History of gestational diabetes
- ♥ Family history of diabetes
- ♥ Vegetarian
- ♥ Not gaining weight
- ♥ Poor appetite
- ♥ Unable to tolerate foods
- ♥ Gastrointestinal discomfort (nausea, vomiting, constipation)
- ♥ Teenage pregnancy
- ♥ Lactose intolerant
- ♥ Carrying twins or multiples

Outpatient Clinical Nutrition Services, located in Building 7 (Liberty Zone), 3rd Floor, near Memorial Auditorium)

Hours: 0730-1600

Monday-Friday

Mr. Robert Goldberg

Registered Dietitian

Certified Diabetes Educator

Certified Specialist in Sports Nutrition

Mrs. Asha Jain

Registered Dietitian

Certified Diabetes Educator



NO REFERRAL NEEDED!

Call 301-295-4065 for an appointment