



The University of Texas at Austin
UT Health Austin

UT Health Austin Nutrition Counseling

The registered dietitian (RD) will partner with you to help improve health, wellness, and manage medical conditions. Nutrition counseling at UT Health Austin is patient-centered, meaning you guide the goals of your treatment. You will work with your dietitian to make sustainable changes and personalized strategies that fit within your lifestyle and food preferences.

What to Expect

- **Initial Visit:** Your initial visit will be scheduled for one hour. Your dietitian will ask questions about your medical history, eating patterns, lifestyle habits, and address any concerns about your diet. You can expect to learn about topics such as proper nutrition, meal planning, and mindful eating.
- **Follow-Up:** You should expect to have at least one follow-up appointment to monitor progress and adjust your goals. The duration and frequency of follow-up visits varies by patient.

How to Prepare for Your Visit

- Keep a 3-day food diary.
- Bring a list of current vitamins/supplements including the brand name and dosage.
- Write down your questions.
- If you have diabetes, please bring your blood sugar logs.

Your Dietitian Can Help Manage

- Autoimmune disorders
- Cardiovascular health
- Diabetes/pre-diabetes
- Emotional/stress eating
- Food allergies/intolerances
- Gastrointestinal disorders
- General healthy eating/wellness
- Kidney disease
- Malnutrition
- Pregnancy
- Weight management

Patients with eating disorders are referred outside of UT Health Austin in order to receive care from a specialized provider. Refer to [CTEDS.org](https://www.cteds.org) for dietitians in your area.

Need to cancel or reschedule your appointment?

**Please call 1-833-UT-CARES
(1-833-882-2737).**