



Nutritionist Services at The Women's Wellness Center



Location: 80 Pavilion Avenue, Long Branch, New Jersey

Phone: 732-963-0114 **Fax:** 732-229-0266

80 Pavilion Hours of Operation: Monday to Thursday 8:00 am to 4:30 pm

For appointments please call: 732-413-2030

Services: The Nutritionist at the Women's Wellness Center offers the following services:

Nutritional Assessment: Calculation of body mass index (Body Mass Index) to determine current weight of the pregnant patient. Referrals to Supportive Programs such as WIC and NJ Family Care

Nutritional Counseling: Nutritional counseling is offered to the pregnant patient regarding following a complete, balanced and appropriate diet for their type of pregnancy. Therapeutic diets are developed for patients with Gestational or prior Diabetes, Hypertension, Anemia, food allergies, etc.

Supervision During Pregnancy: Supervision of weight gain during pregnancy and nutritional counseling throughout the pregnancy according to the increase or loss of weight.

Nutritional Recommendations: Nutritional recommendations for breastfeeding and delivery of written material (handout). Ensure that the patient takes the prenatal vitamins and other vitamins and minerals required according to their medical condition. and nutritional counseling about possible medical complications during pregnancy such as Gestational Diabetes, Hypertension, Anemia, Large birth weight baby. Make nutritional recommendations for vitamin and mineral deficiencies and other medical conditions. Delivery of brochures.

Introducing Monmouth Family Health Center's direct care provider at this location:



Luisa Alegria