



## Nutrition Services

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At MFMA, we offer dietitian services for our pregnant patients to help ensure a healthy pregnancy. Our registered dietitian works with each individual patient to create a unique dietary plan to address individual needs.

Having a dietitian onsite is extremely beneficial for those with at-risk pregnancies since diet and nutrition can play a major role in the health of you and your baby. Our dietitian can make sure you get the right nutrition for your baby's growth and development by creating the right dietary plan based on you and your baby's unique needs.

### **Appropriate indications for nutrition counseling during pregnancy include:**

- Diabetes or Gestational Diabetes
- Weight issues (overweight or underweight)
- History of weight loss surgery
- GI issues – Inflammatory Bowel Disease, Crohn's, Colitis, etc.
- Gluten intolerance/allergy
- Eating disorders
- Vegan/Vegetarian diets
- Post-partum weight loss
- Concerns with weight gain in pregnancy
- Multiple gestations

Patients interested in consulting our registered dietitian for one of the above indications or any other nutrition concern during pregnancy should speak with their physician during their appointment. **For more information, contact MFMA today at (212) 235-1335 or through our website.**