

UCSF Medical Center  
 Nutrition and Food Services  
 Outpatient Nutrition Services

***Basic Nutrition Services Your Clinic Staff Can Provide***

Your clinic staff can provide written information about general, basic nutrition topics. Examples are shown in the table below, along with titles of materials that are available in this binder. Some clinics have additional nutrition education materials on topics of interest to their specific patient population.

Patients who require only basic information would **not** need a referral to the Nutrition Counseling Clinic.

<i>Topic</i>	<i>Resources</i>
Basic, normal nutrition	<ul style="list-style-type: none"> <li>◆ Food Guide Pyramid</li> <li>◆ Hot Food Facts for Cool Kids</li> <li>◆ Healthy Eating for Hungry Kids</li> <li>◆ Fitness Pyramid for Kids</li> <li>◆ Guide to Reading the Food Label</li> </ul>
Infant Nutrition	<ul style="list-style-type: none"> <li>◆ Food for Baby's First Year</li> </ul>
Weight Management	<ul style="list-style-type: none"> <li>◆ Guidelines for Permanent Weight Loss</li> </ul>
Cardiac Risk factor reduction	<ul style="list-style-type: none"> <li>◆ How to Choose Foods Low in Cholesterol and Saturated Fat</li> </ul>
Constipation	<ul style="list-style-type: none"> <li>◆ High Fiber Diet</li> </ul>
Vitamin and Minerals	<ul style="list-style-type: none"> <li>◆ Iron</li> <li>◆ Calcium</li> </ul>
Vegetarian	<ul style="list-style-type: none"> <li>◆ Vegetarian Diets</li> </ul>
Increasing Calorie Intake	<ul style="list-style-type: none"> <li>◆ Mixing Instructions for Concentrated Infant Formulas</li> <li>◆ Fortified Maternal Breastmilk</li> <li>◆ Instructions for Preparing Special Dilution Infant Formulas</li> <li>◆ Methods to Concentrate Calories in Baby Food</li> <li>◆ Calorie Boosters</li> </ul>
Food Safety	<ul style="list-style-type: none"> <li>◆ Food Safety Tips for Healthy Eating</li> </ul>
Other	<ul style="list-style-type: none"> <li>◆ Materials from outside sources that address topics of interest to your clinic population.</li> </ul>

Written materials on other topics are available from the Nutrition Services Department. Selected materials are available in Spanish, Russian and Chinese. Please contact the Nutrition Counseling Clinic at 353-2291 for more information.