



Patient & Family Guide

2023

Nutrition Education and Counselling

Annapolis Valley,
South Shore, and
South West Nova Scotia



www.nshealth.ca

Nutrition Education and Counselling

Registered dietitians offer nutrition services across western Nova Scotia (Annapolis Valley, South Shore, and South West Nova Scotia).

These services include:

- Medical nutrition therapy. This includes nutrition information and advice to prevent, treat, or manage health conditions. Medical nutrition therapy can be with you and your dietitian, or in a group.

This is a free service covered by Nova Scotia's provincial health insurance program (MSI). You must bring your provincial health card with you to each appointment.

Education on:

- › High blood pressure (also called hypertension)
- › High cholesterol
- › Food allergies and intolerances
- › Gastrointestinal (digestive system) problems
- › Eating disorders and disordered eating
- › Prenatal (pregnancy) and pediatric (child) nutrition

How do I make an appointment with a dietitian?

You can be referred by:

- Your primary health care provider (family doctor or nurse practitioner)
 - › A dietitian will contact you by phone or mail with an appointment.
- Other health care providers (like a nurse, physiotherapist, social worker, or psychologist)
- Yourself
 - › Call a dietitian in your area to make an appointment (see list below).

Annapolis Community Health Centre

821 St. George Street, Annapolis Royal

- › Phone: 902-532-4022

Digby General Hospital

75 Warwick Street, Digby

- › Phone: 902-245-2502 ext. 3341

Eastern Kings Memorial Community Health Centre

23 Earnscliffe Avenue, Wolfville

- › Phone: 902-542-2271

Fishermen's Memorial Hospital

14 High Street, Lunenburg

› Phone: 902-634-8807 ext. 1713151

***Greenwood Family Health Clinic**

83 School Road, Greenwood

› Phone: 902-765-6340

***Kingston Family Health Centre**

1540 Bridge Street, Kingston

› Phone: 902-765-4494

***Middleton Collaborative Practice**

464 Main Street, Middleton

› Phone: 902-825-1095

Queens General Hospital

175 School Street, Liverpool

› Phone: 902-354-3175

Roseway Hospital

1606 Lake Road, Shelburne

› Phone: 902-875-4144 ext. 2230

*These clinics only take referrals (including self-referrals for **clinic clients**). For more information, ask your primary health care provider about outpatient nutrition services.

Soldiers Memorial Hospital

462 Main Street, Middleton

› Phone: 902-825-6160 ext. 1762228

South Shore Regional Hospital

90 Glen Allan Drive, Bridgewater

› Phone: 902-543-4604 ext. 2364

Valley Regional Hospital

150 Exhibition Street, Kentville

› Phone: 902-679-2450

Western Kings Memorial Health Centre

121 Orchard Street, Berwick

› Phone: 902-538-7896

Yarmouth Regional Hospital

60 Vancouver Street, Yarmouth

› Phone: 902-742-3542 ext. 1246

What are your questions?

Please ask. We are here to help you.

Looking for more health information?

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

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Prepared by: Western Zone Dietitians

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The information in this pamphlet is for informational and educational purposes only.

The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.