Medical Nutrition Therapy

By using food as medicine, Medical Nutrition Therapy (MNT) is an evidenced-based approach to treating and preventing certain chronic conditions. Because you hear and read conflicting nutrition messages in the news, eating right can seem overwhelming. But it doesn’t have to be. There is not one “right” way that works for every person. By partnering with a registered dietitian, you can tailor a practical plan that works within your lifestyle. MNT, along with physical activity, are the key components of Valley’s Lifestyle Medicine approach to holistic disease management and wellbeing.

Nutrition counseling can help you adopt healthy behaviors to manage your condition

In addition to assisting you find food and recipes to help you meet your health goals, registered dietitians at Lifestyle Medicine help identify obstacles or barriers which may prevent your success.

We understand how nutrition habits may have been built over many years and will often take time to correct. Having support throughout the process of change is a key to success.

Nutrition counseling is provided for:

- Diabetes, gestational diabetes & pre-diabetes
- Weight management
- Metabolic syndrome
- High cholesterol
- Hypertension
- Polycystic ovarian syndrome
- Gluten intolerance
- Gastrointestinal dysfunction
- Child & adolescent nutrition
- Other nutrition-related concerns

What is Lifestyle Medicine?

Lifestyle Medicine provides a holistic approach to disease management and wellbeing. Nutrition plays a vital role in this field of medicine and can have a huge impact on a wide variety of health concerns. In partnership with your physician, our team of physical therapists, registered dietitians and exercise specialists work together to take into account all aspects of your life when developing your personalized pathway to improved health.
Nutrition-focused diabetes programs

Diabetes Education & Nutrition Clinic

Diabetes is a complex disease requiring daily self-management: making healthy food choices, staying physically active, monitoring your blood sugar and taking medications as prescribed. It is also important to talk regularly with your diabetes care team to problem solve, reduce risks for complications and cope with lifestyle changes.

Successful self-management will help you feel better and can reduce your chance of developing complications including heart disease, dental disease, eye disorders, kidney disease, nerve damage and lower leg amputation.

As you make food choices, become more physically active and keep track of your blood sugar and medications, diabetes management can feel overwhelming at times. Many people experience fear, anger or stress. Our team of registered dietitians and diabetes educators can partner with you and help you navigate barriers along the way.

Valley's nationally-accredited program can help you reach your goals

The Diabetes Education & Nutrition Clinic at Valley Medical Center is an accredited program through the American Association of Diabetes Educators. Our highly-trained certified diabetes educators and registered dietitians lead a variety of classes and meet with patients for individual consultations.

Diabetes is a complex disease requiring you to make many changes in your life. Educators help establish goals in the following areas:
- Healthy eating
- Being active
- Monitoring blood sugar
- Taking medications
- Problem solving
- Reducing risks
- Healthy coping

What to expect

At Lifestyle Medicine, we approach diabetes in a way that meets your individual needs. During an initial 1:1 meeting with a diabetes educator, together you will create a plan for your program success. Based on your initial visit, your diabetes educator will help you decide which of the group education classes will be helpful, and how frequently you should meet each year. Diabetes is an ongoing disease and continued contact with a diabetes educator is important. In addition to participating in the diabetes management program, yearly check-ins with your dietitian when changes occur is crucial to your health and successful diabetes management.

Covered by most insurance

Diabetes management and Medical Nutrition Therapy are typically covered by insurance plans, including Medicare and Medicaid (DSHS). Valley Medical Center will bill your insurance company directly for these clinical services. For those without insurance, discounted cash pay options and financial assistance are available by calling financial counseling at 425.656.5599.

Three locations to serve you

Valley Medical Center
4011 Talbot Road S., Talbot Professional Center, 1st Floor, Renton, WA 98055

Renton Highlands Clinic
3901 NE 4th Street, Suite 105, Renton, WA 98056

Kent Clinic
24920 104th Avenue SE, Kent, WA 98030

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