

**“M**any of my patients have required dietary counseling for a variety of medical conditions including diabetes, hyperlipidemia, obesity, hypertension and celiac disease. I have found Sarah Anderson’s evaluations to be very thorough and attentive to the individual needs of the patient. Her recommendations are concise and clear. I have had very positive feedback from patients regarding her services.”

Stephen Jordan, MD

**SPEAK TO YOUR HEALTHCARE PROVIDER ABOUT A REFERRAL**

Sarah sees clients at the following locations:

- New London Practices, 2nd floor
- Newport Health Center

Appointments with a provider may be scheduled by calling:

New London Practices  
526-5028

Newport Health Center  
863-4100

New London Pediatric Practice  
526-5363



**NEW LONDON  
HOSPITAL**

For more information, contact:  
Sarah Anderson, RD, LD

**NEW LONDON HOSPITAL**  
Food and Nutrition Services  
273 County Road  
New London, NH 03257

Phone: 603-526-5010

Fax: 603-526-5521

E-mail: Sarah.Anderson@newlondonhospital.org

## **OUTPATIENT NUTRITION COUNSELING**

*Quality Nutrition Care for All Ages*



**NEW LONDON  
HOSPITAL**

273 County Rd. • New London, NH 03257  
[www.newlondonhospital.org](http://www.newlondonhospital.org)

*Sarah Anderson, LD is a Registered Dietitian with experience in working with clients to help them eat better and live more healthfully.*

## IS NUTRITION COUNSELING RIGHT FOR YOU?

More and more research is proving that proper nutrition is a key part of well-being. However, in today's world there are many challenges that can throw you off track. Sometimes it is helpful to speak with a professional who can guide you through the endless supply of information to sort out truth from fiction.

"Diet" has become a dreaded word that may conjure up pictures of grapefruits, cabbage soup, or other strange foods. But "diet" should refer to a healthful way of eating that will guide you to well being for many years to come.

### GET OFF THE DIET ROLLER COASTER.

## WHAT IS A REGISTERED DIETITIAN OR "RD"?

The letters "RD" after a person's name signify that he or she has completed academic and experience requirements established by the Commission on Dietetic Registration, the credentialing agency for the American Dietetic Association, including a minimum of a bachelor's degree granted by an accredited college or university, or equivalent, and an accredited preprofessional experience program. Registered Dietitians demonstrate their knowledge of food and nutrition by successfully passing a national credentialing exam and by completing ongoing continuing professional development. In the state of New Hampshire, all Registered Dietitians must also be licensed by the state to practice dietetics.

### ASK YOUR HEALTHCARE PROVIDER FOR A REFERRAL TO A REGISTERED DIETITIAN.

## A REGISTERED DIETITIAN CAN HELP YOU TO:

- Create a personalized nutrition program based on your needs.
- Understand the relationship between any existing illnesses or conditions you may have and its impact on your diet.
- Lose weight sensibly and permanently.
- Gain weight healthfully.
- Eat well to enhance athletic performance.
- Provide information on healthful food choices for your growing family.
- Gain information on food allergies or intolerances.
- Lower your risk factors for developing heart disease or prediabetes.
- Provide healthful tips for preparing and storing food.



**A REGISTERED DIETITIAN CAN HELP YOU UNDERSTAND WHAT THE NUMBERS MEAN.**

*Nutrition Counseling is covered by most insurance companies with a provider referral.*

*Financial assistance is also available.*