

# Orange County Health Department Nutrition Counseling



## Healthier Eating for a Healthier Lifestyle

Proper nutrition is an important component of overall good health. The Orange County Health Department offers nutrition counseling (Medical Nutrition Therapy) to help you prevent or manage certain medical conditions. Meet with a Registered Dietitian to develop a personalized plan to help you meet your nutrition, wellness, and overall health goals.

Medical Nutrition Therapy is available for many issues including:

- Weight Management (adults and children)
- Cholesterol
- Diabetes
- High Blood Pressure
- High Risk Pregnancy Conditions
- Feeding Issues in Children

Ask your medical provider for a referral then call us to make an appointment.

Hillsborough  
Whitted Human Services Center  
300 West Tryon Street  
Hillsborough, NC 27278  
919-245-2400

Chapel Hill  
Southern Human Services Center  
2501 Homestead Rd  
Chapel Hill, NC 27516  
919-945-2400

Fees are charged on a sliding scale; some insurances accepted.

