

Top Ten Reasons to see a Registered Dietitian:

1. You have diabetes, cardiovascular problems, high blood pressure or kidney problems
2. You are thinking of having weight loss surgery
3. You have digestive problems
4. You are pregnant or trying to get pregnant
5. You need guidance and confidence for breastfeeding your baby
6. Your teenager has issues with food and eating healthfully
7. You need to gain or lose weight
8. You are caring for an aging parent
9. You want to eat smarter
10. You want to improve your performance in sports

Whiteriver Dietetic Services

Mission Statement

To provide all our customers the best quality nutrition care and nutritious food to help improve the health status of American Indian and Alaskan Natives.



What is a Registered Dietitian (RD) ?

RD's are food and nutrition experts. They have:

- Completed a minimum of a bachelor's degree
- Completed an accredited supervised experience program
- Passed a national registration examination

Healthy Eating, Learning How

Department of Dietetics Services

Whiteriver Indian Hospital





Group classes that include nutrition:

- **Diabetes Education Path to Health (DEPTH).** This class will help participants learn how to deal with the emotions of diabetes and the day-to-day management of diabetes. Each month on the 1st and 3rd Tuesday, 2:00-3:00. To schedule, call (928) 338-3575
- **Gestational diabetes** —This class is for pregnant women who never had diabetes before. It teaches basic carbohydrate counting and food label reading. The class includes hands on practice with meal planning and label reading . These can help with diabetes and blood sugar control. Each month on the 2nd and 4th Thursday, 2:00-3:00. To schedule, call (928) 338-3575
- **Chronic Kidney Disease**—This class teaches the stages of kidney disease and how to prevent or delay dialysis. Each month on the 1st and 3rd Wednesday, 2:00-3:00. To schedule, call (928) 338-3575
- **Weight Management** - This class teaches people how to make healthier, lower calorie and filling food choices. The importance of exercise in weight loss is also discussed. Each month on the 2nd and 4th Thursday, 9:00-10:00. To schedule, call (928) 338-3575

- **Other Programs:** DASH (Dietary Approach To Stop Hypertension/ CHF), each month on the 2nd Tuesday, 9:00-10:00 or 3rd Thursday, 2:00-3:00. Bijii N/LDzil (Strong Heart)-Lipid program, each month on the 1st and 3rd Thursday, 9:00-10:00. Wellness class, each month on the 1st and 4th Wednesday, 2:00-3:00. Prenatal class, each month on the 1st and 3rd Tuesday, 9:00-10:00.

Dietary Services Whiteriver Staff

☺ Vangie Ramos-Tate, M.S., R.D.

Certified in Adult, Childhood and Adolescence weight management.

Chief of Nutrition Complex-dietary.

☺ Mitchel Holiday, M.S., M.S.E.D, R.D, C.D.

Certified Lactation Counselor

Certified in Adult weight management.

☺ Kristen Coaty, R.D.

To schedule an appointment with a Registered Dietitian.

- Location: Dietary Department.
- Phone number: (928) 338-3575
- Walk-In hours: Monday-Friday from 10 am to 11:00 am and 2 pm to 3:00 pm

