

Our Locations:

**St. Luke's University Hospital**

801 Ostrum Street • Bethlehem, PA 18015  
484-526-4330

**St. Luke's Allentown Campus  
Outpatient Nutrition Services**

1736 Hamilton Street • Allentown, PA 18104  
610-628-8979

**St. Luke's Anderson Campus**

1872 St. Luke's Blvd. • Easton, PA 18045  
610-628-8979

**St. Luke's Lehighton Campus**

211 N 12th St, Lehighton, PA 18235  
610-377-7194

**St. Luke's Miners Campus**

360 West Ruddle Street • Coaldale, PA 18218  
570-645-8107

**St. Luke's Monroe Campus**

100 St. Luke's Lane • Stroudsburg, PA 18360  
272-212-1029

**St. Luke's Quakertown Campus**

1021 Park Avenue • Quakertown, PA 18951  
215-538-4598

**St. Luke's Sacred Heart Campus**

421 Chew Street • Allentown, PA 18102  
610-776-4616

**St. Luke's Warren Campus**

185 Roseberry Street • Phillipsburg, NJ 08865  
908-847-2227

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**To schedule an appointment with a Registered Dietitian call 1-866-STLUKES (785-8537) option 2.**

All one-on-one sessions are conducted privately and confidentially. A physician prescription or referral is required for treatment.

Some insurance carriers may provide reimbursement for MNT program fees, but some participants may be required to cover the cost themselves. Before scheduling a consultation, please check with your insurance company to confirm the

[sluhn.org](http://sluhn.org)



# St. Luke's Medical Nutrition Therapy

Eat Well For Life



**St Luke's**  
UNIVERSITY HEALTH NETWORK

The St. Luke's Nutrition Services team is delighted to work with you and your physicians to create a plan tailored to meet your medical and nutritional needs. Our Registered Dietitians will provide you with the latest advances in nutrition treatment, patient education and support services to positively impact your health and will provide you with the tools needed to eat well for life.

### Ask Yourself These Questions

- Have I ever been told my blood sugar is too high or too low?
- Are my cholesterol or triglycerides high?
- Do I restrict food and think of some food as bad?
- Is my BMI greater than 25 or below 19?
- Does my weight affect my physical or mental health?
- Have I recently lost weight without trying?
- Do I have a kidney diagnosis, digestive problems, or food allergies?
- Am I pregnant and in need of nutritional advice?
- Do I need nutritional direction for my child's issues with BMI/weight, food intolerances or allergies or food refusal?

If you answered "yes" to any of the above questions, you may benefit from Medical Nutrition Therapy (MNT), a nutritional approach to treating medical conditions. Patients in MNT benefit from working with a Registered Dietitian to develop personalized nutrition plans and goals to improve physical conditions through an appropriate and comprehensive eating plan.

Ask your doctor today to make a referral to St. Luke's Medical Nutrition Therapy and begin eating healthy for life.

### The Nutrition Experts

St. Luke's dietitians are registered with the Academy of Nutrition and Dietetics and licensed in the state of Pennsylvania.

Registered Licensed Dietitians (RD, LDN) are food and nutrition experts who have met the following criteria to earn the RD, LDN credential:

- Completed a minimum of a bachelor's degree at a U.S. regionally accredited university or college and The Academy approved course work.
- Completed an accredited supervised practice program/internship of 6 to 12 months in length.
- Passed a national examination administered by the Commission on Dietetic Registration (CDR).
- Completed continuing professional educational requirements to maintain registration.

Some RD, LDNs hold additional certifications in specialized areas of practice.

### Scheduling an Appointment

We offer individual appointments at all of our Network hospital campus locations. For more information and locations, see back panel.

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### St. Luke's offers a number of other programs, including:

- Weight Management: Surgical and Medical call (610) 628-8315 for more information.
- Individual and group diabetes instruction, diabetes support:
  - Adult diabetes support groups call 484-526-3025 and (570) 645-1966 for St. Luke's Miners Campus.
- Community Education — Contact InfoLink at 1-866-STLUKES (785-8537), option 4, for information on upcoming programs on various health-related issues.