

## **Nutrition and Food Services**

At the Louis Stokes Cleveland VA Medical Center the amputee registered dietitian is involved in the interdisciplinary amputation support group. Some topics discussed in group includes:

- Diabetes Management
- Heart Healthy Eating
- MOVE! Weight Management
- Healthy Teaching Kitchen Classes

Nutrition and Food Services (NFS) develops and provides comprehensive evidenced based nutritional services for our Veterans and their families across VHA's health care facilities. NFS delivers safe and high quality patient food services. Nutrition professionals promote wellness and disease prevention by ensuring effective nutrition education and counseling.

### **Our Mission**

Nutrition and Food Services is committed to providing high quality and technologically current medical nutrition care and food service practices, and to promoting Veteran health education and professional education in cooperation with Case Western Reserve University.  
<https://www.nutrition.va.gov/>

## **MOVE! Weight Management**

MOVE! Is a weight management health promotion program designed to improve the lives of Veterans. In 2015 more than three quarters of Veterans receiving care in VHA facilities were overweight or obese. Our goals are to annually screen every Veteran who receives care at VA facilities for obesity, refer individuals to weight management services, and make available different treatment options. We are proud to make available to our Veterans the most up-to-date approaches for weight management.

<https://www.move.va.gov/>