For more information:

UnityPoint Health® – Marshalltown
55 UnityPoint Way
Marshalltown, IA 50158
Phone: (641) 328-7693
Email: MT_Dietitians@unitypoint.org

Outpatient Consultation
Monday – Friday
7:30 a.m. – 4 p.m.

One-on-one nutrition counseling is available for a variety of healthcare needs including:
- Diabetes
- Weight management
- Renal disease
- Cardiovascular disease
- Food allergies & intolerances
- Both pediatric & adult clients

We believe that long-term change involves a number of lifestyle factors. Our goal is to provide nutrition education and counseling using a comprehensive, lifestyle approach.

Provider referral required.

The point of unity is you.®
unitypoint.org
Medical Weight Loss Clinic

A 12-month, individualized program focusing on:

- Weight management
- Nutrition
- Physical activity
- Other lifestyle factors

Participants receive face-to-face counseling sessions with a registered dietitian in a primary care setting, under the supervision of a UnityPoint Health Family Medicine provider.

Community Education

Nutrition education is available for a variety of community events, including but not limited to:

- Employee wellness events
- Health fairs
- Lunch & Learns
- Health screenings

Contact your UnityPoint Health® - Marshalltown Outpatient Nutrition Services department for more information.

Diabetes Self Management Education And Support

Diabetes Education

Skills and topics include:

- Blood sugar monitoring
- Nutrition and physical activity
- Heart health
- Prevention of medical complications

Education and support is provided in group classes or individual sessions, as appropriate.

Accredited by the American Diabetes Association

Diabetic Support Group

Registration is not required. Free to persons with diabetes. Family and friends are welcome! Call for dates and times.