

Understanding Dietetics and Nutrition



The Dietetics & Nutrition department offers comprehensive nutritional assessment, intervention and education to our patients and their family. The Department provides evidence-based nutrition advice to patients with clinical conditions such as heart disease, diabetes, gastrointestinal disorders, obesity as well as those on special diets such as tube-feeding. In addition to addressing the nutritional needs of clinical conditions, our dietitians also tailor nutrition plans for training athletes and general weight loss.

Nutrition provides our body with the energy and nutrients it needs to maintain good health and general well-being. Nutritional requirements vary across different life stages and medical conditions. A dietitian can personalise a nutrition management plan to meet your daily nutritional requirements. These can be dietary requirements for heart disease, diabetes, gastrointestinal disorders, renal disease, obesity, malnourishment and when one requires tube-feeding.



Our dietitians at the Ng Teng Fong General Hospital are equipped with the knowledge and skills. This includes planning, collaborating, facilitating and conducting research projects with educational institutions and healthcare providers to enhance patient care and uphold learning.

Services

Do you have a medical condition that requires a special diet?

A dietitian can help you embrace healthier eating, improve eating habits and achieve a healthier lifestyle. Consultations also include counselling and targeted advice on special diets.

Your dietitian will:

- Assess your dietary intake
- Analyse your food intake
- Suggest dietary changes and alternatives
- Provide personalised dietary advice

Our dietitians are well-equipped to provide assessments and evidence-based nutrition therapy to patients aged 16 years old and above.

The conditions which can be referred to us include:

- Cancer
- Cardiac rehabilitation
- Chronic obstructive pulmonary disorder (COPD)
- Congestive heart failure
- Diabetes
- Elderly and comfort care
- Gastrointestinal diseases
- Heart disease
- High blood pressure/Hypertension
- High cholesterol/Hyperlipidaemia
- Pre and post-surgery (including bariatric surgery)
- Rehabilitation
- Renal disease including those on dialysis (haemodialysis or peritoneal dialysis)



- Sports
- Swallowing impairments requiring change in diet texture
- Tube feeding
- Weight management
- Community nutrition

We also help the community eat well and stay well through:

- Home-care based nutrition upon doctor's referrals
- Nutrition talks, workshops and seminars

Useful Information

For tips on general healthy eating, you may:

- Visit the Health Promotion Board's website at <http://www.hpb.gov.sg/HOPPortal/>
- Download iDAT, a mobile application that contains an interactive Diet and Activity Tracker to track your food intake, physical activity and calculate your calorie balance.

For more information

Ng Teng Fong General Hospital and Jurong Community Hospital

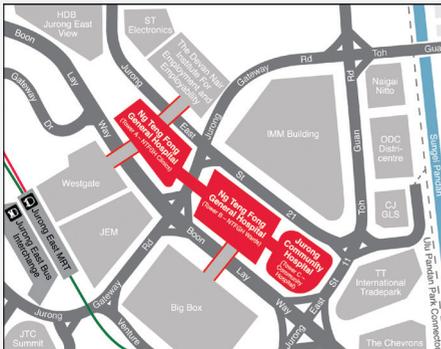
1 Jurong East St 21,
Singapore 609606
General enquiries: 6716 2000 Fax: 6716 5500
www.juronghealth.com.sg

Clinical and appointment line hours (closed on Sundays and public holidays)

For appointments, please call 6716 2222
Monday - Friday 8.00am - 5.30pm,
Saturday 8.00am - 12.30pm

For dental appointments, please call 6716 2233
Monday - Thursday 8.00am - 5.30pm,
Friday 8.00am - 5.00pm

Getting there



By train

Jurong East MRT Station

By bus

From Jurong East Bus Interchange

SBS 51, 52, 66, 78, 79, 97, 97e, 98,
98M, 105, 143, 143M, 160, 183, 197,
333, 334, 335, 506

Along Boon Lay Way

SBS 99, Private bus service 625

Jurong Medical Centre

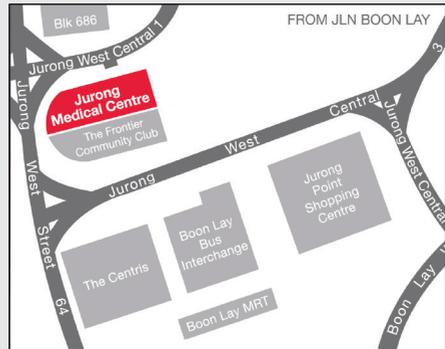
60 Jurong West Central 3,
Singapore 648346
General enquiries: 6716 2000 Fax: 6551 7999
www.jmc.com.sg

Clinical and appointment line hours (closed on Sundays and public holidays)

For appointments, please call 6716 2222
Monday - Friday 8.00am - 5.30pm,
Saturday 8.00am - 12.30pm

For dental appointments, please call 6716 2233
Monday - Thursday 8.00am - 5.30pm,
Friday 8.00am - 5.00pm

Getting there



By train

Boon Lay MRT Station

By bus

SBS 30, 79, 154, 157, 174, 179, 181,
182, 192, 193, 194, 198, 199, 240, 241,
242, 243 W/G, 246, 249, 251, 252, 254,
255, 257, 405
SMRT 172, 178, 180, 187

Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition.