

Understanding Dietetics and Nutrition Services



Adequate nutrition ensures our body receives energy and nutrients it needs to maintain good health. Nutritional needs vary across different life stages and medical conditions. A dietitian is trained to personalise nutritional plans to meet your daily nutritional requirements. These plans can be tailored for lifestyle diseases, gastrointestinal disorders, malnutrition and even when one requires tube-feeding.

Our dietitians at JurongHealth Campus are also passionate about 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 dietary changes/modifications?

Dietitians can help you embrace healthier eating and achieve a healthier lifestyle. Our consultations also include counselling and targeted advice on special diets.

Your dietitian will:

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

Our dietitians provide evidence-based nutrition therapy to patients. 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)
- Swallowing impairments requiring change in diet texture



- Tube feeding
- Weight management
- Community nutrition
- Nutrition talks, workshops and seminars

Useful Information

For tips on general healthy eating, you may visit the Health Promotion Board's website for further information.

For more information

Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

www.ntfgh.com.sg | www.jch.com.sg

Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

*Please refer to our websites for more details.

General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: contactus@nuhs.edu.sg

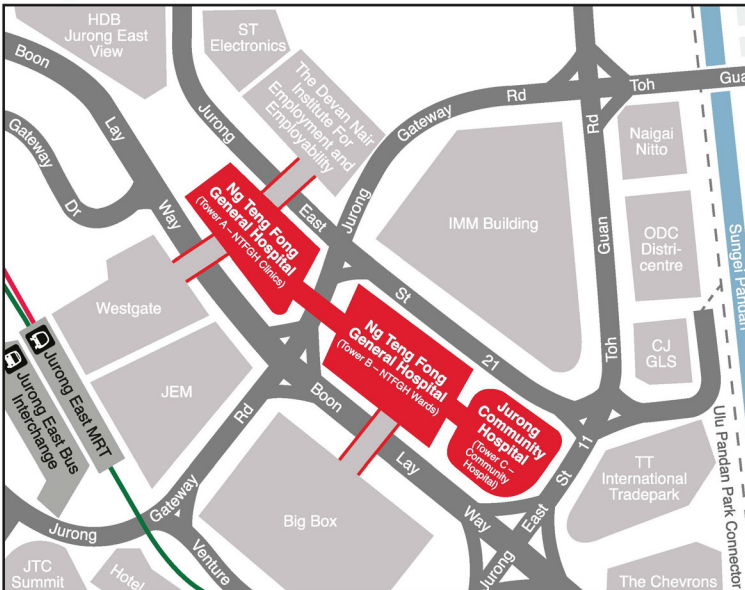
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: appointment@nuhs.edu.sg

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: JHCampus_Dental@nuhs.edu.sg

Getting there



By train

Alight at Jurong East MRT Station

By bus

Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as a 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. Information is accurate at the time of printing.

