



Healthy Together Nutrition Class

The Nutrition Counseling Clinic at UCSF Benioff Children's Hospitals provides nutritional support for children of all ages. Our registered dietitians (RDs) are experts in nutritional therapy, and they can recommend dietary changes to treat disease and promote health. One way we do this is through our Healthy Together Nutrition Class, which helps children and families learn about healthy eating, enjoy physical activity, and create a supportive family environment.

Healthy Together Nutrition Class topics:

- Promoting healthy eating and activity
- Creating a healthy food environment
- Planning balanced meals and snacks
- Goal setting

About the class:

- This is a one-hour, one-time class taught by a registered dietitian on Zoom.
- The class is intended for children aged 5-18 and their parents.
- The day of the week and time will depend on appointment availability.
- The class is available in English or Spanish. Be prepared to take notes.
- The group class is typically covered by insurance. A referral from your doctor is required to make an appointment.

Follow-up visits:

Families who have attended the class and desire a follow-up visit may call to schedule an individual appointment with an RD. Please note that families must attend the class first before seeing an RD one-on-one. Follow-up one-on-one appointments may be covered by insurance.

Parents/Guardians: How to make an appointment

Please call (877) UC-CHILD or (877) 822-4453 for an appointment. Find more information at ucsfbenioffchildrens.org/nutrition-counseling.

Providers: How to refer

Call (877) UC-CHILD or (877) 822-4453 or visit ucsfbenioffchildrens.org/nutrition-counseling-refer and place a referral to "Clinical Nutrition". Please specify Healthy Together Nutrition Class and preferred language.

