

Auburn University Medical Clinic

Campus Recreation Nutrition Services Satellite Office: 334-844-2591

Your clinician has written a medical referral to the dietitian.

How do I set up an appointment with the dietitian?

- For community members to use our Nutrition Services, one must have a referral from one of our clinicians. You will see our dietitian in the AU Medical Clinic Nutrition Services Office. If you are an Auburn student, faculty, or staff member, you will meet with our dietitian at the Recreation and Wellness Center at 601 Heisman Drive.
- **You must complete and return all food/beverage records at least three business days prior to seeing the dietitian for your first consultation. Please begin this immediately.**
- A Nutrition Team member will call to schedule the first consultation. He or she will answer any additional questions you may have about your food/beverage/and activity journal to be completed and returned prior to your appointment.

What is a food/beverage/activity journal?

- We want to know everything about what you eat, drink and do for activity for three days. You do not have to count calories; that's our job. It is important that you do not change your eating habits during these days. Being honest gives the dietitian a true starting place for helping you make the best changes.

Information Needed

- Three days (2 weekdays and 1 weekend)
- All food and drink consumed during those days
- Amounts (½ cup, small handful)
- Brand (if applicable)
- Type of product (whole wheat, low carb, etc.)
- Date and time of meal/snack
- Detailed descriptions of cooking methods (broil, microwave, bake, steam, fried, etc)
- If you are physically active on any day, please include activity, time, and intensity.
- Include name, gender, age, weight, and height on document.

Dietary Recall Instructions

- We require 3 days for processing your journal to analyze it appropriately with our nutrition software; this is why it's important that you turn it in **at least 3 working days prior** to your scheduled appointment time.
- If you do not turn in your dietary recall within 3 days of your appointment time, your appointment will be cancelled. There are some special conditions in which we do not require a journal; discuss this with Nutrition Services when they call to schedule your appointment.

Return this information by one of the following methods:

Community members

- 1) Physical copy dropped off at AUMC with attention to Jessica-Lauren
- 2) Scanned and attached or typed in and sent via email
- 3) Fax to AUMC with attention to Jessica-Lauren at 334-844-2017
- 4) You will meet with Jessica-Lauren at AUMC.

Auburn student, faculty, or staff members:

- 1) Physical copy turned in at Recreation and Wellness Center Mezzanine Level Wellness Suite Welcome Desk
- 2) Scanned or typed and sent via email to both Jessica-lauren@auburn.edu and nutrition@auburn.edu
- 3) Fax to Rec and Wellness at 334-844-0115 with attention to Jessica-Lauren.
- 4) You will meet with Jessica-Lauren at the AU Rec and Wellness Center.

Consultations

- Plan to arrive 15 minutes early to complete your **health questionnaire prior to your appointment start time if not already completed.**
- When you arrive for your appointment, check in with the receptionist, and Jessica-Lauren will be with you shortly.