

Our Nutrition Goal

Our goal is to provide up to date and easy to understand nutrition education to improve eating habits, health, and decrease health risks for mothers and their babies during pregnancy; while promoting a healthy weight.

We aim to give each patient the knowledge to improve control over their eating habits for optimal health over their lifetime; while considering their families and food preferences.



Nutrition Care Clinic at Winn



**Nutrition Care Division
Winn Army Community
Hospital**

**1061 Harmon Avenue
Fort Stewart, Georgia 31314
Phone: 912.435.6707
Fax: 912.435.6791
Revised 29 Dec 2010**

Baby n' Me: Nutrition During Pregnancy

**Nutrition Care
Division (NCD)**



Healthy Eating for Happy Living



Meet Your Dietitians for Baby 'n Me: Nutrition During Pregnancy

Joy Cornthwaite, MS RD LD CDE
Clinical Dietitian

CPT Jill Fowler-Hakes, RD LD
Chief, Nutrition Care Division

Raleighetta Varnedoe, MS RD LD
Assistant Chief, Nutrition Care Division

**CPT Bridget (Couchon) Owens,
MS RD LD**
Clinical Dietitian

Nutrition Care Clinic
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Course Structure & Schedule*



Baby N' Me: Nutrition During Pregnancy

Initial Group Session

*Includes education for healthy meal ideas,
expected weight gain, etc.*

Second Tuesday of Each Month*

1:15pm to 2:45pm

**In Nutrition Care Clinic,
located on the 1st Floor Winn**

Follow Up Individual Sessions

Includes Personalized Meal Planning Assistance

Appointments Scheduled as available

*** Note: Please Contact the Nutrition Clinic
for more information about specific
dates and class schedule.**

Scheduling Your Appointment

NEW PATIENTS (On-Post): Patients will complete this session as a part of their OB Orientation. Please proceed to the Nutrition Clinic to Schedule your appointment.

(Off-Post): Should first discuss any and all medical concerns with their Primary Care Manager (PCM) and/or Medical Doctor. The provider will place a consult for the Nutrition Care Clinic (NCD). Off-post Physicians may fax or send a hardcopy of a Prescription for Nutrition Therapy to the clinic. Upon receipt of the consult, the NCD clinic will contact the patient to schedule an appointment.

CURRENT PATIENTS: If you have already attended an initial assessment and/or nutrition session with a Registered Dietitian (RD), and are newly pregnant, please contact the NCD clinic office for the Baby 'n Me initial group session. Follow-up appointments will be made as usual by calling 912-435-6707. Individual follow-up appointments will be provided as available.

FAQ: Why do I need a referral to Nutrition Care?

Patients are asked to request a referral through their Primary Care Manager and/or Medical Specialist due to the relationship between medical nutrition therapy and certain medical conditions. It is necessary for Physician(s) and/or Provider(s) to be aware of dietary interventions due to the possible impact of dietary modifications and/or weight loss on the effects of medications. Sometimes medications must be modified to reflect dietary changes and/or weight loss.

