



Outpatient Nutrition Counseling Services

Stay home, stay safe with virtual and telephone sessions

Our Registered Dietitians can help you improve your blood glucose levels, lower your cholesterol, lose or gain weight, and more.

How we can help you

Using Medical Nutrition Therapy (MNT) – an evidence-based, individualized nutrition process meant to help treat certain medical conditions – our Registered Dietitians will help you develop realistic goals to improve your health.

Our nutrition counseling services can help improve conditions that include:

- Diabetes (Type 1, Type 2, Gestational)
- Heart disease
- Oncology
- Kidney disease
- GI disorders
- Polycystic ovary syndrome (PCOS)
- Obesity
- Celiac disease
- Pediatric failure to thrive
- and more

We also have a Spanish speaking dietitian on staff to assist those who request it.

Registered Dietitian Nutritionists

Registered Dietitians are the nutrition professionals. Unlike the term “nutritionist,” a Registered Dietitian is a legally protected term. Registered Dietitians must complete a minimum of a bachelor’s degree, 1200+ hours of supervised practice, pass a national board exam, comply with ethics guidelines, and complete continuing education credits to maintain their credential.

How to schedule an appointment

1. Request a Nutrition Education Referral from your physician
2. Call or fax your Nutrition Education Referral AND insurance authorization* to:

PLCM San Pedro
Centralized Scheduling
Phone: 855-353-3940
Fax: 855-359-6330

PLCM Torrance
Centralized Scheduling
Phone: 310-303-6500
Fax: 310-303-5739

The scheduler will give you detailed instructions for the day of your appointment.

If you need to reschedule your appointment, please contact the scheduling department.

*Please check with your insurance provider for coverage details.