

Directory of Ambulatory Nutrition Services at North Shore-LIJ



Eat better. Feel better.

Nutrition is a key component in achieving and maintaining a healthy lifestyle. Whether you are trying to reach a healthy weight, manage a medical condition, reduce your risk of a chronic disease or even fine-tune your food choices, the nutrition experts at North Shore-LIJ can help. With several specialty areas and practice locations, our registered dietitians offer personalized nutrition counseling to help you achieve your health and wellness goals.

Team up with a nutrition expert.

When you work with a registered dietitian (RD) or registered dietitian nutritionist (RDN), feel confident that you are getting the highest level of nutrition counseling. While anyone can call themselves a nutritionist, only an RD or RDN has completed multiple layers of nutrition education, had rigorous training and met examination requirements set by the Commission on Dietetic Registration and the Academy of Nutrition and Dietetics. Partner with an RD or RDN to develop a safe and effective nutrition plan to improve your health.

Go beyond a diet.

Fad diets and meal plans may sound like a good way to get healthy, but they rarely work for very long. Nutrition counseling with an RD will help you develop strategies for healthy eating that you can stick with for the long haul. An RD can help you stay motivated, troubleshoot challenges and barriers and help you get back after a relapse.

Can you benefit from nutrition counseling? Take this short quiz and find out!

- Have you been told you have any of the following conditions?
 - Heart disease, high blood pressure or high cholesterol
 - Metabolic syndrome, prediabetes or diabetes
 - Osteoporosis or osteopenia
 - Rheumatoid arthritis or lupus
- Do you have trouble reaching and maintaining a healthy weight?
- Do you suffer from digestive problems such as irritable bowel syndrome, reflux, gas and bloating?
- Do you want to improve your health and well-being through nutrition and a healthier lifestyle?

If you answered yes to one or more of these questions, you could benefit from nutrition counseling.

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Pediatric and Adolescent Services

Site*	Individual counseling	Group classes	Specialty area	Contact information
Cohen Children's Medical Center (CCMC) Division of Pediatric Endocrinology 1991 Marcus Avenue, Suite M100 Lake Success, NY 11042	X	X	Type 1 & 2 diabetes, weight management, polycystic ovarian syndrome (PCOS), failure to thrive, cholesterol management	(516) 472-3750
CCMC Division of General Pediatrics 410 Lakeville Road, Suite 108 New Hyde Park, NY 11042	X		Weight management, sports nutrition, failure to thrive, feeding problems, general pediatrics	(516) 465-4377
CCMC Division of General Pediatrics Women, Infant and Children (WIC) Program 400 Lakeville Road, Suite 250 New Hyde Park, NY 11042	X	X	Nutrition and breastfeeding education to pregnant and post-partum women. Nutrition education for infants and children, up to 5 years of age.	(718) 470-4620
CCMC Department of Community Outreach 420 Lakeville Road, Suite 112 New Hyde Park, NY 11040		X	Interactive and educational programs for children, parents and community groups focusing on healthy lifestyles and reducing childhood obesity.	(718) 470-3224
CCMC Division of Adolescent Medicine 410 Lakeville Road, Suite 108 New Hyde Park, NY 11042	X		The POWER Kids Weight Management Program for children, adolescents and their families incorporates nutrition education, physical activity and personal goal setting to promote positive changes in nutritional health and well-being. Participants receive additional motivation, reinforcement and education via social media.	(516) 465-5215
CCMC Division of Adolescent Medicine 410 Lakeville Road, Suite 108 New Hyde Park, NY 11042	X		Adolescent health issues, with a specialty in eating disorders. Patients and their families are provided with individualized nutrition counseling for the treatment of anorexia, bulimia, binge eating and other disordered eating behaviors.	(516) 465-3270
CCMC Division of Pediatric Gastroenterology 1991 Marcus Avenue, Suite M100 Lake Success, NY 11042	X		Failure to thrive, food allergies, gastrointestinal (GI) disorders, ketogenic diets, tube feeding management, cholesterol management	(516) 472-3650
Huntington Hospital / Huntington YMCA 60 Main Street Huntington, NY 11743		X*	Nutrition classes for adolescents, including psychological support and medical supervision.	(631) 421-4242 ext. 201

Directory of Ambulatory Nutrition Services at North Shore-LIJ Adult Services

Site*	Individual counseling	Group classes	Specialty area	Contact information
Center for Weight Management – Syosset Hospital 221 Jericho Turnpike Syosset, NY 11791	X	X	Comprehensive multidisciplinary, behaviorally based weight management program	(516) 496-2752
Diabetes Wellness Program Various locations in Queens, Nassau and Suffolk	X	X	Type 1 & 2 diabetes, gestational diabetes, prediabetes, weight loss	1-855-36-GOALS (1-855-364-6257)
Glen Cove Hospital 101 St. Andrews Lane Glen Cove, NY 11542	X		Type 1 & 2 diabetes, weight management, heart disease, GI health, malnutrition	(516) 674-7472 (516) 674-7474
Huntington Hospital Women's Health Center 270 Park Avenue Huntington, NY 11743	X		Gestational diabetes	(631) 351-2564
Katz Institute for Women's Health Nutrition Services 1981 Marcus Avenue, Suite E110 Lake Success, NY 11042	X	X ^{b,c}	Women's health, heart health, GI health, disordered eating, weight management, autoimmune disease	(516) 881-7060 Womensnutrition@nshs.edu
Lenox Hill Hospital Outpatient Nutrition 178 East 85th Street, 2nd Floor New York, NY 10028	X	X ^b	Type 1 & 2 diabetes, kidney disease, weight management, heart health, GI health, oncology, pre- and postnatal nutrition, general health and wellness	For individual counseling, call (212) 434-6198 For group classes, call (212) 434-6816
Long Island Jewish Medical Center, Ambulatory Care Unit 270-05 76th Avenue Ambulatory Pavilion, 3rd floor New Hyde Park, NY 11040	X		Type 1 & 2 diabetes, gestational diabetes, pre- and postnatal nutrition, heart health, bariatric surgery, tube feeding management	(718) 470-4400
North Shore-LIJ Department of Radiation Medicine 450 Lakeville Road Lake Success, NY 11042	X	X	Oncology nutrition for patients undergoing chemotherapy and radiation therapy. Nutritional guidance for cancer survivors.	(516) 321-3093
North Shore-LIJ Monter Cancer Center 450 Lakeville Rd Lake Success, NY 11042	X	X	Oncology nutrition for patients undergoing chemotherapy and radiation therapy. Nutritional guidance for cancer survivors.	(516) 734-8815
Oyster Bay North Shore-LIJ Family Practice 70 West Main Street Oyster Bay, NY 11771	X		Type 1 & 2 diabetes, weight management, heart disease, GI health, malnutrition	(516) 922-1151
Southside Hospital 301 East Main Street Bay Shore, NY 11706	X		Type 1 & 2 diabetes, kidney disease, weight management/bariatric (adult/pediatric), GI conditions, cardiac/heart conditions, tube feedings, cancer, food allergies/intolerances	(631) 675-4114
Southside Cardiology 280 East Main Street Bay Shore, NY 11706	X		Type 1 & 2 diabetes, kidney disease, weight management, heart health, prediabetes	(631) 591-7400

*Group Weight Management Program: Healthier Tomorrow

^bGroup Weight Management Program: Create Your Weight™

^cGroup Heart Health Program: Heart Healthy Living

***Insurance coverage and cost of services vary. For more information, please contact the site(s).**