

VA Clinic Nutrition Services

Weight Loss Classes help you make lifestyle changes to develop healthier eating habits, increased physical activity, and improved emotional well-being. Classes are 1 hour in length and are offered by phone. Morning and afternoon sessions are available in addition to a women's only group option.

Dietitian Visits are one-on-one sessions with a VA registered dietitian. Discuss how nutrition impacts your health conditions and create an individualized plan to help you reach your goals. The number of visits will vary according to each veteran's needs and are offered by phone, video or in the clinic.

Diabetes Education Class is a 3-hour, one-time class that teaches you how to manage your diabetes through diet and lifestyle. You will learn which foods to eat, how to count carbohydrates, and more.

Integrative Nutrition Classes focus on whole health nutrition and include topics such as anti-inflammatory foods, special occasion eating, and gut health. You must attend a Center for Integrative Health and Healing orientation before attending this class. Minneapolis-based only. Contact your provider for a referral.

Local Clinic Phone Numbers

Please contact your local clinic directly to schedule an appointment or to request your referral.

Albert Lea	507-377-6051	Minneapolis	612-629-7388
Chippewa Valley	715-720-3780	Northwest Metro	612-467-1100
Ely	218-365-0001	Rice Lake	715-236-3355
Hayward	715-934-5454	Rochester	507-252-0885
Hibbing	218-263-1400	Shakopee	952-445-4070
LCP (Mankato)	507-387-2939	St. James	507-375-9670
Maplewood	651-225-5420	Twin Ports	715-398-2400

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