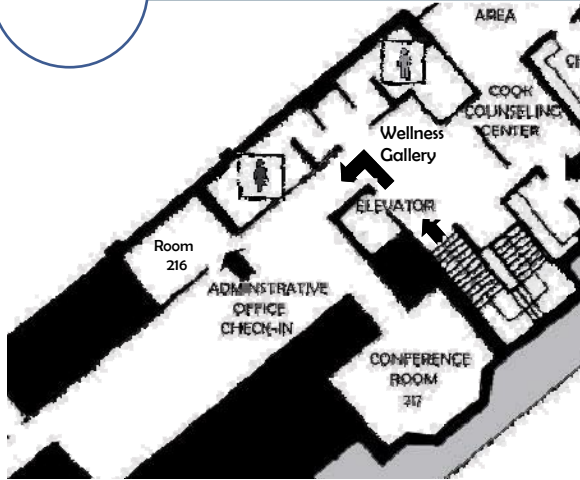


# Dietitian Services

## CHECKING IN FOR APPOINTMENTS

From Washington Street, enter the breezeway and doors to your left (Schiffert Health Center, McComas Hall). As you enter, proceed up the stairs. At the top of the stairs, enter the double doors to your left. Check-in for dietary counseling is in the first door to the right (Room 216).



## Dietary COUNSELING

You have an appointment with:

\_\_\_\_\_

On \_\_\_\_\_

at \_\_\_\_\_ AM/PM

Please check for appointments in room 216 on the second floor of McComas Hall.

For medical appointments call 231-6444. For health problems when Schiffert Health Center is closed call 231-6444.

**Emergency - Call 911**

## Follow-up Appointment

You have an appointment with:

\_\_\_\_\_

On \_\_\_\_\_ at \_\_\_\_\_ AM/PM

Notes:

© Revised March 2010  
Schiffert Health Center at Virginia Tech  
McComas Hall (0140)  
Blacksburg, Virginia 24061  
Phone: 540/231-5313 | Fax: 540/231-7473  
E-mail: [healthcenter@vt.edu](mailto:healthcenter@vt.edu)  
Division of Student Affairs  
Virginia Polytechnic Institute and State University

Advancing Hokie Health



**McComas Hall**

Charles W. Schiffert Health Center

[www.healthcenter.vt.edu](http://www.healthcenter.vt.edu)

## Meet Our Dietitian

Linda Davis is a Registered Dietitian with 26 years of experience in the field. She has 14 years experience at Virginia Tech working in the Therapeutic Exercise and Community Health Center at War Memorial gym and over seven years here at the Schiffert Health Center. In addition, she is currently an adjunct instructor in the Human Nutrition, Foods and Exercise Science Department.

For 12 years she worked at Montgomery Regional Hospital and has also worked at the Montgomery County Health Department and the NRV Hospice in Blacksburg. Previously, she worked as a Nutrition Education Consultant for the New England Dairy Council in Boston.

Davis holds a B.S. in sociology from Virginia Tech, a B.S. in clinical and community dietetics from the University of Florida and a M.S. in nutrition education from Boston University.

She is originally from Idaho, one of her favorite places to visit.

## HOW TO PREPARE FOR YOUR APPOINTMENT

In order for your time with the dietitian to be spent effectively, it is important that you prepare a food diary a few days in advance. Typical entries may include:

### ESSENTIAL:

- 📅 Time of day
- 📅 The food description & amount eaten

### VALUABLE:

- 📅 Time spent eating
- 📅 Location of eating
- 📅 Other activities done while eating
- 📅 Mood at the time of eating
- 📅 Level of hunger at the time of eating

## WHY KEEP A FOOD DIARY?

Food diaries are essential to better understanding your eating habits. They allow you to see what kinds of foods you eat, the quantity you eat and the nutritional value of the food. Food diaries also help you to understand what triggers your eating so you can develop a strategy to change unhealthy habits and avoid the triggers.

## HOW TO MAKE AN APPOINTMENT

To make an appointment with the dietitian, call the Schiffert Health Center at 231-6444 or 231-5313.

## HOW TO CHECK IN FOR APPOINTMENTS

From Washington Street, enter the breezeway and doors to your left (Schiffert Health Center, McComas Hall). As you enter, proceed up the stairs. At the top of the stairs, enter the double doors to your left. Check-in for dietary counseling is in the first door to the right (Room 216 – Phyllis Smith).

## HOW TO CANCEL OR RESCHEDULE

### IMPORTANT!

If you cannot keep this appointment, please CALL Phyllis Smith at 231-5313 to cancel and reschedule (no e-mails are accepted for canceling and rescheduling).

## CHARGE FOR MISSED APPOINTMENT

THERE IS A \$25 CHARGE FOR A MISSED APPOINTMENT WITHOUT PRIOR NOTICE.

