



Outpatient Nutrition Services

1201 W. La Veta Ave

Orange, CA 92868

www.choc.org/programs-services/nutrition



Welcome!

You have been referred to CHOC's Outpatient Nutrition services. This means you will be meeting with a pediatric Registered Dietitian (RD). Pediatric RD's are experts in child nutrition and provide medical nutrition therapy (MNT) to infants through young adults to optimize nutrition and growth. Your child may have been referred to a RD for weight issues, food allergies or intolerances, tube feeding recommendations, picky eating, a special diet, or another reason. The CHOC Pediatric RDs will work with you and your child to answer any questions about your child's nutrition and health and provide individualize care to help your child thrive!

What to Expect

Meeting with a pediatric RD one on one is a valuable opportunity to discuss any nutrition concerns or questions that you may have about your child's nutrition. There will likely be multiple visits, as not everything can be accomplished in one visit, especially if changes need to be made and monitored over time. The first visit helps you, your child and the RD get to know each other and for the RD to learn more about your child and any concerns. The RD will assess your child's weight, height, and growth. They may also ask you or your child for something called a diet history, or what your child typically eats and drinks over a certain period, and about your culture and food traditions or preferences. The RD may also ask about your child's health history or family's health history. They will also address any questions you have and provide specific nutrition and/or diet recommendations for your child.

Scheduling

General Outpatient Nutrition

714-509-8455

Gastroenterology & Nutrition

714-509-3183 (please leave a message and your call will be returned shortly)

Insurance Coverage

Please check with your child's insurance provider to see if a consultation with a RD is a covered benefit. If it is not, there is an option for paying out of pocket. Please discuss with the department assistant.

Directions & Map

General Outpatient Nutrition

CHOC Clinic

1st Floor

Check in at the desk between Doors 2 and 3

Gastroenterology & Nutrition

CHOC Clinic

1st Floor

Check in at the desk by Door 8



*The parking structure is located next to the building.

What to Bring (or have ready)

- what your child eats/drinks in a typical day
- any vitamins/minerals your child is taking
- any oral or tube feeding nutrition supplements your child is taking
- any nutritional lab results your child may have received

In Person Visits

For your in-person visit with the RD, please make sure to arrive early or on time to ensure you get the most out of your visit. RDs meet with several families every day thus it is a courtesy to other families to make sure you are on time for your visit so that other's visits are not delayed. First time visits last up to 60 minutes and follow up visits last between 30 and 60 minutes. If you are late, it is up to the RD if the visit will still occur or if you will need to reschedule.

Telehealth Visits

For your telehealth visit with the RD, you will receive a Zoom number for your visit. Please make sure to log in a few minutes early to ensure that everything is working okay. Telehealth visits work best on a laptop or tablet and in a quiet location. Please make sure you are not driving during your visit. First time visits last up to 60 minutes and follow up visits last between 30 and 60 minutes. If you are late, it is up to the RD if the visit will still occur or if you will need to reschedule.