



Nutrition

The Nutrition Services Department at God's Love We Deliver seeks to improve the health and well-being of people with serious illnesses who are unable to prepare meals for themselves by providing high-quality meals and nutrition education. From the development of our therapeutic menus, to nutrition counseling and to the safe delivery of our client meals, we see the power of food as medicine and understand the significance of proper nutrition.

If you are new to our program, we invite you to watch our new client webinar in [English](#) and [Spanish](#), where you'll learn about God's Love We Deliver, how our program works, how to safely store your meals, and the importance of good nutrition.

[Check out our Client Nutrition Portal](#)

Medically Tailored Meals

Standard diet

Heart-healthy and low-sodium

Consistency

Soft/minced/pureed meals for people who have difficulty chewing and swallowing.

Medical

Low sugar; renal; low-fat; acid-bland; no dairy; fiber/gas

Allergens

While we cannot guarantee that our meals are allergen-free, we do not use nuts or shellfish

Preferences

No pork, no beef, lacto-ovo-vegetarian

Restrictions

No fish, no chocolate

Upcoming Events

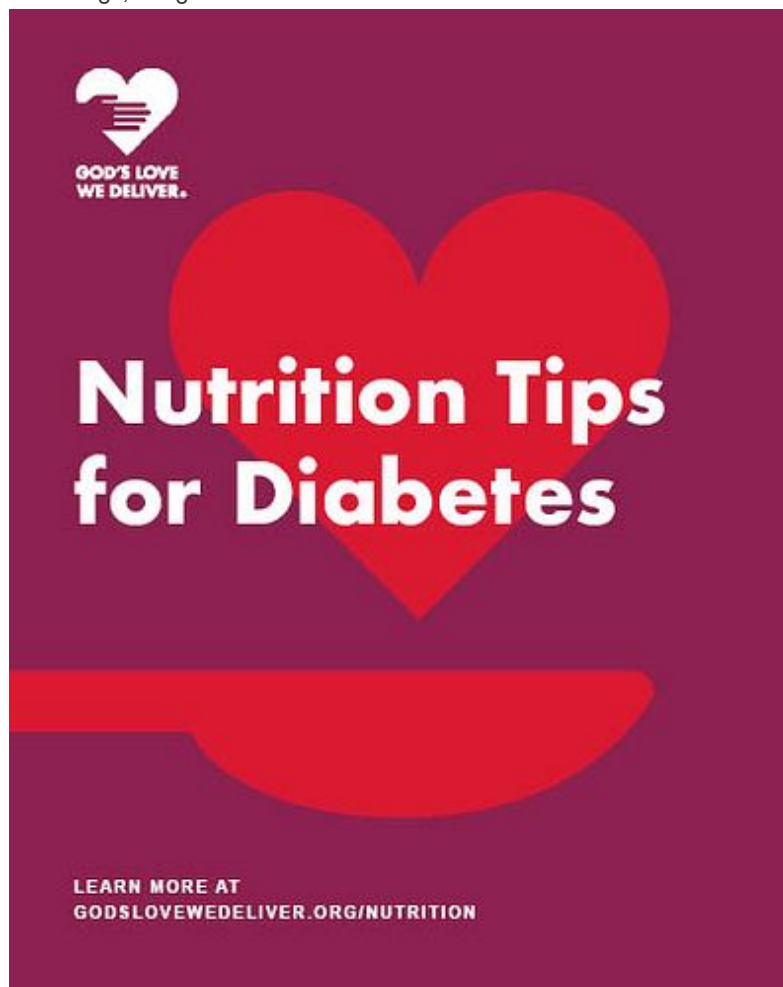
Mar 04

Leukemia & Lymphoma Society Blood Cancer Conference

RDNs from God's Love will be speaking at the Leukemia & Lymphoma Society Blood Conference on March 4, 2023 in NYC.

Publications

The following is a list of our longer publications, available in English and Spanish, on a variety of nutrition topics. All are downloadable and multiple copies are available, free of charge, to agencies or individuals.



Nutrition Tips for Diabetes



Nutrition Tips for Older Adults

Nutrition + Illness Fact Sheets

Alzheimer's Disease

Providing a healthy diet for people with Alzheimer's Disease is often challenging for caregivers. However, maintaining good nutritional health not only has medical benefits, but also enhances quality of life.

Cancer

Nutrition not only plays a large part in cancer prevention, but also in its treatment and in the management of treatment side effects. This fact sheet provides overall dietary guidelines, as well as tips for specific conditions.

Need More Information

View our FAQs and other helpful information on our [Nutrition FAQs & Resources page](#) or our [Client Services FAQs & Resources page](#).


Or feel free to contact our Nutrition Services Department via email at nutrition@glwd.org or telephone at [212.294.8103](tel:212.294.8103).

Videos

Pick the Right Foods for a Healthy Gut

- Fermented foods contain “good bacteria” called probiotics.
- **Prebiotics** are fibrous foods that feed the “good bacteria” in your body.
- **Probiotics** have been shown to support a healthy digestive and immune system.
- Probiotics can also be found in supplement forms such as pills and drinks.



 GOD'S LOVE WE DELIVER.



Nutrition and Immunity

Published on Mar 4, 2021

In this video, RDN Austin Park teaches us about the significance of good nutrition for immunity.



Welcome to the Meal Program!

Presentation for New Clients

THE NUTRITION TEAM

JANUARY 2021



Welcome to the Meal Program!

Published on Feb 9, 2021

Watch our new client webinar to learn about what we do and what it's like to be a client of God's Love We Deliver!



¡Bienvenido a Nuestro Programa de Comidas!

Presentación para Nuevos Clientes

EQUIPO DE NUTRICIÓN

ENERO 2021



¡Bienvenido a Nuestro Programa de Comidas!



Every Month is National Nutrition Month at God's Love

Published on Mar 13, 2019

Our small but mighty 🙌 team of RDNs develops therapeutic menus 📄, provides nutrition counseling 🗣️ and ensures the safe delivery of our client meals. Thanks to our great RDNs for all they do for our clients and community each day! 🙌 #NationalNutritionMonth





Food Safety Instructions

Published on Nov 30, 2016

In this video, you will find information on how to properly re-heat the meals that are delivered to you from God's Love We Deliver.

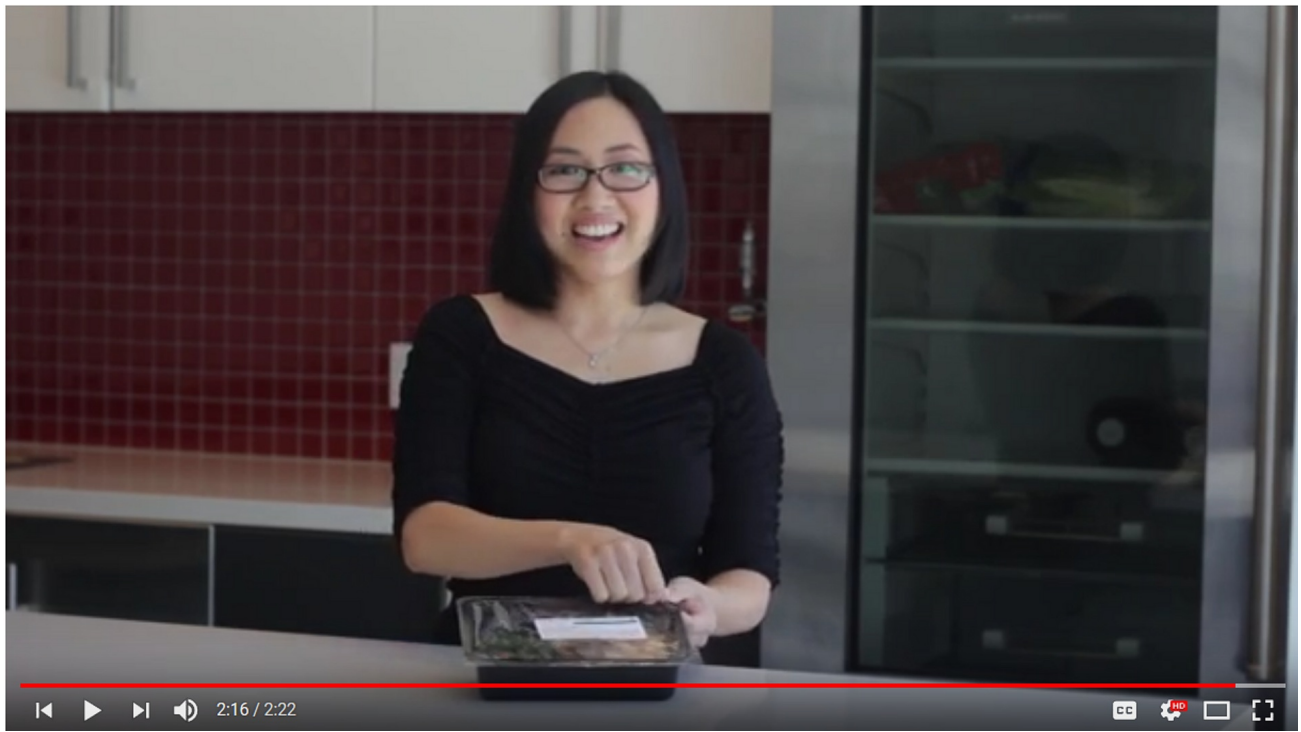


Instrucciones de como mantener la comida segura //Food Safety Instructions

Published on Nov 7, 2016

En este video, encontrará información sobre como descongelar y recalentar las comidas que God's Love We Deliver le entrega.

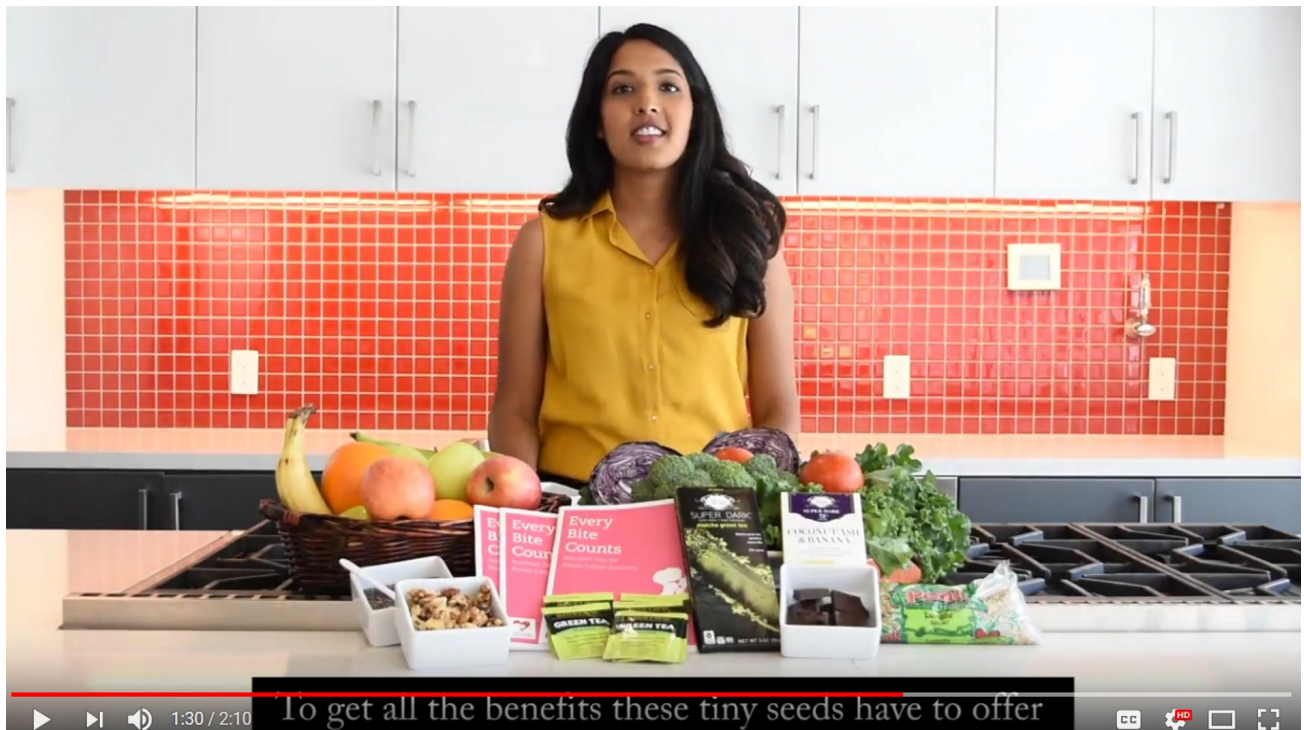
+++++ In this video, you will find information on how to properly re-heat the meals that are delivered to you from God's Love We Deliver.



Food Safety Instructions in Chinese

Published on Mar 28, 2018

In this video, you will find information on how to properly re-heat the meals that are delivered to you from God's Love We Deliver.





Superfoods for Breast Cancer

Published on Feb 20, 2018

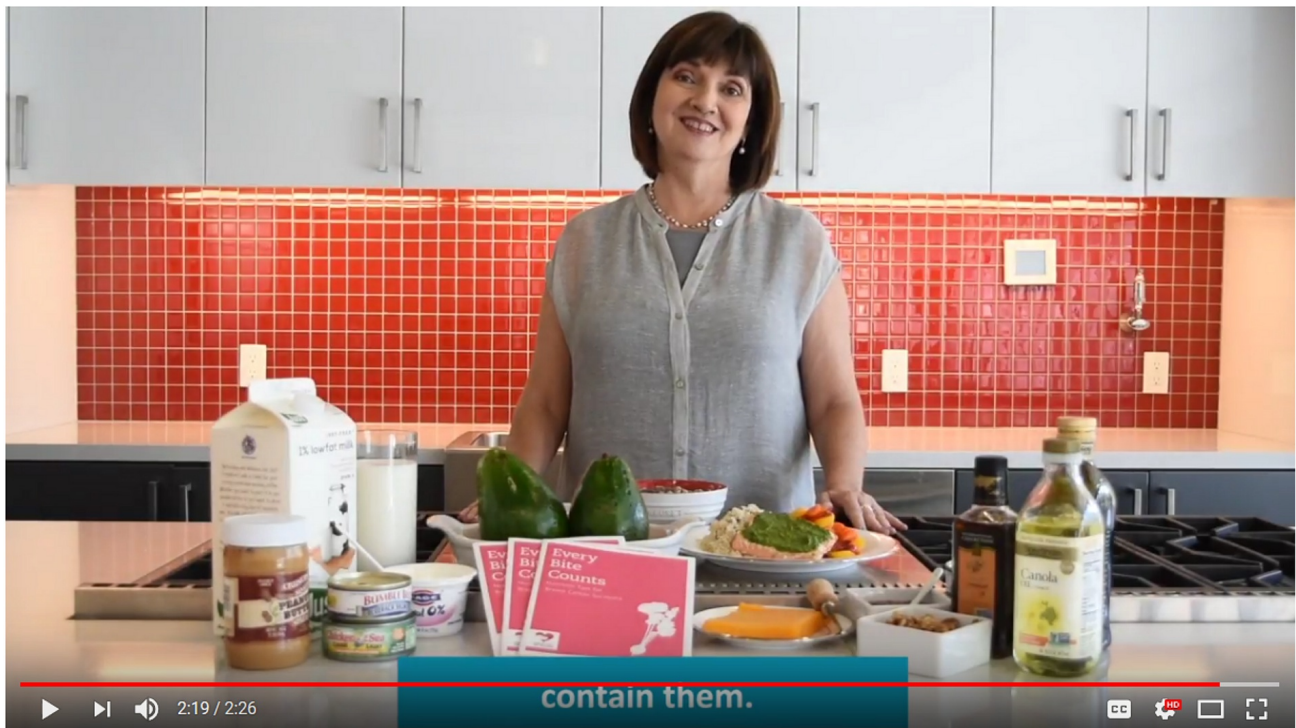
In this video, made with our friends at SHARE Cancer Support, our Registered Dietitian Nutritionist Juhy gives nutrition tips about superfoods for those living with breast cancer.



Bone Health for Breast Cancer

Published on Oct 13, 2017

In this video, made with our friends at SHARE Cancer Support, our Registered Dietitian Nutritionist Jamie gives nutrition tips for bone health for those living with breast cancer.



Healthy Fats for Breast Cancer

Published on Jun 19, 2018

In this video, made with our friends at SHARE Cancer Support, our Registered Dietitian Nutritionist Ronnie gives nutrition tips about healthy fats for those living with breast cancer.





How to Make a Balanced Meal

Published on May 11, 2018

May is #OlderAmericansMonth and our Registered Dietitian Nutritionist Ronnie is here to talk about balanced meals: important for older adults, and everyone!

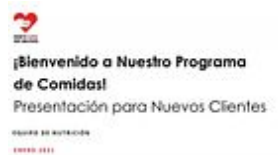
Current Playlist: Swipe for more >



- **Nutrition and Immunity**



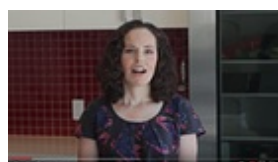
- **Welcome to the Meal Program!**



- **¡Bienvenido a Nuestro Programa de Comidas!**



- **Every Month is National Nutrition Month at God's Love**



- **Food Safety Instructions**



- **Instrucciones de como mantener la comida segura //Food Safety...**



- **Food Safety Instructions in Chinese**



- **Superfoods for Breast Cancer**



- **Bone Health for Breast Cancer**



- **Healthy Fats for Breast Cancer**



- **How to Make a Balanced Meal**

From the Blog: Nutrition



3.6.24 / Nutrition

National Nutrition Month: Sustainability

God's Love Bilingual RDN Catherine Hibbitt talks about how food impacts our environment and how nutrition can be sustainable.



2.9.24 / Nutrition

National Heart Month: Strategies for Heart Health

This National Heart Month, our Registered Dietitian Nutritionists offer tips for your heart health



1.31.24 / Nutrition

Plant-Based Diets and Cancer

Eating mostly plant foods can help protect you from cancer and other diseases such as heart disease. A plant-forward diet can also result in benefits such as support for the immune system, maintenance, increased fiber intake,...