FAQs

What is a Registered Dietitian Nutritionist? What happens during a nutrition assessment? Find out all this and more in our Nutrition FAQs!

**What is a Registered Dietitian Nutritionist (RDN)?**

Registered Dietitian Nutritionists are food and nutrition experts who have met the following criteria to earn the RDN credential:

- completed a minimum of a bachelor’s degree and course work approved by the Commission on Accreditation for Dietetics Education,
- completed a six to twelve month supervised practice program at a healthcare facility, community agency and foodservice operation,
- passed a national examination administered by the Commission on Dietetic Registration, and
- complete continuing professional education requirements to maintain registration

**What will the dietitian and I talk about during a nutrition assessment?**

We will ask you about your height and weight, your medical history, your appetite and how you are eating, your medications, and your symptoms and concerns. Together, we will develop an individualized nutrition plan to help you manage your illness, boost your immune system, and handle symptoms and complications. If needed, we will also discuss food safety and help you to identify additional sources of food.

**What is Medical Nutrition Therapy (MNT)?**

Medical Nutrition Therapy (MNT) is an essential component of comprehensive health care provided by a Registered Dietitian. It includes diagnosis, therapy and counseling services targeted to disease management. Individuals with a variety of conditions and illnesses can improve their health and quality of life by receiving Medical Nutrition Therapy.

**As a client on the meal or grocery bag program, how often can I expect a dietitian to contact me?**

We contact clients at least every six months to do a full review of your medical and nutritional needs. However, if you have any changes or concerns at any time, please call us at 212.294.8103 or send us an email at nutrition@glwd.org.

**What should I do if I don’t eat my entire main entrée at once?**

Clients often tell us that they can’t finish the entrée all at once and that’s fine. It’s okay to split up our meals into smaller more frequent
meals. Just be sure to refrigerate whatever you don’t eat right away to ensure that it will be good for up to two days. After that, we recommend that you throw away any leftover food.

**How do I defrost a frozen meal?**

The safest way to defrost a meal is to place it on the bottom shelf of your refrigerator overnight. It will be ready to be reheated the next day. Defrosting can also be done in a microwave. Food thawed in the microwave should be cooked right away. Food should never be left out on the counter to defrost.

**How long can I keep a God’s Love meal frozen in my freezer?**

Our frozen meals are good for three months in the freezer. Each meal is labeled with an “eat by” date to help you keep track of stored meals.

**How can I find additional sources of food in my neighborhood?**

If you live within New York City, please call the NYC Emergency Food Line at 866-888-8777. If you live outside New York City, call the National Hunger Hotline at 866-3-HUNGRY.

To find out if you are eligible for or to apply for the Food Stamp Program, please call the Human Resources Administration at 877-.472.8411 or visit their website at [www.nyc.gov/hra](http://www.nyc.gov/hra).

**What if I am having difficulty chewing or swallowing my food from God’s Love?**

If you are having any difficulty chewing or swallowing at any time, please call the Nutrition Services Department at 212.294.8103 and speak with a Registered Dietitian. We can help you manage your food in different ways and/or discuss the special texture diets (minced and pureed) that are available.

**How do I schedule a nutrition presentation by God’s Love dietitian at my agency?**

Please call the Nutrition Services department at 212.294.8103 or email us at nutrition@glwd.org to check availability.

**How can I get additional copies of God’s Love nutrition publications?**

Simply send us an email at nutrition@glwd.org or call 212.294.8103 to place an order. Include your name, shipping address, phone number and the titles of the publications that you would like. As a non-profit agency, we are able to provide up to five copies of our publications to individuals or agencies free of charge. For orders larger than five, we must charge shipping fees. To make this process as convenient as possible, we will include an invoice with your order.
Do you have student opportunities?

Our Registered Dietitians work with many accredited Dietetic Internship programs to provide a community nutrition rotation for Dietetic Interns.

Volunteer opportunities are available for nutrition students as well. A weekly commitment is desired.

For more information please contact:

Lisa Zullig, MS, RD, CDN
Director of Nutrition Services
212.294.8103
nutrition@glwd.org

Do you offer a vegan menu?

We do not offer a vegan menu. We do offer a vegetarian menu, which you can see here. This vegetarian menu has some vegan options. The non-vegan options on the menu are such due to eggs and/or honey. We HAVE eliminated dairy from our vegetarian options. If you would like a vegan menu, you will be on the vegetarian diet and discard the non-vegan items.

What allergens are present in your kitchen?

God’s Love cooks and/or bakes with milk, soy, wheat, eggs, sesame, and fish (note that clients can request a restriction to avoid fish). Allergens are noted on all meal components.

Food Safety

Keep Your Food Safe!

Keeping food safe from contamination is an extremely important part of food handling and preparation. Good practices keep everyone healthy, especially people living with serious illness.

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.

Cancer of the Head and Neck

One of the biggest nutritional concerns for people with head and neck cancers is weight maintainence. Here are some tips to follow to help
with that issue and other common treatment side effects.

**Cancer and Physical Activity**

Physical activity plays an important role in cancer prevention, treatment resilience and post-treatment survival. Our informational sheet gives an overview of these, as well as tips on adding physical activity to your life.

**Cancer and Supplements**

This fact sheet provides helpful information on deciding whether supplements are right for you, along with a list of reputable online resources that offer research and fact sheets on many vitamins, minerals and other supplements on the market.

**Chronic Kidney Disease**

Nutrition therapy is the single most important factor to prevent progression of Chronic Kidney Disease. For specific nutrition recommendations, see our informational sheet.

**Congestive Heart Failure**

Congestive heart failure (CHF) is the leading cause of cardiovascular disease and related death with nearly 5 million cases in the United States. Nutrition therapy and lifestyle changes can play a large role in the management of CHF and lead to improved quality of life. Learn more about healthy choices from o...

**Food Allergies**

Are you unsure of what is considered a food allergy? For clarification and information on how they are diagnosed and managed, see our food allergy informational fact sheet.

**Gynecologic Cancer**

Each year, about 72,000 women in the United States are newly diagnosed with gynecologic cancer. Ongoing research shows that achieving and maintaining the proper weight, eating a balanced diet, and getting regular exercise can both lessen the risk of getting gynecologic cancer and also help keep you strong dur...

**High Blood Pressure**

Did you know that high blood pressure (hypertension) often has no symptoms? The only way to find out if you have it is to get it checked. If untreated, high blood pressure puts a person at risk for stroke, heart attack, heart failure, kidney failure and blindness. For more information about high blood pressur...

**High Blood Cholesterol**

Making dietary and lifestyle changes are an effective way to keep cholesterol levels in the desirable range. See our informational sheet for an outline of what you can do.

**Inflammatory Bowel Disease**

Inflammatory Bowel Disease is a chronic disorder of the gastrointestinal tract characterized by intestinal inflammation. Learn more about the forms of this disease, their nutritional management and how to avoid micronutrient deficiencies.

**Liver Disease**

The largest organ in the body, the liver has hundreds of functions that are essential to life. If you have liver disease, supporting your liver through diet is an important part of treatment. Learn more from our Liver Disease fact sheet.

**Parkinson's Disease**
Parkinson’s Disease is a progressive neurological disease that affects movement and motor skills. Nutrition plays an important role in alleviating symptoms that can include weight loss, bone loss and constipation, as well as managing medications. Learn more from our informational sheet.

**Renal Disease**

Nutrition therapy is a very important aspect of managing end stage renal (kidney) disease. Since the kidney is unable to remove waste products and toxins adequately, limiting your intake of restricted foods and eating enough of the right kind of foods can help control waste build up in the blood. Here are som...

**Soy and Breast Cancer**

Get ready for a change! The effect of food on cancer is an ongoing area of research. And one of the most controversial questions has been the effect of soy on breast cancer. Suspected of possibly raising the risk of this cancer, tofu, soy milk and other soy products were avoided. However, recent studies have ...

**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.

**Nutrition and Immunity**

Published on Mar 4, 2021

In this video, RDN Austin Park explores the significance of nutrition and immunity.
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.
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.

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**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.

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Nutrition and Immunity

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

Please Note

Need more information?
Email our Nutrition Department at nutrition@glwd.org.

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