

Dietetics Department

營養部



Dietetics Department

Hong Kong Baptist Hospital's Dietetics Department is managed by a team of registered dietitians to provide professional clinical nutrition services to our customers. It is a vital part of the Hospital's multidisciplinary team and aiming to deliver holistic care in a patient-centred basis.

According to our customers' medical needs, dietitians listen and understand their usual eating habit and pattern which may cause harm to their health. Information will be used to tailored-made individual and package dietetics counseling sessions. Our customers will understand and learn how diet modification helps them regain health as well as enjoying fruitful life.

Scope of Services

Our Dietetics team provide services to customers during hospitalization and at Out-Patient Clinic. We also participate in various patient support groups to deliver nutrition talks with useful and achievable dietary tips. Nutrition games help you to memorize dietary advice. Family members and carers are encouraged to join and customers gain more family support for prompt recovery.

Dietary Management

Our Dietetics Department covers a wide range of clinical nutrition areas. The following table may show some common examples to elaborate how dietitians can help you to regain health.

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|-------------------------|------------------------|--------------------|
| • Diabetes | • Hypertension | • Pre & post natal |
| • Abnormal lipid levels | • Kidney disease | • Weaning |
| • Gout | • Food allergy | • Vegetarian diet |
| • Tube Feeding | • Stroke | • Gut problems |
| • Nutrition support | • Texture modification | • Pregnancy |



Food Pyramid

Treat Food Pyramid as a learning guide towards good health



Dietetics Counselling Packages

Packages are designed for customers who suffer from medical problems which require continuous and gradual change to achieve stable condition and maintain good health with balanced diet.

- Weight Management
- Oncology Dietetics Counselling
- Lithotripsy Dietetics Counselling
- Cardiac Dietetics Counselling
- Metabolic Syndrome Dietetics Counselling

For details, please refer to the "Dietetics Counselling Packages" leaflet.

Preparation and information you may want to know before coming to see a dietitian

- Bring your recent laboratory report(s)
- Bring your doctor referral document
- Bring your usual diet information
- Estimated counseling time: 20 - 45 mins
- Apply diet modification strategy instead of just giving you diet sheet
- Hotline available for enquiries of dietary advice given
- Positive and constructive dietary advice will be given to fit your daily life pattern

Service Hours (By appointment only)

Monday - Friday 8:45am - 6:00pm
Saturday 8:45am - 1:00pm
Closed on Sunday and Public Holidays



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