Women’s Heart Health Program

Learn to eat heart healthy with our nutritional therapy services

Northwell Health

Katz Institute for Women’s Health
Diet plays an important role in the development of heart disease. That’s why our Women’s Heart Health Program offers nutrition counseling for the prevention and treatment of heart disease in women.

Our registered dietitian provides medical nutrition therapy (MNT) for all heart health-related issues, including:
- Cardiovascular disease
- Cholesterol management
- High blood pressure
- Metabolic syndrome
- Diabetes and prediabetes
- Weight management

The goal of MNT is to provide you with nutritional guidelines that are evidence-based, along with individualized counseling on behavioral and lifestyle changes for a heart-healthy diet you can stick with.

Nutrition and your heart

Heart disease is the leading cause of death in women in the United States, but that doesn’t mean you can’t protect yourself. Making the right food choices is essential for maintaining a heart-healthy lifestyle. Your diet can directly impact your cholesterol level, blood pressure, weight and other factors related to the development of heart disease.

We understand that when it comes to improving your diet, you may be unsure of where to begin. Together with our dietitian, you will learn how to make heart-healthy choices that can be worked into your lifestyle.
Counseling tailored for you

Our MNT program is tailored to your specific needs. It begins with an assessment and includes two to four follow-up visits, as necessary.

What to expect at your first MNT visit:
– A comprehensive nutrition evaluation, which includes a review of your eating and exercise habits, medical history, weight, body mass index (BMI), relevant lab tests and medical treatments
– Education on healthy eating, food preparation and strategies for overcoming obstacles in your daily routine
– Customized nutritional recommendations

The remaining visits include tracking and evaluating your progress and further education based on your health and nutrition needs. MNT is an essential part of comprehensive health care, so our dietitian works closely with your cardiologist to coordinate your care.

Join our Heart-Healthy Living program

In addition to nutrition counseling, we also offer group counseling sessions. Our Heart-Healthy Living program offers nutrition classes and interactive workshops focusing on heart-healthy diet and lifestyle factors. Topics presented during these sessions include:
– An overview of heart-healthy eating styles
– Meal planning and food preparation
– Understanding the role of dietary fats, sodium and sugar
– Strategies for dining out and special occasions
– Label reading and portion control

For more information on nutritional services within the Women’s Heart Health Program, call (516) 881-7060 or email womensnutrition@northwell.edu.
The Katz Institute for Women’s Health (KIWH) is a champion for women’s health and wellness. Modern medical science continually shows us that women’s health needs are unique. To meet these needs, KIWH provides a complete healthcare connection focused on the continuum of care over a woman’s life span. Every day, we work to promote this vision and approach by defining the standards of excellence in patient-centered women’s health care.

KIWH is building a better, kinder and smarter culture of care for our mothers, sisters and daughters.

**Better care** – clinical programs that focus on the unique healthcare needs of women

**Kinder partnerships** – navigation that makes complex medical care simpler for you and your family

**Smarter choices** – education that empowers women with the knowledge to make informed decisions about their health and wellness

For more information, call the KIWH Resource Center at **(855) 850-KIWH (5494)** or email **womenshealth@northwell.edu**.

The KIWH Resource Center is available to answer your questions related to women’s health and to coordinate access to the clinical services and educational programs offered by Northwell Health.