

Medical Nutrition Therapy

At Spectrum Health, we know that the foundation of health is proper nutrition. Medical nutrition therapy (MNT) provides a food centered approach to treating medical conditions.

We work individually with patients to provide specific, dietary advice in the following areas:

- Allergies and food intolerances
- Chronic Obstructive Pulmonary Disease (COPD)
- Gastrointestinal disorders
- Heart health
- High blood pressure
- High cholesterol
- Kidney disease
- Obesity
- Prediabetes and diabetes

For more information, call **231.924.1866**.

