



FORT BLISS NUTRITION SERVICES

TASK: Educate Soldiers about what nutrition services are available on Fort Bliss and how to make an appointment.

CONDITIONS: Discussion – Question based.

STANDARDS: Name what nutrition services are available and how to make an appointment.



FORT BLISS NUTRITION SERVICES

Nutrition education & counseling is available for all beneficiaries. No referral is needed.

- Individual appointments and follow-ups.
- Unit classes per request.
- Group counseling for Army Body Composition Program (ABCP for Soldiers who fail height/weight standards).
 - Army Move Program – includes 5 group classes and 1 or more individual follow-up appointments.



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Reasons to Make a Nutrition Appointment

- Weight Loss/Weight Management
- Weight Gain (need to gain weight)
- Diabetes
- High Cholesterol or Triglycerides
- Pregnancy Nutrition
- High Blood Pressure
- Food Allergies & Intolerances
- Supplements
- Sports Nutrition
- Child/Pediatric Nutrition



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How to Make an Appointment

- Call Nutrition Care Division at 1-915-569-3521/3517
- Call Central Appointments at 1-915-742-2273
- Stop by Nutrition Care Division located in the hospital!

NO REFERRAL IS NEED FOR SERVICE MEMBERS OR
BENEFICIARIES