



# Food & Nutrition Newsletter December 2019

## Upstate Retail Dining News

# December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2  CHEESE LOUISE	3  VERDE Fresh Latin Kitchen	4  HONEST BOWL	5  THE SMOKEHOUSE  Butcher's BLOCK	6  DRUMS & FLATS	7
8	9 	10  VERDE Fresh Latin Kitchen	11  TAVOLA ITALIANA	12  THE SMOKEHOUSE  ON-LICIOUS	13  DRUMS & FLATS	14
15	16  CHEESE LOUISE	17  VERDE Fresh Latin Kitchen	18  ZEN PAN-ASIAN CUISINE	19  THE SMOKEHOUSE  MEATBALLS CO.	20  DRUMS & FLATS	21
22	23 	24  VERDE Fresh Latin Kitchen	25  Merry Christmas	26  THE SMOKEHOUSE  BROTH & BOWL	27  DRUMS & FLATS	28
29	30  CHEESE LOUISE	31  VERDE Fresh Latin Kitchen	32  2 for 2.50	33  Herbs & Spices	34	35



### Nutrition Counseling Here at Upstate Medical University

Medical Nutrition Therapy involves the assessment of the nutrition status of patients with a condition, illness or injury followed by therapy. Medical Nutrition Therapy is not about dieting. Instead, it focuses on managing your disease through a healthy approach to eating and lifestyle.



### Your Registered Dietitians at Upstate Health Care Center



**Julie Mellen, RD,  
CDN, Certified  
Diabetes Educator:  
Nutrition  
Counseling and  
Perinatal Care**



**Heather Polcaro, BS,  
RD, CDN, Board  
Certified in Obesity  
and Weight  
Management:  
Nutrition Counseling**

Upstate Health Care Center  
90 Presidential Plaza  
Syracuse, NY 23202  
Central Scheduling: (315)  
464-2778, For More Info  
(315) 464-4219

Please contact your Health Care Insurance provider to see if nutrition counseling is covered for you. Let your doctor know you are interested in nutrition education by a Registered Dietitian.