

# NUTRITION COUNSELING

## **O'CONNOR HOSPITAL**

NUTRITIONAL SERVICES DEPARTMENT  
2105 Forest Avenue  
San Jose, CA 95128  
(408) 947-2500  
<http://oconnorverity.org>

The Outpatient Nutritional Services Department at O'Connor Hospital offers consultation, medical nutrition therapy, and nutrition education for a variety of medical conditions. Utilize referral form on file to streamline referral process. To schedule an appointment for Outpatient Nutrition consultation, call "One-Call" at 408-947-2808. Insurance coverage is based on individual plan coverage and diagnosis. If interested in private pay, costs for services are \$65.00 for a 60 minute consultation and \$28.00 for 30 minute follow-up appointments.

## **SPIRAKIS, RUTH, MS, RD, CDE, CNSD**

795 El Camino Real  
Lee Building, Level 2  
Palo Alto, CA 94301  
(650) 853-2961  
[www.pamf.org/ruth-spirakis.html](http://www.pamf.org/ruth-spirakis.html)

Private practice RD. Utilize form referrals. Payment at the time of visit, patient will be provided with invoice to submit for possible reimbursement from insurance company.

Diabetes education specialty. Also experienced in treating patients with eating disorders.

## **FITNESS CLINIC OF LOS GATOS**

**RICHARDSON, LISA, MA, RD**  
15405 Los Gatos Boulevard, Suite #101  
Los Gatos, CA 95032  
(408) 358-4915  
[www.fitnessclinic.com](http://www.fitnessclinic.com)

Private practice RD located in fitness center in Los Gatos. Business cards on file. Call for appointment. Payment at time of visit, patient will be provided with invoice to submit for possible reimbursement from insurance company. Experienced in treating patients with eating disorders.

## **BAY AREA NUTRITION**

**BROOKS, STEPHANIE, MS, RD**  
621 East Campbell Avenue, Suite #6B  
Campbell, CA 95008  
(408) 370-7731  
[www.bayareanutrition.com](http://www.bayareanutrition.com)

Private practice RD located in Campbell. Call for appointment. Payment at time of visit, patient will be provided with invoice to submit for possible reimbursement from insurance company. Experienced in treating patients with eating disorders.

The letters "RD" signify that the person has completed academic and experience requirements established by Commission on Dietetic Registration, the credentialing agency for the American Dietetic Association.

Cowell Student Health Center provides this referral list as a resource and does not endorse the above list and is not liable to users for any decision or action taken in reliance upon this information.

WHEN MAKING YOUR APPOINTMENT, PLEASE VERIFY THAT THE OFFICE ACCEPTS YOUR INSURANCE PLAN.

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