

Nutrition Services Fact Sheet

NUTRITION
SERVICES



Overview

The Claremont Colleges Nutrition Services strives to provide individualized nutrition counseling and support for various health and nutrition-related concerns. Our Nutrition Service's providers offer support for students struggling with eating disorders, disordered eating, and body image concerns, giving them a greater chance at recovery on campus. Nutrition Services contributes to the student's overall success at The Claremont Colleges by helping students improve their relationship with food, their bodies, and movement, allowing them to focus more on school, relationships, life, and values.

Nutrition Services

Services

- ◆ One-on-One Nutrition Therapy
- ◆ Follow Up Appointments
- ◆ Medical Nutrition Support
- ◆ Meal/Snack & Dining Hall Support
- ◆ Eating Disorder Recovery Support
- ◆ Groups/Talks/Workshops

Support Provided For

- ◆ Eating Disorders
- ◆ Disordered Eating
- ◆ Healing From Dieting & Diet Culture
- ◆ Intuitive Eating

Approach

- ◆ Weight Neutral
- ◆ Body Affirming
- ◆ Non-Diet
- ◆ Client Centered
- ◆ Trauma Informed
- ◆ Compassionate, Caring & Curious
- ◆ Non-Judgemental
- ◆ Fat Positive
- ◆ Neurodivergent-Affirming
- ◆ LGBTQIA+ Affirming

Philosophy

Nutrition Services believes in body liberation, weight neutrality and that all bodies, shapes, and sizes should be celebrated and valued. Our dietitians center a client's lived experiences by providing safe, respectful, and individualized care. Using a non-diet approach encourages clients to look beyond physical characteristics to determine overall health. Students will learn body attunement and unlearn harmful diet culture beliefs and messages to have a more peaceful relationship with food, their body, and movement.

Non-Diet Dietitian Approach

A Non-Diet Dietitian approach focuses on behavior changes regardless of weight status. Weight neutrality means you are more than your body, more than a number. It is the belief that a person's health status, risk level, or quality of life cannot be assumed based solely on a number on a scale. Evidence has shown that this approach effectively promotes lasting behavior change while minimizing weight stigma.

What To Expect

What does an assessment look like?

An assessment takes approximately 50-60 minutes and will likely continue over a few sessions. The assigned Dietitian will look compassionately ask questions about one's history and current relationship with food, body, and movement and learn your needs. Assessments take place in the warm and inviting Nutrition Services office. Snacks are encouraged and welcomed during sessions.

What to expect from follow-up sessions

Follow-up sessions will look different for everyone but consist of continuing the work discussed during the original assessment. Sessions will typically take 30-45 minutes and occur as needed and available.

Some of the things we might be working on:

- ◆ Regularity, adequacy, variety, eating socially, spontaneity
- ◆ Learning how to fine tune hunger & fullness awareness.
- ◆ Exploring the different types of hunger
- ◆ Letting go of rigid food rules & reject diet mentality.
- ◆ Finding satisfaction, joy, and pleasure through eating

How long will students need to meet with Nutrition Services?

This varies per person and individual needs. Some students may be scheduled weekly, and others may get their needs met in 1-2 sessions.

Connect with Us

Please visit our website for more information and upcoming events:
services.claremont.edu/nutrition-services

Nutrition Services Office

Tranquada Student Services Center
Health Education Outreach - 1st Floor
757 College Way
Claremont, CA, 91711

(909) 621-8222

[@theclaremontcollegesdietitian](https://www.instagram.com/theclaremontcollegesdietitian)

Whitney Tawney

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Make An Appointment

Nutrition Services appointments are available only via Student Health Services (SHS) or Monsour Counseling and Psychological Services (MCAPS) provider referral. To get started, please call SHS or MCAPS to schedule a provider visit.

SHS Phone | (909) 621-8222

MCAPS Phone | (909) 621-8202



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