

Minneapolis VA Nutrition Services

Weight Loss Classes help you make lifestyle changes to develop healthier eating habits, increased physical activity, and improved emotional well-being. Classes are 1 hour in length and are offered by phone or video. Morning and afternoon sessions are available in addition to a women's only group option.

Call 612-467-3600 to schedule in Minneapolis.

Dietitian Visits are one-on-one sessions with a VA registered dietitian. Discuss how nutrition impacts your health conditions and create an individualized plan to help you reach your goals. The number of visits will vary according to each veteran's needs and are offered by phone, video or in the clinic.

Call 612-467-3600 to schedule if interested in losing weight

Call 612-467-2004 to schedule for all other appointments

Diabetes Education Class is a 3-hour, one-time class that teaches you how to manage your diabetes through diet and lifestyle. You will learn which foods to eat, how to count carbohydrates, and more.

Call 612-467-3585 to schedule.

Healthy Teaching Kitchen is a 1-hour cooking and nutrition education class taught by VA dietitians who love good food! Learn how to prepare healthy meals and become more confident in the kitchen. Classes are currently being held by video with a cook-along option.

Call 612-467-2004 for more information

Integrative Nutrition Classes focus on whole health nutrition and include topics such as anti-inflammatory foods, special occasion eating, and gut health. You must attend a Center for Integrative Health and Healing orientation before attending this class.

Contact your provider for a referral.

CHF monthly support/education group is a one hour monthly group for patients with a diagnosis of heart failure to learn how to manage and live with the diagnosis.

CHF Dietitian visits are one-to-one sessions with a VA registered dietitian for patients with a diagnosis of heart failure. Discuss personalized tips to manage heart failure.

Call 612-467-3352 to schedule.

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