

Outreach Nutrition Consultation Service

Dietitians provide outreach nutrition consultation and advice to elderly nursing homes, elderly centres, hostels for people with special needs, child care centres, schools, and catering service providers, etc., to enhance the nutrition and quality of meals. The consultation service includes nutrition training for staff and employee, menu review and evaluation.

In addition, based on different sectors' (public and private organisations, schools, and social welfare organisations) needs, a variety of nutrition talks and activities are provided, for example Employees' Healthy Diet Day.



Nutrition Education & Promotion

By organising large-scale promotional programmes, dietitians aim to raise the public awareness of healthy eating habits, such as reducing of dietary sodium and sugar, increasing the consumption of fruits and vegetables and physical activity, among the public, thereby to minimize the risks of non-communicable diseases, like cardiovascular diseases, diabetes, and cancers.



Community Nutrition Service Booking & Enquiry

☎ 3188 9994 📞 9769 2502
✉ cns@ucn.org.hk

Register Now



Service Network

📍 UCN Community Health Service Medical Centre.....

UCN Dietetics Centre, 3/F, Block J, United Christian Hospital, 130 Hip Wo Street, Kwun Tong, Kowloon

🚌 Transportation Kwun Tong MTR Station ⇄ Green Minibus Route 50 ⇄ United Christian Hospital

☎ 3188 9994

📍 Jockey Club Wo Lok Community Health Centre.....

Unit 26-33, G/F, Kui On House, Wo Lok Estate, Kwun Tong, Kowloon

🚌 Transportation Ngau Tau Kok MTR ⇄ KMB Route 95M ⇄ Wo Lok Estate Station Exit A

🚌 Transportation Kwun Tong MTR ⇄ Green Minibus Route 50 ⇄ Wo Lok Estate Station Exit A1

☎ 2344 3444

📍 Jordan Health Centre.....

13/F, Sino Cheer Plaza, No. 23 Jordan Road, Kowloon

🚌 Transportation Jordan MTR Station Exit A

☎ 2770 8365

📍 Kwong Fuk Community Health Centre.....

19, G/F, Kwong Yan House, Kwong Fuk Estate, Tai Po, New Territories

🚌 Transportation Tai Po Market MTR ⇄ MTR Feeder Bus Route K18 ⇄ Kwong Fuk Estate Station Exit A3

☎ 2638 3846

📍 Jockey Club Tin Shui Wai Community Health Centre

Unit 103, 1/F, Tin Ching Amenity and Community Building, Tin Ching Estate, Tin Shui Wai, New Territories

🚌 Transportation Tin Shui Wai MTR Light Rail Stop ⇄ Tin Yuet/Tin Sau Stop (Route 705, 706)

☎ 3156 9000

📍 Holistic Wellness Hub.....

Unit 2301C, 23/F, Crocodile Center, 79 Hoi Yuen Road, Kwun Tong, Kowloon

🚌 Transportation Kwun Tong MTR Station Exit A2

☎ 3188 0837

Headquarters

📍 L1, KEC Administrative Building, No. 2 Po Ning Lane, Hang Hau, Tseung Kwan O

☎ 2717 1989

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🌐 www.ucn.org.hk

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Community Nutrition Service



Leading a Healthy Life

Community Nutrition Service

Community Nutrition Service provides various services related to diet and nutrition in order to promote the importance of healthy eating from individual to community-level, thus encouraging the general public to practise well-balanced diet and achieve wellness.

Service Team

The team consists of accredited / registered dietitians with recognized clinical training and professional qualifications, in the fields of elderly nutrition and community nutrition promotion. The team has extensive and significant experience in cross-sector collaboration with government departments, private enterprises, charitable organizations and academic institutions delivering numerous community education programmes and health promotion events.



Scope of Services

Individual Diet Counselling and Weight Management

Dietitians provide nutrition assessment, and dietary management plans and offer diet counselling service according to service users' physical conditions, such as being underweight, overweight or obesity:



General public	<ul style="list-style-type: none"> ✓ Personalized meal plans, dietary recommendations and medical nutrition therapy
Children & Adolescents (Including those with Special Needs)	<ul style="list-style-type: none"> ✓ Weight development assessment and management of picky eating ✓ Dietary advices for food intolerance and allergy ✓ Build a positive thinking of relationship with food and enhance food autonomy
Adults & Seniors	<ul style="list-style-type: none"> ✓ Dietary treatment for chronic diseases, including diabetes, high cholesterol, hypertension, gout, pain etc.
Women	<ul style="list-style-type: none"> ✓ Before and after pregnancy, gestational diabetes / hypertension, breastfeeding, etc.
Men & Fitness Enthusiasts	<ul style="list-style-type: none"> ✓ Diet for body building and sports nutrition
Patients with Cancer, Kidney Diseases and Difficulty in Swallowing	<ul style="list-style-type: none"> ✓ Provide treatment of malnutrition, improve appetite, fortify nutrition
Foreigners/Ethnic Minority/ Domestic Helpers	<ul style="list-style-type: none"> ✓ Provide dietary recommendations upon one's food culture, cooking skills for domestic helpers, etc.

In addition to face-to-face consultations, telephone or online counselling service is available. Dietitians follow up on service users' personal diet and health status, and provide instant nutritional advice in real-time. This allows service users to practice healthy eating with no boundaries.

Nutrition Courses, Seminars and Workshops

Nutrition courses, seminars and workshops are organised regularly. We offer a diversity of nutrition topics, including nutrition labels reading, cooking demonstrations, diabetes support groups, healthy meal plans for preventing and managing hypertension, high cholesterol and high blood sugar, anti-stress diets and so on. Through live demonstrations and interactive learning, participants can learn and apply nutrition knowledge in their daily lives.



Co-eastern-western Weight Control Scheme

Dietitians collaborate with Chinese medicine practitioners to assist patients in maintaining ideal weight.



Dietitians offer individualized diet plan and general exercise instructions after detailed assessments

Chinese medicine practitioners give specific health recommendations with help of Chinese herbs, traditional Chinese medicine therapy and acupuncture.