



Tidewater Wellness and Nutrition

Wellness and nutrition services for the Tidewater military community - serving Norfolk, Portsmouth, Virginia Beach, Suffolk, Hampton, and Newport News

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Nutrit	
Serving Size 1g	
Servings Per Container	
Amount Per Serving	
Calories 90	
Total Fat 3g	
Saturated Fat 0g	
Cholesterol 0mg	
Sodium 300mg	
Total Carbohydrate 13g	
Dietary Fiber 3g	
Sugars 2g	



Clinical Nutrition Classes



Performance Nutrition

This class helps you build healthy habits for weight control, better energy, and overall performance in daily life.

You will learn:

- How metabolism works and what affects it
- The difference between emotional hunger and physical hunger
- How sleep, stress, and alcohol impact health and weight
- Goal-setting strategies that make changes easier to stick with

Format: *In-person class and virtual*

Location: *Naval Medical Center Portsmouth Nutrition Clinic*

Referral: *Required from PCM*



Heart Healthy

This class is for people with high blood pressures, high cholesterol, and/or heart disease.

Learn simple ways to eat and live that support a stronger heart.

You will learn:

- Diet changes to lower cholesterol, blood pressure, and blood fats
- How to build meals that support heart health
- Smart tips for eating out, grocery shopping, and reading food labels
- Everyday habits - like reducing salt intake and staying active - that protect your heart.

Format: *In-person class*

Location: *Naval Medical Center Portsmouth Nutrition Clinic*

Referral: *Required from your PCM or Cardiologist*

Clinical Nutrition Classes



Prenatal Nutrition

This class helps you learn how to eat well before, during, and after pregnancy.

You will learn:

- How to handle common pregnancy symptoms like nausea, constipation, heartburn, tiredness, and food cravings
- The most important nutrients for pregnancy (like calcium, iron, folic acid, and vitamin D), and where to find them in foods
- Food and drinks to limit or avoid - and why (Such as high mercury fish, caffeine, and some herbal teas)
- Simple meal ideas, healthy snacks, and resources for breastfeeding support.

Format: *In-person class*

Location: *Naval Medical Center Portsmouth Nutrition Clinic*

Referral: *Required from your Primary Care (PCM) or OB-GYN*



Gestational Diabetes

This class helps you manage blood sugar during pregnancy so you and baby stay healthy.

You will learn:

- How different types and amounts of carbs affect your blood sugar
- How to read food labels and count carbs in every day meals and snacks
- Tips for handling food cravings, appetite changes, and high fasting blood sugars
- That all foods can fit - you do not have to give everything you enjoy

Format: *In-person class*

Location: *Naval Medical Center Portsmouth Nutrition Clinic*

Referral: *Required from your Primary Care (PCM) or OB-GYN*

Clinical Nutrition Classes



Low FODMAP Diet and IBS

This class is for people with irritable bowel syndrome (IBS) or ongoing stomach problems. Learn how certain food, habits, and lifestyle changes can reduce gas, bloating, and other digestive symptoms.

You will learn:

- How to find food triggers and choose better options that help your stomach feel better
- Ways to manage GI distress with fiber, probiotics, and prebiotics
- Simple meal planning tips to improve comfort and digestion

Format: *In-person class*

Location: *Naval Medical Center Portsmouth Nutrition Clinic*

Referral: *Required by PCM or specialty provider*



Diabetes Meal Planning

This class teaches you how to manage diabetes with food choices and simple lifestyle changes. You'll learn how to build meals that help keep your blood sugar in a healthy range.

You will learn:

- What carbohydrates are and how they affect blood sugar
- How to count carbs and estimate serving sizes
- The difference between simple and complex carbs
- How to read food labels and spot hidden sugars
- The role of fats, sodium, cholesterol, and lean proteins in blood sugar control
- Lifestyle tips to support long-term health and blood sugar management

Format: *In person only, offered weekly*

Location: *NMCP Nutrition Clinic and MCAHC Nutrition Clinic*

Referral: *required by PCM or specialty provider*

Clinical Nutrition Classes

**Once you have received a referral for a class,
please call below to secure your spot in the class.**

Naval Medical Center Portsmouth (NMCP) Clinical Nutrition Suite

Naval Medical Center Portsmouth
620 John Paul Jones Circle,
Portsmouth, VA 23708

Building 3, 4th Deck

 757 953 2631 Mon-Fri: 0730 - 1600
Sat-Sun, Holidays: Closed

McDonald Army Health Center Nutrition Clinic (MCAHC)

576 Jefferson Avenue
Fort Eustis, VA 23604

3rd Deck in the Family Health/Internal Medicine Department

 757 314 7608 Mon-Fri: 0800-1500
Sat-Sun, Holidays: Closed

Hampton Roads Appointment Center (HRAC)

 866 645 4584 Mon-Fri: 0600 - 1900
Sat-Sun, Holidays: 0700 - 1530
Christmas Day: Closed

General Nutritional and Wellness

Virtual and In-Person Resources

Veterans Affairs MOVE! Program



VA's MOVE! Weight Management Program for Veterans and Tricare Beneficiaries can help you adopt a healthy lifestyle, meet your health goals, and manage your weight. Participating in MOVE! can increase your ability and confidence to make healthy behavior, nutrition, and physical activity changes.

With the help of your MOVE! care team, you can:

- improve your quality of life,
- reduce health risks
- prevent or reverse certain diseases

Format: Virtual only

Location: MCAHC

Referral: Not required

☎ 757 314 7608

*If you are not a Tricare Beneficiary but would like to enroll in MOVE!, please contact the Hampton VA Medical Center

Armed Forces Wellness Centers



Armed Forces Wellness Centers (AFWC) use a holistic wellness approach to help active-duty services members, dependents, retirees, and DOD civilians build and sustain healthy lifestyles. With the guidance of health coaches, wellness assessments, technology and more, participants are given the tools they need to set and develop both their short-term and long-term health goals

Services:

- Health Coaching
- Fitness Testing
- Individual Stress Management
- In-body testing

Classes:

- Upping Your Metabolism
- Healthy Sleep Habits
- Fueling for Health
- Staying Fit: Home and Away
- Meals Made Easy
- Stress Management

Offered at:

- NAVSTA Norfolk Sewells Point
☎ 948 205 0105
- Newport News Shipbuilding (Liberty Shoppes)
☎ 948 205 0105
- Fort Eustis Wellness Center
☎ 757 314 7724

General Nutritional and Wellness

Virtual and In-Person Resources

Warrior Athlete Readiness and Resilience (WARR)



The Warrior Athlete Readiness and Resilience (WARR) Program supports Marine Corps Total Fitness (MCTF) by leveraging and integrating capabilities across the Social, Spiritual, Mental, and Physical domains of fitness to meet Marines and Families where they work, train, live, and play.

Services:

- 1-on-1, small group, and command level fitness training
- 1-on-1 and group nutrition coaching, and command level nutrition classes
- Sleep education and 1-on-1 sleep assessments
- 1-on-1, small group, and command level mental/social fitness education
- InBody testing (body composition analyzer)

Offered at:

- Camp Elmore
- JEB Little Creek-Fort Story
- Northwest Annex
- WPNSTA Yorktown, MCSFR & FAST Co
- NAS Oceana
- Dam Neck

Contact:

 semperfit.mccs@usmc-mccs.org

 757 286 7357

One-on-One General Nutrition with Personal Training



Most fitness centers on military installations will provide one-on-one general nutrition guidance and offer one-on-one personal training to customize your fitness and nutritional needs all in one spot!

Offered at:

- Naval Air Station Oceana - Flight Zone Fitness Center
 757 433 2695
- Naval Station Norfolk - N-24 Gym
 757 444 2276
- JEB Little Creek - Rockwell Hall Gym
 757 462 7478
- Camp Elmore - Hopkins Hall Performance Center
 757 445 2742
- WPNSTA Yorktown & Cheatham Annex - Sportzone Gym
 757 847 7828

General Nutritional and Wellness

Virtual and In-Person Resources

Mission Nutrition



In this 2-day class, you will learn about a variety of every day nutrition topics and ways to improve your eating habits as well as your overall health.

Topics include:

- grocery shopping,
- weight control and balance,
- fueling for performance,
- the effect of emotional eating
- and more

This class utilizes workgroup and in-class exercises, home assignments, and a commissary visit for practicality.

Only open to active-duty personnel only.

Offered at:

- Naval Station Norfolk - N-24 Gym
☎ 757 444 2276
- JEB Little Creek - Rockwell Hall Gym
☎ 757 462 7478

Ship Shape



The ShipShape Program is the official Navy weight management program designed to assist active duty and reserve military service members, beneficiaries, and government civilians with making healthy behavior changes in order to lose weight. The six session program focuses on four essential components for weight loss: nutrition, physical activity, mindset and sleep. The program starts with participants taking an introductory self-paced online session, followed by attending four live group sessions led by a certified facilitator, and concluding with a self-paced online session. Participants must complete all sessions within six months of their first group session and will have the support and guidance from the certified facilitator throughout the program. The goal of the ShipShape Program is to equip participants with the skills and resources necessary to jumpstart a healthier lifestyle.

Offered at:

- Naval Medical Center Portsmouth - Building 3, 1st Floor
☎ 757 953 1925
- Naval Station Norfolk - Wellness Center, Bldg. CEP-58, inside Gate 5
☎ 757 953 8813

Want to see a Registered Dietitian (RD)?

A Registered Dietitian is a food and nutrition expert.

Dietitians are trained to provide medical nutrition therapy - using food and lifestyle changes to help manage health conditions like Diabetes, Heart Disease, digestive issues, pregnancy, and more.

Our nutrition team offers two types of support:

- Group classes: Learn about specific topics with others who share similar health goals or health concerns.
- One-on-one care: Meet individually with a dietitian for a personalized plan that fits your health needs, lifestyle, and goals.

Registered Dietitians are available at:

Naval Medical Center Portsmouth and McDonald Army Health Center (Fort Eustis).

Format: In-person or virtual

Referral: Required to primary care or specialty provider

Naval Medical Center Portsmouth (NMCP) Clinical Nutrition Suite

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Portsmouth, VA 23708

Building 3, 4th Deck

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Online Resources by Branch

Army



[Army Holistic Health and Fitness \(H2F\), Nutrition Domain](#)

- The nutritional domain of H2F focuses on providing a comprehensive performance nutrition program that is proactive, active, and reactive through:
 - providing the foundation for baseline health
 - prevention of nutrition deficiency
 - dietary intervention to treat illness, injury, and medical conditions.

Navy



[Navy Nutrition](#)

- This site provides a plethora of online sources that cover the education of dietary supplement, weight management through nutrition, women's health and nutrition, cooking guides, and tactical nutrition.

[Navy Mission Nutrition](#)

- This site provides a more indepth over-view of mission nutrition as well has online resources that cover sample grocery lists, supplement education, healthy recipes, and a virtual meal builder.

[Naval Medical Center Portsmouth Preventative and Restorative Care](#)

- The Preventative and Restorative Care division at NMCP covers health promotion and wellness services including:
 - Nutrition/Weight management counseling
 - Ship Shape
 - 6 week program that covers nutrition, fitness, stress management, and more
 - Open enrollment, no referral required
 - Tobacco Cessation
 - Group and individual counseling available
 - Provides medications (Chantix, Zyban, and Nicotine replacement therapy) to assist with tobacco cessation.

[NOFFS Fueling](#)

- NOFFS nutrition focuses on the following domains when fueling your body:
 - eating clean
 - eating often
 - hydration
 - recovery
 - mindset

Online Resources by Branch

Marine Corps



[USMC Fueled to Fight](#)

- This site covers the basic explanations of carbs, protein, fat, hydration, and caloric intake.

[USMC Performance Nutrition](#)

- This site covers:
 - how to build a power plate for proper nutrition
 - the importance of plant forward eating
 - supplement safety
 - and commissary and mess hall resources

Air Force



[Air Force Nutrition Kitchen](#)

- Nutrition Kitchen is series of online nutritional cooking classes geared toward service members and their families and provides recipes that are easy to prepare and are low cost.

[Air Force Health Promotion](#)

- The nutritional fitness domain of Airforce Health Promotion provides online resources for Dietician approved recipes and education on processed foods.

Coast Guard



[USCG Unit Health Promotion Resources](#)

- The US Coast Guard's Health Promotion's site provides online resources for:
 - [Human Performance Resources by Champ](#)
 - Calorie Calculator
 - Supplement safety

[USCG Military One Source](#)

- This site provides online sources and benefits for physical wellness which covers:
 - Commissaries and exchanges
 - Health and Wellness Coaching
 - Health Care Flexible Spending Account
 - WIC and WIC overseas

Online Resources by Branch

All Branches

Military One Source Nutrition and Fitness

- This site provides online sources and benefits for physical wellness which covers:
 - Commissaries and exchanges
 - Health and Wellness Coaching
 - Health Care Flexible Spending Account
 - WIC and WIC overseas

Commissaries

- This site allows you to discover dietitian approved recipes and add those ingredients to a virtual cart, then you can pick up those items at the closest commissary!

Human Performance Resources by Champ

- This site encompasses the domains of total force fitness, physical health, mental fitness, nutrition fitness, and social fitness
- The nutrition fitness domain provides educational research articles of how to improve your overall nutrition health, as well as provides resources for weight management, performance nutrition, and MOS specific nutrition.

Operation Supplement Safety

- Operation Supplement Safety is the Department of Defence Dietary Supplement and substance program for the military.
- This site covers education on performance enhancing substances, DoD prohibited list, and the ability to check if your supplement is safe.
- This site also provide articles and updates of drugs and supplements passed by the FDA.

USDA My Plate

- My Plate is a resource by the U.S. Department of Agriculture which provides recipes and education on food groups and nutrition during all life stages.

Food Facts for Consumers

- This is a resource provided by the Food and Drug Association (FDA) and provides a wide range of food safety for food groups and individual ingredients.
- You will also find sources that discuss:
 - reading a nutrition label
 - Gluten-free claims
 - Sodium intake
 - and Nutrition label facts when choosing milk and plant-based beverages

Online Resources by Branch

All Branches

Eat Right

- Eat Right is an all encompassing nutrition resource that provides education on:
 - Food groups
 - Meal planning
 - Home food safety
 - Food preparation
- Eat Right also provides Registered Dietitian approved recipes for
 - Breakfast, lunch, dinner, snacks, salads, beverages
 - Life stages: infancy, seniors, men, women
- Other information discussed are:
 - Vitamins and minerals
 - Proteins
 - Fats
 - Carbohydrates
 - Supplements
 - Pregnancy nutrition
 - Dietary changes for numerous health conditions

Tricare Performance Nutrition

- TRICARE offers a number of resources for health living including:
 - Weight management for lasting health
 - Performance Nutrition
 - Food insecurity