

W

an Kwong is the dietitian at Mercy Medical Center. She was born in Hong Kong and traveled to the United States in 1996 to attend Brigham Young University in Provo, Utah. She had never seen snow and said she had to get used to the winter - and it took some adjustment.

college.

"Centerville is very friendly and welcoming. Everyone here has been helpful."

She said she loves food and it has always been a passion of hers.

"I took a lot of science classes and really liked the nutrition class. I started to take more of them and

"Kidney failure and diabetes both require special diet considerations. At the fitness center I teach some classes with the director, Susan Schrader, on weight management. I also have private one-on-one conferences and I've been invited to give some talks there," said Kwong.

The outpatients must be referred by a physician and they are usually diabetics or receive counseling on weight management or special diets such as for high cholesterol.

"Most of the outpatients are a combination of diabetes and cholesterol or weight management. Sometimes I think people know the things they shouldn't eat. I help them incorporate foods they like back into their lifestyle. I help them put it all together because it's not a three-month diet, but eating for a lifetime," she said.

"It's a matter of how much and how often. Everything in moderation is okay. You don't need to cut anything out of your diet. You just can't have some things very often. We have to work together to determine which foods those are."

Kwong is very trim and she says she stays that way by eating what she wants.

"But I know when to stop," she smiled. "There are always parties, baby showers, Christmas holidays - you are always surrounded by food. You have to know when to say 'no'. But you don't have to say 'never'. Once you learn how to eat in moderation, it isn't so hard. It is easier when you know you can have anything - just not so much - and some things not often."

Hospital dietitian has passion for food

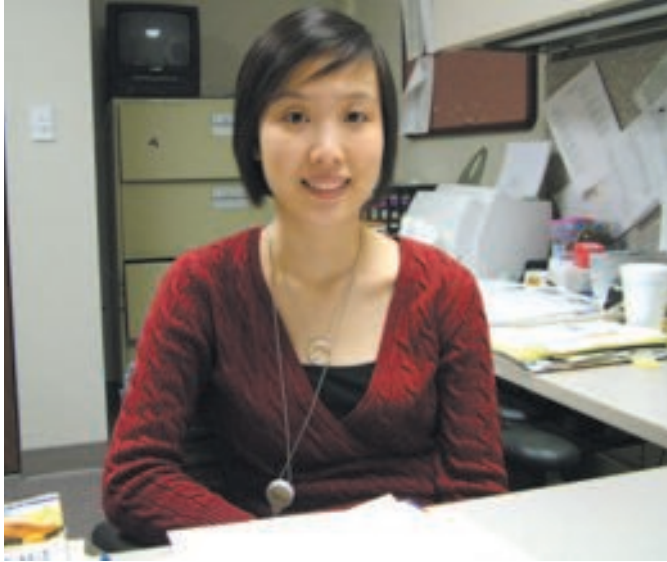
Wan Kwong stays slim but eats what she likes.

After graduation she had to complete an internship to get licensed as a dietitian and went to Baylor University in Dallas.

"I stayed there at a job and worked until 2005. I came to Centerville in 2006 and started here at the hospital as the dietitian," she said.

"I love to travel and have enjoyed seeing different places across the U.S. Every region is different, the people and the scenery. It's such an experience."

She lived in a small town in Utah while going to



then decided I would make it my career. New research comes out on nutrition almost monthly, so it is a changing field that keeps you inter-

Wan Kwong tells about getting used to snow in U.S.

ested," she said.

She works full time at the hospital and offers her services to the long-term care unit, hospital patients, does

counseling with outpatients and also works with patients at the dialysis center and fitness center.

**By Patsy Cincotta
Staff writer**

J & K MARKET
ON THE CENTERVILLE SQUARE
437-4900

"A FAST NICKEL IS BETTER THAN A SLOW DIME!"

The only WESTERN UNION store in town

Pay your Alliant Energy or Iowa Telecom bills here.

3 Generations of Koestner's
"stacking it high & watching it fly!"

Home of the 12" Wopper Sub and Biggest Homemade Jumbo Tenderloin in Town

We accept WIC, food stamps, Visa, Mastercard
"We cash payroll checks"