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*By and For the People of Love County*

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# Hospital Dietitian Has a Full Plate of Duties

Janet Charalampous is an expert in food and diet, especially for ill people. "Nutrition is an important part of healing," she said.

In the hospital, the dietitian assesses each patient's nutritional state. Then she writes a recommendation to the physician for the optimal plan of meals. There are different menus for those on general diets, diabetic, low fiber, or heart healthy. In some cases, Charalampous may recommend tube feeding or supplements.

For example, blood and other laboratory tests may reveal that an elderly hospital patient lacks sufficient protein to fight off the wasting away of muscles. "They may need 90 grams of protein a day, which is well in excess of a normal diet but builds them back up. If a patient isn't able to eat much, we now have a liquid protein that is taken as a medicine," Charalampous said.

The science of nutrition attracted her to the dietetics profession. "I enjoyed studying organic chemistry, biochemistry, food chemistry, and biology," she said. "What keeps me in the field is the variety of cases I see and the challenge of working out individual nutrition problems that affect patients."

Charalampous is credentialed as a Registered Dietitian (a national certification) and a Licensed Dietitian (a state certification). She is a graduate of OSU with a degree in food nutrition and institutional administration. Twice a month, she assesses our hospital kitchen's sanitation and safety and consults with our fulltime dietary manager Valerie Brown.

Since 1978, Charalampous has owned her own business as a consultant dietitian. Her clients include hospitals, veterans' centers, and a prison. For 20 years she also taught the dietary managers course at Moore-Norman Technology Center.

Charalampous lives in Davis in an 1898 Victorian house which she has converted to a bed and breakfast residence called Pecan Valley Inn. Her son operates a cattle ranch on the property's 2,500 acres. Travelers from around the world stay overnight at the Inn and enjoy Charalampous's tasty (and nutritious) breakfasts.



**Janet Charalampous, RD, LD**  
Consultant Dietitian

***We're YOUR Hospital, Clinic and EMS***

# Mercy Health/Love County

**300 Wanda - Marietta, OK 73448**

**[www.mercyhealthlovecounty.com](http://www.mercyhealthlovecounty.com)**

*The Small-Town Hospital  
with the Big Heart*

