



NEWMAN
REGIONAL HEALTH
MEDICAL NUTRITION
THERAPY

What is Medical Nutrition Therapy (MNT)?

MNT is a nutrition-based treatment for various health conditions, both temporary and long-term. It involves a registered dietitian (RD) or registered dietitian nutritionist (RDN) creating a personalized nutrition plan.

Topics Covered:

- Dietary changes
- Supplements
- Specialized nutrition delivery methods like IV (parenteral) or tube feeding (enteral).
- Managing existing conditions and sometimes to prevent them or avoid the need for medication.

Conditions Managed with MNT:

- Chronic kidney disease (CKD)
- Chronic obstructive pulmonary disease (COPD)
- Digestive system disorders (celiac disease, Crohn's disease, IBS, ulcerative colitis)
- Diabetes (Type 1, Type 2, and gestational) and prediabetes
- Heart failure
- High blood pressure
- High cholesterol, high triglycerides, and dyslipidemia
- Malnutrition (including in cancer patients)
- Overweight and obesity

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What is Medical Nutrition Therapy (MNT)?

Who Provides MNT?

- Registered dietitians (RDs) and registered dietitian nutritionists (RDNs) are the qualified professionals who provide MNT.
- They have specialized training and provide credible, safe guidance.
- It's crucial to distinguish RDs/RDNs from general "nutritionists" who may lack the same level of expertise. Insurance may only cover sessions with an RD/RDN.

MNT typically involves four steps:

1. **Nutrition Assessment:** The dietitian gathers information about the patient's medical history, dietary habits, lifestyle, and preferences.
2. **Nutrition Diagnosis:** The dietitian identifies a nutrition-related problem (e.g., inadequate carbohydrate intake). This is distinct from a medical diagnosis.
3. **Nutrition Intervention:** The dietitian develops a personalized plan, including dietary changes, education, and counseling.
4. **Nutrition Monitoring and Evaluation:** The dietitian tracks the patient's progress, adjusts the plan as needed, and collaborates with other healthcare providers.

Most Insurance Companies and Medicare/Medicaid cover MNT

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