**CTRC CLINICAL RESEARCH DIETITIAN SERVICES**

**Definitions:**

**NUTRITION ASSESSMENT**

**Assessment of nutritional status** is an in-depth evaluation of both objective and subjective data in order to make decisions about the nature and cause of nutrition-related problems. The dietitian collects and documents evidence such as food or nutrition-related history; biochemical parameters, medical history; anthropometrics, nutrition-focused physical findings and client history.

**DIETARY ASSESSMENT**

**Assessment of dietary intake** is an estimation of food and nutrients consumed over a particular time point with the primary goal of providing the most accurate description of food and nutrient intake of an individual or group.

*Example: a dietitian collects, reviews completed food diaries from a participant and conducts a detailed analysis of nutrient breakdown.*

**MEDICAL NUTRITION THERAPY**

**Medical nutrition therapy (MNT)** is a comprehensive, focused nutrition-based treatment provided by a registered dietitian nutritionist (RDN). It involves nutritional diagnostic, therapy, and counseling services for the purpose of disease management.

**NUTRITION COUNSELING**

**Nutrition/dietary counseling** is the provision of individualized advice and guidance by an RDN to individuals who may be at nutritional risk to set priorities, establish goals, and create individualized action plans to improve his/her nutritional status and aid with behavior change.

*Example: Dietitian counsels a diabetic patient to help increase the person’s knowledge and skill about their disease, and helps set actionable goals.*

**NUTRITION EDUCATION**

**Nutrition education** means providing information to reinforce basic or essential nutrition-related knowledge to improve food selection, eating habits, nutrition and disease management.

*Example: A dietitian provides nutrition information to a client on heart health while emphasizing identified individualized needs.*

*Registered Dietitian (RD) or Registered Dietitian Nutritionist (RDN) shall meet qualifications as specified in Sections 2585 and*

*2586 of the Business and Professions Code and; be Registered by the Commission on Dietetic Registration.*