



MEDICAL NUTRITION THERAPY

Healthy eating is the foundation of a healthy lifestyle to manage diabetes. At the Diabetes Treatment Center (DTC), we offer individualized Medical Nutrition Therapy (MNT) to address each patient's dietary needs and challenges. Studies have shown MNT delivered by a Registered Dietitian is associated with decreased levels in A1c of up to 1% in type 1 diabetes and up to 2% in those with type 2 diabetes. At the DTC, patients who attend MNT have seen A1c reduction up to 9%.

INSURANCE COVERAGE

Medical Nutrition Therapy is covered by a variety of insurance plans. Medicare covers MNT for diabetes and kidney disease. The DTC is contracted with all major commercial insurances and accepts Medicare and Medi Cal.

SCHEDULING

Medical Nutrition Therapy visits require a physician referral. Once the referral is obtained, our staff will contact the patient to schedule and appointment to see our Dietitian. Appointments are typically one hour long.



LOMA LINDA UNIVERSITY

MEDICAL CENTER

Diabetes Treatment Center

CONTACT US

for more information

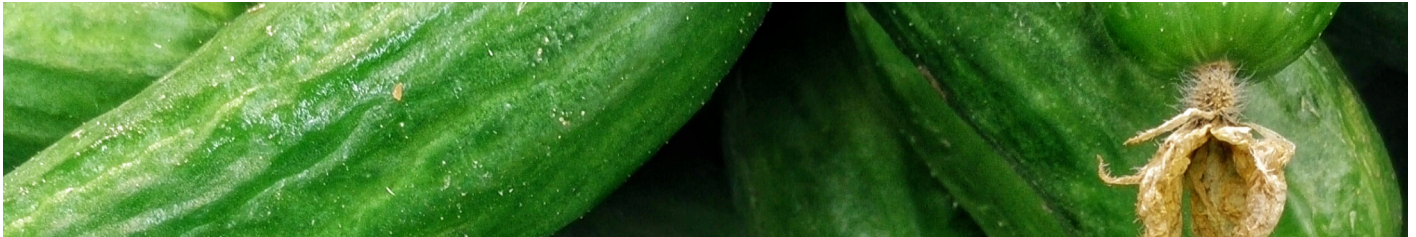
(909) 558-3022



WHAT IS MEDICAL NUTRITION THERAPY (MNT)?

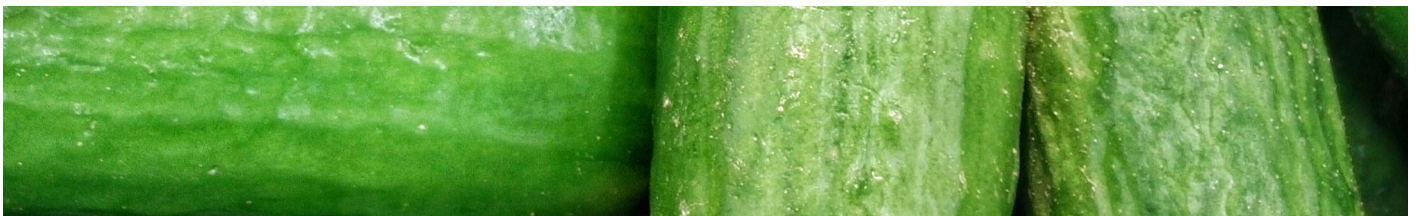
MNT is a visit with a Registered Dietitian that includes a lifestyle examination, a review of medical conditions and medications, a review of current labs, a thorough assessment of current eating habits, and an individualized healthful lifestyle plan. Individualized counseling incorporates scientifically based interventions, while seeking to accommodate for the patient's specific dietary needs and preferences. During these sessions, the Dietitian will help to identify individual barriers to healthful eating and guide the patient to develop a plan that fits best for their lifestyle.

Ongoing support for these behavior changes will be provided through follow-up appointments.



WHAT IS THE GOAL OF MEDICAL NUTRITION THERAPY?

The main goal of MNT is to engage the patient in self-management of their diabetes. This is done through education on the disease process and understanding the role food and other lifestyle habits have in the management of diabetes. Action plans for will be developed to establish lifestyle habits to prevent or delay complications of diabetes. For those wishing to explore the option of remission of diabetes, a more intensive lifestyle intervention can be offered in conjunction with medical advice. This option aims to reduce medications, with physician approval, as the patient progresses toward this goal.



WILL I HAVE TO RADICALLY CHANGE MY DIET?

The consult will be a collaborative effort between the patient and the Dietitian. Your dietary plan will be individualized. All aspects are considered including dietary preferences, personal goals, access to healthy foods, cooking ability, financial limitations, and any other barriers. The Dietitian will provide resources such as recipes, resources on meal delivery services, books, and websites. The goal will be to maintain the pleasure of eating while helping the patient to explore further foods and recipes that will combine both taste and nutrition.

