

Effectiveness of nutrition interventions in children and adolescents living with type 1 diabetes: Nutrition Care Process flow chart

Academy of Nutrition & Dietetics

Ask Permission Initial Consult

- Work closely with diabetes team and providers to obtain consults
- Build client-provider relationship.



Assess Screening & assessment

Review & evaluate:

- Laboratory results
- Medications
- Psychosocial needs
- Eating behaviors & environment
- Knowledge, skills, & competency for diabetes management
- Client/family needs



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Manage Interventions

Medical Nutrition Therapy (MNT)

- Develop individualized MNT based upon individual's treatment plan, overall health & nutritional status, personal preferences & priorities, psychological, psychosocial, & physiological needs



Goal Setting Interventions

- Collaborate with client to determine desired outcomes & develop inclusive, client-centered behavioral goals.



Monitor & evaluate

- Dietary Intake, growth, diabetes skills, blood glucose and insulin data, psycho-social well being and mental health
- Progress towards behavioral goals

