### Nutrition Intervention Terminology

#### Nutrition Prescription

The patient’s/client’s individualized recommended dietary intake of energy and/or selected foods or nutrients based on current reference standards and dietary guidelines and the patient’s/client’s health condition and nutrition diagnosis (specify).

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#### Food and/or Nutrient Delivery

**Meal and Snacks (1)**
- Regular eating event (meal); food served between regular meals (snack).
- Modify distribution, type, or amount of food and nutrients within meals or at specified time.
- Specific foods/beverages or groups
- Other (specify)

**Enteral and Parenteral Nutrition (2)**
- Nutrition provided through the GI tract via tube, catheter, or stoma (enteral) or intravenously (centrally or peripherally) (parenteral).
- Enteral Nutrition (2.1)
  - Nutrition provided through the GI tract.
  - Formula/solution
  - Insert enteral feeding tube
  - Site care
  - Feeding tube flush
- Parenteral Nutrition/IV Fluids (2.2)
  - Nutrition and fluids provided intravenously.
  - Formula/solution
  - Site care
  - IV fluids

#### Supplements (3)

**Medical Food Supplements (3.1)**
- Commercial or prepared foods or beverages that supplement energy, protein, carbohydrate, fiber, fat intake.
  - Type
    - Commercial beverage
    - Commercial food
    - Modified beverage
    - Modified food
    - Purpose
      - (specify)

**Vitamin and Mineral Supplements (3.2)**
- Supplemental vitamins or minerals.
  - Multivitamin/mineral
  - Multitrace elements
  - Vitamin
    - A (1)
    - C (2)
    - D (3)
    - E (4)
    - K (5)
    - Thiamin (6)
    - Other (specify)
  - Calcium (1)
  - Chloride (2)
  - Iron (3)
  - Magnesium (4)
  - Other (specify)

#### Bioactive Substance Management (3.3)

- Addition or change in provision of bioactive substances.
  - Plant sterol and stanol esters
  - Soy protein
  - Pyyllium and β-glucan
  - Food additives
  - Other (specify)

#### Feeding Assistance (4)

- Accommodation or assistance in eating.
  - Adaptive equipment
  - Feeding position
  - Meal set-up
  - Mouth care
  - Other (specify)

#### Feeding Environment (5)

- Adjustment of the factors where food is served that impact food consumption.
  - Lighting
  - Odors
  - Distractions
  - Table height
  - Table service/set up
  - Room temperature
  - Other (specify)

#### Nutrition-Related Medication Management (6)

- Modification of a medication or herbal to optimize patient/client nutritional or health status.
  - Medications
    - (specify prescription or OTC)
  - Herbal/complementary products
    - (specify)

#### Nutrition Education—Content (1)

- Instruction or training intended to lead to nutrition-related knowledge.
  - Purpose of the nutrition education
  - Priority modifications
  - Survival information
  - Nutrition relationship to health/disease
  - Recommended modifications
  - Other or related topics
  - Other (specify)

#### Nutrition Education Application (2)

- Instruction or training leading to nutrition-related result interpretation or skills.
  - Result interpretation
  - Skill development
  - Other (specify)

#### Nutrition Counseling C

**Theoretical Basis/Approach (1)**
- The theories or models used to design and implement an intervention.
  - Cognitive-Behavioral Theory
  - Health Belief Model
  - Social Learning Theory
  - Transtheoretical Model/
  - Stages of Change
  - Other (specify)

**Strategies (2)**
- Selectively applied evidence-based methods or plans of action designed to achieve a particular goal.
  - Motivational interviewing
  - Goal setting
  - Self-monitoring
  - Problem solving
  - Social support
  - Stress management
  - Stimulus control
  - Cognitive restructuring
  - Relapse prevention
  - Rewards/contingency management
  - Other (specify)

#### Coordination of Nutrition Care RC

**Coordination of Other Care During Nutrition Care (1)**
- Facilitating services with other professionals, institutions, or agencies during nutrition care.
  - Team meeting
  - Referral to RD with different expertise
  - Collaboration/referral to other providers
  - Referral to community agencies/programs (specify)

**Discharge and Transfer of Nutrition Care to New Setting or Provider (2)**
- Discharge planning and transfer of nutrition care from one level or location of care to another.
  - Collaboration/referral to other providers
  - Referral to community agencies/programs (specify)