

**Medical Nutrition Therapy  
can positively affect  
long-term eating habits  
and health!**



# **Medical Nutrition Therapy & Counseling Services**

PAJARO VALLEY COMMUNITY  
HEALTH TRUST



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# WHAT IS MEDICAL NUTRITION THERAPY?

Medical Nutrition Therapy (MNT) is an evidence-based medical approach to treating chronic conditions using an individually tailored nutrition plan. This nutrition plan is implemented by a Registered Dietitian/Registered Dietitian Nutritionist. MNT involves in-depth individualized nutrition assessment and follow up care using the Nutrition Care Process to manage disease. During MNT interventions, dietitians counsel patients on behavioral and lifestyle changes required to positively affect long-term eating habits and health.

## PROGRAM GOAL

The participant/patient will learn how to read food labels, modify recipes, and make smarter choices when meal planning, grocery shopping, and eating out. The participant/patient will understand the importance of physical activity, portion control, and balanced meals in meeting and maintaining their health.

# WHAT TO EXPECT DURING YOUR MNT SESSIONS

During the first visit, the Registered Dietitian will review the referral\* from the physician including medications and pertinent labs. She will also review the individual's medical and nutrition history including current eating habits. The dietitian will evaluate the patient's physical state including weight, height, and BMI measurements and will assess overall nutritional needs utilizing the most current Evidence-Based guidelines.

During the education portion of the visit the registered dietitian will take the information gathered in the assessment and will provide patient-centered goal and individualized nutrition recommendations. Together with the patient, the dietitian plans and implements nutrition interventions that meet patient needs and establishes a plan for positive change.

*\*A physician referral including a diagnosis and any pertinent labs is needed for medical nutrition therapy (MNT) services. Some participants may have a co-pay.*

# ABOUT OUR PROGRAM

The Medical Nutrition Therapy Program offered through the Diabetes Health Center is designed for any individual living with acute and chronic conditions that can be improved or managed through simple lifestyle changes and healthier habits.

The MNT program provides comprehensive nutrition education and counseling for women, men, teens, children and older adults.

## Our Staff

Our staff of Registered Dietitians understand the challenges individuals living with acute and chronic health conditions face and can help you to design a nutrition plan unique to you and your family. Our Registered Dietitians are also Certified Diabetes Educators and as members of the Academy of Nutrition and Dietetics they keep up to date with the latest nutrition research and continuing education to enhance their knowledge and skills

## Our Facility

The family-friendly Diabetes Health Center is conveniently located across from the front entrance of Watsonville Community Hospital.