

Dose, Delivery, and Duration for MNT and CM

Intervention	Description	Outcomes with Evidence for Benefits in Diabetes	Typical Dose	Duration	Delivery Mode	Clinical Staffing Recommendations
Medical Nutrition Therapy (MNT)	An individualized evidence-based treatment plan developed in coordination with a Registered Dietitian Nutritionist (RDN)	<ul style="list-style-type: none"> • Diet quality • HbA1c • Blood pressure • Body Mass Index 	Three hours in the first year, then two hours per year as needed. 30-45 minutes for the first session, then 20–30-minutes for subsequent sessions.	3 hours within the first 12 months	Virtual or in-person	<ul style="list-style-type: none"> • Provider or clinic staff to support referral • RDN
Culinary Medicine (CM)	Blending nutrition education with hands-on culinary skills training, typically delivered in a group setting	<ul style="list-style-type: none"> • Food preparation skills • Nutrition knowledge • Food security • Diet quality if food is provided 	At least six sessions, delivered weekly, biweekly, or monthly depending on the provider and patient preference	3-6 months depending on frequency of sessions	Virtual	<ul style="list-style-type: none"> • Clinic staff to support referral • Registered Dietitian Nutritionist (RDN) • Chef (or one chef/RDN if dual-trained) • IT support staff • Health professions students or community health workers to support food prep, demonstrations, and cleanup
					In-person (clinic or community kitchen)	<ul style="list-style-type: none"> • Clinic staff to support referral • Registered Dietitian Nutritionist (RDN) • Chef (or one chef/RDN if dual trained) • IT support staff • Health professions students or community health workers to support food prep, demonstrations, and cleanup