

# Nutrition Education

**Individual and group-based nutrition support** delivered by Registered Dietitian Nutritionists (RDNs) and chefs

Goal: support sustained behavior change and transition to diabetes self-management before, during, and after FIM programs

## Clinical intent

- Provide ongoing nutrition support to sustain dietary behavior change
- Improve diet quality and biomarkers through individualized therapy
- Build food preparation skills and nutrition knowledge
- Support transition to self-management from MTM, MTG, PRx programs

## When to consider

- All patients with type 2 diabetes, regardless of program involvement
- Patients highly engaged in their care who would benefit from hands-on skills training and peer support
- Patients whose diabetes have improved after MTM, MTG, or PRx

## Program Essentials

- Offer mix of programs, tailored to clinical risk, readiness to change, and patient preferences
- Ensure access via in-person or hybrid models based on patient needs
- Integrate with FIM programs and community food resources

## Design

### Medical Nutrition Therapy

30-45 min sessions, 2-3 hours/year, delivered by an RDN

### Culinary Medicine

≥6 sessions over 3-6 months, often group-based delivered by RDN and chef team

### Other education

Digital modules, group classes, community programs aligned with patient preferences

## Referral & workflow

- Use diabetes and nutrition security screening to identify patient need
- Refer patients with uncontrolled diabetes or multi-comorbidity to MNT
- Coordinate referrals with FIM program(s), continuing after enrollment
- Reassess patients at 3-6 months, adjusting intensity as necessary



Gerald J. and Dorothy R. Friedman  
School of Nutrition Science and Policy  
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