

Medical Nutrition Therapy: Therapeutic Uses of Foods and Nutrients



Objectives

- Characteristics of MNT
- Criteria for use of foods/nutrients
- General feeding vs. therapeutic feeding



Defining Terms

- MNT: the use of nutrients and foods to manage medical issues related to nutrition
- Feeding vs. therapeutic programs
 - Food insecurity targeted
 - Medical management targeted



Familiar Ground?

- What types of “special diets” do you know?
 - What is the intent of the “diet”?
 - What kinds of diet recommendations are given?
 - Increases, decreases, other modulations



(Un)familiar Ground?

- What is important for:
 - Feeding program:
 - Improve food security and rounded nutrient intake
 - May be targeted to group with a similar issue
 - Therapeutic program:
 - Prevent or recover from nutritional problem
 - Control or manage symptoms, support meds



MNT: Criteria

- The Match Game: Problem → Solution
 - Anemia → iron-rich foods, food combinations, food preparation, supplementation
 - Stunting → protein intervention
 - Wasting → calorie and protein intervention
 - Diarrhea → rehydration and replacement



MNT Quiz

- Problem → solution:
 - HIV
 - Malaria
 - Diarrhea
 - Undernutrition
 - Obesity



MNT: Criteria Revisited

- When is MNT required?
 - When does a general feeding program meet therapeutic requirements?
 - For what circumstances do you tailor feeding?
 - What types of tailoring is required?
 - When do you discontinue therapy?



Summary

- Food and nutrients are used for many things: social, economic, medical
- MNT is provided based on criteria of problems and matched to provide solution or management
- MNT can be started and may be discontinued based on criteria that is set

