



# Chart Note Examples for Nutrition Interventions

## 1. Food and Nutrient Delivery

Food and Nutrient Delivery includes nutrition intervention terms that describe the customized food and/or nutrient approach for a client.

### Examples:

- Recommended 2,200 total kcals, 111g PRO (1.4g/kg), 277g CHO, (50%), 73g FAT (30%).
- Recommended protein intake of 1.2g/kg/day to support muscle preservation while on GLP-1 medication.
- Recommended the DASH diet to support hypertension management, focusing on high intake of fruits, vegetables, whole grains, lean protein and low-fat dairy.
- Recommend a gluten-free diet to manage celiac disease.
- Recommend Ensure to be taken twice daily to meet calorie needs for weight maintenance.
- Recommend psyllium husk 1 tsp daily for constipation.
- Recommend small, frequent, balanced meals every 3-4 hours.
- Arranged for delivery of medically tailored meals to support recovery from surgery.

## 2. Nutrition Education

Nutrition Education interventions are used to address a nutrition knowledge requirement or knowledge deficit. Can also include handouts and resources here.

### Examples:

- Provided education on carbohydrate counting to support blood glucose control.
- Educated on how to interpret CGM data trends and recognize high/low blood glucose patterns in relation to meal timing and food choices.
- Provided education on intuitive eating principles. Educated on handout on hunger and fullness scale and appetite regulation.
- Educated on the principles of a heart-healthy diet, emphasizing reduction of sodium intake, increasing fiber-rich foods, and selecting healthy fats.

- Instructed on meal planning basics for weight management, focusing on balanced meals and appropriate portion sizes to meet weight loss goals.
- Educated on how to read nutrition labels to identify added sugar.
- Educated on gluten-free diet, including label reading for gluten-containing ingredients and identifying gluten-free options.
- Instructed on pre- and post-workout fueling strategies to optimize performance and recovery.
- Reviewed identification of carbohydrate-containing foods and use of portion sizes to limit post-meal glucose spikes.

### **3. Nutrition Counseling**

Nutrition Counseling interventions are used to create priorities, goals, and individualized action plans through a collaborative counselor–client relationship. During Nutrition Counseling interventions, RDNs utilize theories and strategies to treat existing conditions and promote health.

#### **Examples:**

- Used motivational interviewing to explore underlying triggers of binge episodes.
- Established a coping plan involving mindful eating techniques and practicing stress-relief exercises in response to triggers.
- Identified the goal of achieving balanced meals and reducing meal-skipping behaviors. Patient agreed to complete a daily meal log and discuss any challenges during follow-up.
- Set a goal of increasing fiber gradually to alleviate constipation, beginning with 5g additional fiber per week from sources like vegetables and whole grains. Patient agreed to assess tolerance and hydration levels as fiber intake increases.
- Collaboratively set goals to decrease saturated fat intake by replacing red meat with fish twice weekly and choosing olive oil over butter for cooking. Patient expressed confidence in making these substitutions and agreed to track progress.
- Developed a 4-week action plan focused on gradual weight loss, starting with adding one additional vegetable serving per meal and incorporating daily 20-minute walks. Patient agreed to track progress and discuss challenges in the next visit.
- Set SMART goals related to stress management and time management to reduce feelings of overwhelm.

### **4. Coordination of Nutrition Care**

This intervention involves a referral or coordination of nutrition care with other healthcare providers, institutions, or agencies that can assist in treating or managing nutrition-related problems.

#### **Examples:**

- Coordinated with home health provider to ensure delivery and setup of enteral nutrition supplies for patient recovering post-surgery, including formula and feeding pump. Provided home health team with patient's nutrition goals and feeding schedule.
- Collaborated with the patient's therapist to align on strategies for addressing binge eating episodes, emphasizing gradual introduction of structured meals and snacks.
- Referred the patient to community resources, such as SNAP benefits or local food pantries, to ensure access to necessary food and nutrition support.
- Collaborated with patient PCP to confirm updated insulin pump settings and medication dosages.