

1-ON-1

NUTRITION COUNSELING



1 Provides personalized, **non-medical** nutrition guidance designed to support healthier eating habits, lifestyle balance, and long-term wellness goals. This service focuses on education, motivation, and practical strategies—not diagnosis or treatment of medical conditions.

2 Any adult age 18 or older, from anywhere, is welcome to use these services.

3 Key Characteristics:

- No medical diagnosis required
- Education- and behavior-focused
- Preventive and supportive in nature
- Less formal documentation

Common Focus Areas:

- Weight management (non-clinical)
- Healthy eating habits
- Meal planning & grocery guidance
- Energy, hydration, and balance
- Fitness nutrition (non-clinical)
- Cultural or preference-based eating
- Family nutrition & routine building
- Label reading & food literacy

1-ON-1
MEDICAL NUTRITION THERAPY

1 Treat, manage, or prevent medical conditions using evidence-based nutrition care.

2 This service is restricted to Florida residents only.

3 Key Characteristics:

- Requires a medical diagnosis or condition
- Often provider-referred (doctor, NP, PA)
- Uses the Nutrition Care Process (NCP)
- Documented in a clinical/medical format

Common Focus Areas:

- Diabetes (Type 1, Type 2, gestational)
- Chronic kidney disease (CKD)
- Heart disease, hypertension, hyperlipidemia
- GI disorders (IBS, Crohn's, celiac)
- Eating disorders (within scope and care team)
- Cancer nutrition support
- Bariatric surgery nutrition
- Malnutrition or nutrient deficiencies

BOTH

Feature	Medical Nutrition Therapy	Nutrition Counseling
Facilitated by a Dietitian	<input checked="" type="checkbox"/> Yes	<input checked="" type="checkbox"/> Yes
Service Delivery	Online / Virtual	Online / Virtual
\$ Rate	Same Rate	Same Rate