

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



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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	 Yes	 Yes
 Service Delivery	Online / Virtual	Online / Virtual
\$ Rate	Same Rate	Same Rate