Nutrition Prescription
The patient/client’s individualized recommended dietary intake of energy and/or selected foods or nutrients based on current reference standards and dietary guidelines and the patient/client’s health condition and nutrition diagnosis (specify).

FOOD AND/OR NUTRIENT DELIVERY

Meal and Snacks (1)
Regular eating event (meal); food served between regular meals (snack).
- General/healthful diet
- Modify distribution, type, or amount of food and nutrients within meals or at specified time
- Specific foods/beverages or groups
- Other (specify)

Enteral and Parenteral Nutrition (2)
Nutrition provided through the GI tract via tube, catheter, or stoma (enteral) or intravenously (centrally or peripherally) (parenteral).

Enteral Nutrition (2.1)
Nutrition provided through the GI tract.
- Formula/solution
- Insert enteral feeding tube
- Site care
- Feeding tube flush

Parenteral Nutrition/IV Fluids (2.2)
Nutrition and fluids provided intravenously.
- Formula/solution
- Site care
- IV fluids

Supplements (3)
Medical Food Supplements (3.1)
Commercial or prepared foods or beverages that Supplement energy, protein, carbohydrate, fiber, fat intake.
- Type
  - Commercial beverage ND-3.1.1
  - Commercial food ND-3.1.2
  - Modified beverage ND-3.1.3
  - Modified food ND-3.1.4
  - Purpose ND-3.1.5

Vitamin and Mineral Supplements (3.2)
Supplemental vitamins or minerals.
- Multivitamin/mineral ND-3.2.1
- Multi-trace elements ND-3.2.2
- Vitamin ND-3.2.3
  - A (1)
  - C (2)
  - D (3)
  - E (4)
  - K (5)
  - Thiamin (6)
  - Other (specify) (12)
- Mineral ND-3.2.4
  - Calcium (1)
  - Chloride (2)
  - Iron (3)
  - Magnesium (4)
  - Other (specify) (9)

Bioactive Substance Management (3.3)
Addition or change in provision of bioactive substances.
- Plant sterol and stanol esters ND-3.3.1
- Soy protein ND-3.3.2
- Psyllium and β-glucan ND-3.3.3
- Food additives ND-3.3.4
- Other (specify) ND-3.3.5

Feeding Assistance (4)
Accommodation or assistance in eating.
- Adaptive equipment ND-4.1
- Feeding position ND-4.2
- Meal set-up ND-4.3
- Mouth care ND-4.4
- Other (specify) ND-4.5

Feeding Environment (5)
Adjustment of the factors where food is served that impact food consumption.
- Lighting ND-5.1
- Odors ND-5.2
- Distractions ND-5.3
- Table height ND-5.4
- Table service/set up ND-5.5
- Room temperature ND-5.6
- Other (specify) ND-5.7

Nutrition-Related Medication Management (6)
Modification of a medication or herbal to optimize patient/client nutritional or health status.
- Medications ND-6.1
  (specify prescription or OTC)
- Herbal/complementary products ND-6.2
  (specify)

NUTRITION EDUCATION

Nutrition Education–Content (1)
Instruction or training intended to lead to nutrition-related knowledge.
- Purpose of the nutrition education E-1.1
- Priority modifications E-1.2
- Survival information E-1.3
- Nutrition relationship to health/disease E-1.4
- Recommended modifications E-1.5
- Other or related topics E-1.6
- Other (specify) E-1.7

Nutrition Education–Application (2)
Instruction or training leading to nutrition-related result interpretation or skills.
- Result interpretation E-2.1
- Skill development E-2.2
- Other E-2.3

NUTRITION COUNSELING

Theoretical Basis/Approach (1)
The theories or models used to design and implement an intervention.
- Cognitive-Behavioral Theory C-1.1
- Health Belief Model C-1.2
- Social Learning Theory C-1.3
- Transtheoretical Model/ Stages of Change C-1.4
- Other (specify) C-1.5

Strategies (2)
Selectively applied evidence-based methods or plans of action designed to achieve a particular goal.
- Motivational interviewing C-2.1
- Goal setting C-2.2
- Self-monitoring C-2.3
- Problem solving C-2.4
- Social support C-2.5
- Stress management C-2.6
- Stimulus control C-2.7
- Cognitive restructuring C-2.8
- Relapse prevention C-2.9
- Rewards/contingency management C-2.10
- Other (specify) C-2.11

COORDINATION OF NUTRITION CARE

Coordination of Other Care During Nutrition Care (1)
Facilitating services with other professionals, institutions, or agencies during nutrition care.
- Team meeting RC-1.1
- Referral to RD with different expertise RC-1.2
- Collaboration/referral to other providers RC-1.3
- Referral to community agencies/ programs (specify) RC-1.4

Discharge and Transfer of Nutrition Care to New Setting or Provider (2)
Discharge planning and transfer of nutrition care from one level or location of care to another.
- Collaboration/referral to other providers RC-2.1
- Referral to community agencies/ programs (specify) RC-2.2