Figure 1: Medical Nutrition Therapy for Obesity Management – Quick Reference Guide

**ASK/ASSESS:**
Is your patient/client interested in making nutrition changes?

**YES**

**ADVISE: Provide/Reinforce Key Nutrition Messages for all Adults**
- Meet individual values, preferences and goals that are culturally acceptable, affordable and sustainable
- Use person-first language, patient-centred, weight-inclusive and non-dieting approaches
- Follow Canada’s Food Guide for Healthy Eating recommendations (as applicable to the individual)

**Healthy eating is more than the foods you eat.**
- Be mindful of your eating habits
- Cook more often
- Enjoy your food
- Eat meals with others
- Use food labels
- Limit foods high in sodium, sugars or saturated fat
- Be aware of food marketing and how it can influence your choices.

**Make it a habit to eat a variety of healthy foods each day.**
- Have plenty of vegetables and fruit
- Eat protein foods and choose protein foods that come from plants more often
- Make water your drink of choice
- Choose whole grain foods

**Build a healthy relationship with food and eating**
- Take time to eat
- Notice when you are hungry and when you are full
- Plan what you eat
- Involve others in planning and preparing meals.
- Culture and food traditions can be part of healthy eating
- Reconnect to the eating experience by creating awareness of your feelings, thoughts, emotions and behaviours

**ASK/ASSESS**
Is patient/client interested in making further nutrition changes OR requests additional support to make/sustain changes?

**NO**

**AGREE AND ASSIST: Explore Options, Collaborate Care**
Refer to a Registered Dietitian (RD)

**Food Based Approaches**
- Pulses
- Vegetables and fruit
- Nuts
- Whole grains
- Dairy foods

**Dietary Patterns**
- Calorie-restricted patterns with variable macronutrient ranges
- Mediterranean
- Vegetarian
- Portfolio
- Low glycemic index
- DASH
- Nordic
- Partial meal replacements
- Intermittent fasting

**Intensive Lifestyle Interventions with a Multidisciplinary Team**
- Behaviour modification
- Nutrition (RD)
- Partial meal replacements
- Physical activity
- Education
- Self-monitoring/self-care
- Medications
- Frequent follow-up visits

**Monitor and Evaluate Health-Related Outcomes**, including:
- Health behaviours, Nutrition status, Quality of life, Mental health, Cardiovascular, Metabolic, Functional status, Body

**Reassess** intervention, plan, readiness, barriers and supports;

**NO**

Monitor and evaluate for readiness in follow-up visits.